	95% EFF	ORT!					_	100% EF	FORT!				
Monday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps	Monday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 re
Squat							Squat						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	-		w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Clean]	Hng Clean						
	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps		w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 re
BB Bench							BB Bench						
Push Press							Push Press						
Plate Toss							Plate Toss						
75% EFFORT!		Focus or	Speed				75% EFFORT!		Focus on	Speed			
Tuesday	5 reps	5 reps					Tuesday	5 reps	5 reps				
Squat							Squat						
	3 reps	3 reps	3 reps					3 reps	3 reps	3 reps	•		
Hng Snatch							Hng Snatch						
	5 reps	5 reps	5 reps					5 reps	5 reps	5 reps	5 reps	_,	
BB Bench							BB Bench						
Push Press							Push Press					-	
1 4311 1 1 633							14:11						
Killer Core x n	MEET vs	FORT!					Wednesday	MEET vs 100% EF	FORT!				
Killer Core x n Wednesday	MEET vs	FORT!			5 reps	5 reps	Wednesday	MEET vs 100% EF	FORT!			5 reps	5 re
Killer Core x n Wednesday Thursday	MEET vs				5 reps	5 reps		MEET vs 100% EF	•			5 reps	5 re
Killer Core x n Wednesday Thursday BB Bench	MEET vs	FORT!			5 reps	5 reps	Wednesday Thursday	MEET vs 100% EF	FORT!			5 reps	5 re
Killer Core x n Wednesday Thursday BB Bench Close Grip	MEET vs	FORT!			5 reps	5 reps	Wednesday Thursday BB Bench	MEET vs 100% EF	FORT!			5 reps	5 re
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row	MEET vs	FORT!			5 reps	5 reps	Wednesday Thursday BB Bench Close Grip Push Press Row	MEET vs 100% EF	FORT!			5 reps	5 re
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl	MEET vs 100% EF w/u x 5	FORT!			5 reps	5 reps	Wednesday Thursday BB Bench Close Grip Push Press Row Curl	MEET vs 100% EF w/u x 5	FORT!			5 reps	5 re
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl	MEET vs 100% EF w/u x 5	FORT!			5 reps	5 reps	Wednesday Thursday BB Bench Close Grip Push Press Row	MEET vs 100% EF w/u x 5	FORT!	·		5 reps	5 re
Wednesday Thursday BB Bench Close Grip Push Press Row Curl	MEET vs 100% EF w/u x 5	FORT! w/u x 5			5 reps	5 reps	Wednesday Thursday BB Bench Close Grip Push Press Row Curl	MEET vs 100% EF w/u x 5	FORT! w/u x 5	·		5 reps	5 re
Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	MEET vs 100% EF w/u x 5 nax 100% EF	FORT!	5 reps	5 reps			Wednesday Thursday BB Bench Close Grip Push Press Row Curl	MEET vs 100% EF w/u x 5 max 100% EF	FORT! W/u x 5	5 reps	5 reps		
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	MEET vs 100% EF w/u x 5 nax 100% EF	FORT! w/u x 5	5 reps	5 reps			Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	MEET vs 100% EF w/u x 5 max 100% EF	FORT! w/u x 5	5 reps	5 reps		
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	MEET vs 100% EF w/u x 5 nax 100% EF	FORT!	5 reps	5 reps			Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	MEET vs 100% EF w/u x 5 max 100% EF	FORT! W/u x 5	5 reps	5 reps		
Killer Core x n	MEET vs 100% EF w/u x 5 nax 100% EF	FORT!	5 reps	5 reps	5 reps		Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	MEET vs 100% EF w/u x 5 max 100% EF	FORT! W/u x 5	5 reps	5 reps	5 reps	
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn.	100% EF w/u x 5	FORT! w/u x 5	5 reps	5 reps	5 reps		Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	100% EF w/u x 5	FORT! W/u x 5 FORT! W/u x 5	5 reps	5 reps	5 reps	
Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn. Hng Snatch	100% EF w/u x 5	FORT! w/u x 5	5 reps	5 reps	5 reps		Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn.	100% EF w/u x 5	FORT! W/u x 5 FORT! W/u x 5	5 reps	5 reps	5 reps	
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn. Hng Snatch Hng Clean	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 5	FORT! w/u x 5	5 reps 5 reps 3 reps	5 reps 5 reps 3 reps	5 reps		Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn. Hng Snatch Hng Clean	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 5	FORT! W/u x 5 FORT! W/u x 5	5 reps 5 reps 3 reps	5 reps 5 reps 3 reps	5 reps	
Killer Core x n Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn. Hng Snatch Hng Clean	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 5	FORT! w/u x 5 FORT! w/u x 5 3 reps 12 reps	5 reps 5 reps 12 reps	5 reps 5 reps 3 reps	5 reps		Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn. Hng Snatch	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 5	FORT! w/u x 5 FORT! w/u x 5 3 reps 12 reps	5 reps 5 reps 12 reps	5 reps 5 reps 3 reps	5 reps	
Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 5	FORT! w/u x 5 FORT! w/u x 5	5 reps 5 reps 12 reps	5 reps 5 reps 3 reps	5 reps		Wednesday Thursday BB Bench Close Grip Push Press Row Curl Killer Core x n Friday Squat Good Morn. Hng Snatch Hng Clean	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 5	FORT! w/u x 5 FORT! w/u x 5	5 reps 5 reps 12 reps	5 reps 5 reps 3 reps	5 reps	

Name: