Date:													
	95% EFFORT!							95% EFFORT!					
Monday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps	Monday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
Squat							BB Bench						
Good Morn.							Close Grip						
	w/u x 3	3 reps	3 reps	3 reps	3 reps		Push Press						
Hng Snatch							Row					ı	
Hng Clean							Curl						
	20 reps	20 reps	20 reps	-		•	Shldr Mtrx						
Calf Raise							Killer Core x r	nax					
	8 reps	8 reps	8 reps	8 reps				95% EFF	ORT!				
Plate Toss		'			1		Tuesday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
	95% EFF	ORT!			l .		Squat		Ī	·		·	
Tuesday		w/u x 6	6 reps	6 reps	6 reps	6 reps	Good Morn.						
BB Bench	1	.,						w/u x 3	3 reps	3 reps	3 reps	3 reps	
Close Grip							Hng Snatch	T					
Push Press							Hng Clean						
Row					J		g e.ea	16 reps	20 reps	20 reps			
Curl							Calf Raise	10.005	201003	201003			
Shldr Mtrx				1			can naise	8 reps	8 reps	8 reps	8 reps		
Killer Core x r	nav				]		Plate Toss	Т	Отерз	Отерз	отерз		
KIIICI COIC XI	95% EFF	ORTI			J		1 1410 1033						
Wednesday		w/ux6	6 rans	6 rans	6 rans	6 rans							
Hex Bar DL	W/uxu	W/UXU	Г	Г	ОТСРЗ	ОТСРЗ							
OH Squat							Wednesday						
RDL							weunesuay	Dractico	Meet Ho	mo			
NDL	w/u x 3	3 reps	2 rons	2 rons	2			Practice	weet no	ille			
	W/UX3												
Una Cnatch	11,476	3 Teps	3 Teps	3 Teps	3 reps								
Hng Snatch					зтерѕ								
		16 reps			3 reps								
Hng Snatch Calf Raise	16 reps	16 reps	16 reps		3 reps			05% 555	ODTI				
Calf Raise					3 reps		Thursday	95% EFF		Frons	Erono	Fronc	Frons
	16 reps 8 reps	16 reps 8 reps	16 reps		зтерѕ		Thursday		<b>ORT!</b> w/u x 5	5 reps	5 reps	5 reps	5 reps
Calf Raise Plate Toss	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps			Squat			5 reps	5 reps	5 reps	5 reps
Calf Raise Plate Toss Thursday	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps		w/u x 5	w/u x 5				5 reps
Calf Raise  Plate Toss  Thursday  DB Bench	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps	Squat RDL		w/u x 5	5 reps 3 reps	5 reps	5 reps 3 reps	5 reps
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps	Squat RDL Hng Snatch	w/u x 5	w/u x 5				5 reps
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps	Squat RDL	w/u x 5                 	w/u x 5	3 reps			5 reps
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8 Row	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps	Squat RDL Hng Snatch Hng Clean	w/u x 5                 	w/u x 5	3 reps			5 reps
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl	16 reps 8 reps 95% EFF	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps	Squat RDL Hng Snatch	w/u x 5 w/u x 3 16 reps	3 reps 20 reps	3 reps 20 reps	3 reps		5 reps
Calf Raise  Plate Toss  Thursday  DB Bench  Lock Out  DB Fly x 8  Row  Curl  Shldr Mtrx	16 reps 8 reps 95% EFF w/u x 6	16 reps 8 reps	16 reps 8 reps	8 reps		6 reps	Squat RDL  Hng Snatch Hng Clean  Calf Raise	w/u x 5                 	w/u x 5	3 reps			5 reps
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl	16 reps 8 reps 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6	16 reps 8 reps	8 reps		6 reps	Squat RDL Hng Snatch Hng Clean	w/u x 5  w/u x 3  16 reps  8 reps	3 reps 20 reps 8 reps	3 reps 20 reps	3 reps		5 reps
Calf Raise  Plate Toss  Thursday  DB Bench  Lock Out  DB Fly x 8  Row  Curl  Shldr Mtrx  Killer Core x r	16 reps 8 reps 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6	16 reps 8 reps 6 reps	8 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl Shldr Mtrx Killer Core x r	16 reps 8 reps 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6	16 reps 8 reps 6 reps	8 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	3 reps 20 reps 8 reps	3 reps 20 reps 8 reps	3 reps		5 reps
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl Shldr Mtrx Killer Core x r  Friday  Squat	16 reps 8 reps 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6	16 reps 8 reps 6 reps	8 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday  BB Bench	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl Shldr Mtrx Killer Core x r	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6  ORT! w/u x 6	16 reps 8 reps 6 reps 6 reps	8 reps 6 reps 6 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday  BB Bench Close Grip	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench  Lock Out  DB Fly x 8  Row  Curl  Shldr Mtrx  Killer Core x r  Friday  Squat  Good Morn.	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6	16 reps 8 reps 6 reps 6 reps	8 reps 6 reps 6 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday  BB Bench Close Grip Push Press	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out  DB Fly x 8  Row  Curl  Shldr Mtrx  Killer Core x r  Friday  Squat Good Morn.  Hng Snatch	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6  ORT! w/u x 6	16 reps 8 reps 6 reps 6 reps	8 reps 6 reps 6 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday  BB Bench Close Grip Push Press Row	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench  Lock Out  DB Fly x 8  Row  Curl  Shldr Mtrx  Killer Core x r  Friday  Squat  Good Morn.	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6  ORT! w/u x 6	16 reps 8 reps 6 reps 6 reps 3 reps	8 reps 6 reps 6 reps 3 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday  BB Bench Close Grip Push Press Row Curl	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl Shldr Mtrx Killer Core x r  Friday  Squat Good Morn.  Hng Snatch Hng Clean	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6  ORT! w/u x 6	16 reps 8 reps 6 reps 6 reps 3 reps	8 reps 6 reps 6 reps 3 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday BB Bench Close Grip Push Press Row Curl Shldr Mtrx	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF  w/u x 5	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out  DB Fly x 8  Row  Curl  Shldr Mtrx  Killer Core x r  Friday  Squat Good Morn.  Hng Snatch	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6 ORT! w/u x 6 3 reps 20 reps	16 reps 8 reps 6 reps 3 reps 20 reps	8 reps 6 reps 6 reps 3 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday  BB Bench Close Grip Push Press Row Curl	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF  w/u x 5	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	
Calf Raise  Plate Toss  Thursday  DB Bench Lock Out DB Fly x 8  Row Curl Shldr Mtrx Killer Core x r  Friday  Squat Good Morn.  Hng Snatch Hng Clean	16 reps 8 reps 95% EFF w/u x 6  max 95% EFF w/u x 6	16 reps 8 reps ORT! w/u x 6 ORT! w/u x 6 3 reps 20 reps	16 reps 8 reps 6 reps 6 reps 3 reps	8 reps 6 reps 6 reps 3 reps	6 reps		Squat RDL  Hng Snatch Hng Clean  Calf Raise  Plate Toss  Friday BB Bench Close Grip Push Press Row Curl Shldr Mtrx	w/u x 5  w/u x 3  16 reps  8 reps  95% EFF  w/u x 5	w/u x 5 3 reps 20 reps 8 reps ORT!	3 reps 20 reps 8 reps	3 reps	3 reps	

Name: