Name:

Date: 3/24/25

	100% EF	FORT!						70% EFF	ORT!	De-Loa	d
Monday	w/u x 4	w/u x 4	4 reps	4 reps	4 reps	4 reps	Monday	w/u x 8	w/u x 8	8 reps	8
Squat							BB Bench				Γ
•	w/ux3	3 reps	3 reps	3 reps	3 reps	•4	Close Grip				İ.
Hng Clean	T]	Push Press				
0	w/ux5	w/ux5	5 reps	5 reps	5 reps	5 reps	Row				
BB Bench							Curl				1
Push Press						I I	Shldr Mtrx				1
Plate Toss					1		Killer Core x r	nax			F
		1	1	1				70% EFF	ORT!	De-Loa	d
75% EFFORT		Focus or	n Speed				Tuesday	w/u x 8	w/u x 8	8 reps	8
Tuesday	5 reps	5 reps					Squat		,		Ē
Squat		0.000	0.000	1			Good Morn.				F
04000	3 reps	3 reps	3 reps	1			0000	w/ux3	3 rens	3 reps	<u>_</u>
Hng Snatch		51005	51005	1			Hng Snatch		51005	51005	Ē
	5 reps	5 reps	5 reps	1			Hng Clean				
BB Bench		51663	Jieps	1			Thig clean	16 rens	16 reps	16 rons	<u> </u>
Push Press							Calf Raise	101663	Totebs	101665	1
Killer Core x i	222							8 reps	9 ropc	8 reps	۱,
	Пал			l			Plate Toss	01643	01643	01643	Г
Wednesday	MEETNO	North Co	to Hom	•			FIALE TUSS	70% EFF		De-Loa	
weanesday	IVIEET VS	North Ga		e			Mada ada u				
	100% 55	CODTI					Wednesday DB Bench	w/ux8	w/u x 8	8 reps	° T
T I I .	100% EF		F	F	F	F					
Thursday	W/UX5	w/u x 5	5 reps	5 reps	5 reps	5 reps	Lock Out				
BB Bench							DB Fly x 8				
Close Grip							Row				
Push Press							Curl				
Row							Shldr Mtrx				
Curl							Killer Core x r				
Killer Core x ı	max				J			70% EFF		De-Loa	
							Thursday	w/u x 8	w/u x 8	8 reps	8
	100% EF						Squat				
Friday	w/u x 5	w/u x 5	5 reps	5 reps	5 reps	5 reps	RDL				
Squat								w/u x 3	3 reps	3 reps	3
Good Morn.							Hng Snatch				
	w/u x 3	3 reps	3 reps	3 reps	3 reps	_	Hng Clean				
Hng Snatch								16 reps	16 reps	16 reps	
Hng Clean							Calf Raise				
	12 reps	12 reps	12 reps			-		8 reps	8 reps	8 reps	8
Calf Raise							Plate Toss				
	8 reps	8 reps	8 reps	8 reps				70% EFF	ORT!	De-Loa	d
Plate Toss]		Friday	w/u x 8	w/u x 8	8 reps	8
							BB Bench				
							Close Grip				
							Push Press				
							Row				1
							Curl				1
							Shldr Mtrx				1
								<u> </u>			⊢

s 8 reps 8 reps 8 reps ad s 8 reps 8 reps 8 reps s 3 reps 3 reps S s 8 reps ad s 8 reps 8 reps 8 reps ad s 8 reps 8 reps 8 reps s 3 reps 3 reps os s 8 reps ad s 8 reps 8 reps 8 reps Killer Core x max