

Name:

Date:

90% EFFORT!

Monday w/u x 8 w/u x 8 8 reps 8 reps 8 reps

Squat					
Good Morn.					

w/u x 3 3 reps 3 reps 3 reps 3 reps

Hng Snatch					
Hng Clean					

20 reps 20 reps 20 reps

Calf Raise			
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8 reps 8 reps 8 reps 8 reps

Plate Toss				
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90% EFFORT!

Tuesday w/u x 8 w/u x 8 8 reps 8 reps 8 reps

BB Bench					
Close Grip					
Push Press					

Row					
Curl					
Shldr Mtrx					
Killer Core x max					

Calf Raise			
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Plate Toss				
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90% EFFORT!

Wednesday w/u x 8 w/u x 8 8 reps 8 reps 8 reps

Hex Bar DL					
OH Squat					
RDL					

w/u x 3 3 reps 3 reps 3 reps 3 reps

Hng Snatch					
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16 reps 16 reps 16 reps

Calf Raise			
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8 reps 8 reps 8 reps 8 reps

Plate Toss				
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90% EFFORT!

Thursday w/u x 8 w/u x 8 8 reps 8 reps 8 reps

DB Bench					
Lock Out					
DB Fly x 8					

Row					
Curl					
Shldr Mtrx					
Killer Core x max					

Calf Raise			
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Plate Toss				
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90% EFFORT!

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Good Morn.					

w/u x 3 3 reps 3 reps 3 reps 3 reps

Hng Snatch					
Hng Clean					

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Row					
Curl					

Shldr Mtrx					
Killer Core x max					

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Killer Core x max					

Calf Raise			
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