

Name:

Date: 3/24/25

**100% EFFORT!**

<b>Monday</b>	w/u x 4	w/u x 4	4 reps	4 reps	4 reps	4 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**

<b>Tuesday</b>	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 North Gate Home**

**100% EFFORT!**

<b>Thursday</b>	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!**

<b>Friday</b>	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						

**70% EFFORT!**

**De-Load**

<b>Monday</b>	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
BB Bench						
Close Grip						
Push Press						
Row						
Curl						
Shldr Mtrx						
Killer Core x max						

**70% EFFORT!**

**De-Load**

<b>Tuesday</b>	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
Squat						
Good Morn.						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Snatch						
Hng Clean						
	16 reps	16 reps	16 reps			
Calf Raise						
	8 reps	8 reps	8 reps	8 reps		
Plate Toss						

**70% EFFORT!**

**De-Load**

<b>Wednesday</b>	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
DB Bench						
Lock Out						
DB Fly x 8						
Row						
Curl						
Shldr Mtrx						
Killer Core x max						

**70% EFFORT!**

**De-Load**

<b>Thursday</b>	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
Squat						
RDL						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Snatch						
Hng Clean						
	16 reps	16 reps	16 reps			
Calf Raise						
	8 reps	8 reps	8 reps	8 reps		
Plate Toss						

**70% EFFORT!**

**De-Load**

<b>Friday</b>	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
BB Bench						
Close Grip						
Push Press						
Row						
Curl						
Shldr Mtrx						
Killer Core x max						