Name:											
Date:	90% EFF	ORTI					90% EFF	ORTI			
Monday		w/u x 8	8 rans	8 rans	8 rans	Monday		w/u x 8	8 rans	8 rans	8 rans
Squat	W/uxo	W/UXB	отерз	отерз	отерз	BB Bench	Wyuxo	W/UXO	отерз	отерз	отерз
Good Morn.						Close Grip					
dood Morri.	w/u x 3	2 rons	3 reps	2 rons	2 rons	Push Press					ł
Hng Snatch	W/u x 3	3 Teps	3 Teps	3 Teps	3 Teps	Row					J
						Curl					
Hng Clean	20 ====	20	20							ł	
C-IC D-:	20 reps	20 reps	20 reps	1		Shldr Mtrx					1
Calf Raise		L		]		Killer Core x i					ļ
	8 reps	8 reps	8 reps	8 reps	7		90% EFF		_	_	_
Plate Toss						Tuesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps
	90% EFF					Squat					
Tuesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	Good Morn.					
BB Bench							w/u x 3	3 reps	3 reps	3 reps	3 reps
Close Grip						Hng Snatch					
Push Press						Hng Clean					
Row							16 reps	16 reps	16 reps	_	
Curl						Calf Raise					
Shldr Mtrx						<del>.</del>	8 reps	8 reps	8 reps	8 reps	
Killer Core x r	nax				]	Plate Toss					
	90% EFF	ORT!			_		90% EFF	ORT!			
Wednesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	Wednesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps
Hex Bar DL						DB Bench	Ī				
OH Squat						Lock Out					
RDL					1	DB Fly x 8					
	w/u x 3	3 rens	3 reps	3 rens	3 rens	Row					
Hng Snatch	1	J 1003	5 (6)5	3.663	3 . 6 6 3	Curl					
Ting Shaten	16 rens	16 reps	16 rens	l		Shldr Mtrx					
Calf Raise	I	Готерз	Готерз	1		Killer Core x i	nav				1
can naise	8 reps	8 reps	8 reps	l 2 rans		Killer core x i	90% EFF	ORTI		<u>l</u>	J
Plate Toss	бтерз	отерз	отерз	отерз	1	Thursday		w/u x 8	9 rons	9 rons	9 ronc
Flate 1033	90% EFF	OPTI			1	Squat	W/U X O	W/UXO	отерз	отерз	отерз
Thursday			0 rons	0 rons	0 ronc						
Thursday	W/UX8	w/u x 8	8 reps	8 reps	8 reps	RDL	/ 2	2 ****	2 ****	2 ****	2
DB Bench						u c	w/u x 3	3 reps	3 reps	3 reps	3 reps
Lock Out						Hng Snatch					
DB Fly x 8					ļ	Hng Clean	16		1.6		
Row						- 10 - 1	16 reps	16 reps	16 reps	1	
Curl						Calf Raise					
Shldr Mtrx					1		8 reps	8 reps	8 reps	8 reps	1
Killer Core x r					j	Plate Toss					J
	90% EFF						90% EFF				
Friday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	Friday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps
Squat		]				BB Bench	1				
Good Morn.						Close Grip					
	w/u x 3	3 reps	3 reps	3 reps	3 reps	Push Press					
Hng Snatch						Row					
Hng Clean						Curl					
	16 reps	20 reps	20 reps			Shldr Mtrx					
Calf Raise						Killer Core x r	max				

8 reps

Plate Toss

8 reps 8 reps 8 reps