

Name:

Date:

95% EFFORT!

Monday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
Squat						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Clean						
	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
BB Bench						
Push Press						
Plate Toss						

75% EFFORT! Focus on Speed

Tuesday	5 reps	5 reps	5 reps
Squat			
	3 reps	3 reps	3 reps
Hng Snatch			
	5 reps	5 reps	5 reps
BB Bench			
Push Press			
Killer Core x max			

Wednesday MEET vs Miramonte Away

100% EFFORT!

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

100% EFFORT!

Friday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
Squat						
Good Morn.						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Snatch						
Hng Clean						
	12 reps	12 reps	12 reps			
Calf Raise						
	8 reps	8 reps	8 reps	8 reps		
Plate Toss						

100% EFFORT!

Monday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
Squat						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Clean						
	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
BB Bench						
Push Press						
Plate Toss						

75% EFFORT! Focus on Speed

Tuesday	5 reps	5 reps	5 reps
Squat			
	3 reps	3 reps	3 reps
Hng Snatch			
	5 reps	5 reps	5 reps
BB Bench			
Push Press			
Killer Core x max			

Wednesday MEET vs Clayton Valley Home

100% EFFORT!

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

100% EFFORT!

Friday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps
Squat						
Good Morn.						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Snatch						
Hng Clean						
	12 reps	12 reps	12 reps			
Calf Raise						
	8 reps	8 reps	8 reps	8 reps		
Plate Toss						