

Name:

Date:

95% EFFORT!

Monday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 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			
	8 reps	8 reps	8 reps
Plate Toss			

95% EFFORT!

Tuesday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps
BB Bench						

Close Grip					
Push Press					
Row					
Curl					
Shldr Mtrx					
Killer Core x max					

95% EFFORT!

Wednesday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps
Hex Bar DL						
OH Squat						
RDL						

w/u x 3		3 reps	3 reps	3 reps	3 reps
Hng Snatch					
16 reps		16 reps	16 reps		
Calf Raise					
8 reps		8 reps	8 reps	8 reps	
Plate Toss					

95% EFFORT!

Thursday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps
DB Bench						

Lock Out					
DB Fly x 8					
Row					
Curl					
Shldr Mtrx					
Killer Core x max					

95% EFFORT!

Friday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps
Squat						
Good Morn.						

w/u x 3		3 reps	3 reps	3 reps	3 reps
Hng Snatch					
Hng Clean					
16 reps		20 reps	20 reps		
Calf Raise					
8 reps		8 reps	8 reps	8 reps	
Plate Toss					

95% EFFORT!

Monday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
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BB Bench						
Close Grip						
Push Press						
Row						
Curl						
Shldr Mtrx						
Killer Core x max						

95% EFFORT!

Tuesday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
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Squat						
Good Morn.						

	w/u x 3	3 reps	3 reps	3 reps	3 reps
Hng Snatch					
Hng Clean					

	16 reps	20 reps	20 reps
Calf Raise			
	8 reps	8 reps	8 reps
Plate Toss			

Wednesday

Practice Meet Home

95% EFFORT!

Thursday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
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Squat						
RDL						

	w/u x 3	3 reps	3 reps	3 reps	3 reps
Hng Snatch					
Hng Clean					

	16 reps	20 reps	20 reps
Calf Raise			
	8 reps	8 reps	8 reps
Plate Toss			

95% EFFORT!

Friday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
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BB Bench						
Close Grip						
Push Press						
Row						
Curl						
Shldr Mtrx						
Killer Core x max						