

Name:

Date:

90% EFFORT!

Monday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps
Squat						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	
Hng Clean						
	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps
BB Bench						
Push Press						
Plate Toss						

75% EFFORT!

Focus on Speed

Tuesday	6 reps	6 reps	6 reps
Squat			
	6 reps	6 reps	6 reps
Hng Snatch			
	6 reps	6 reps	6 reps
BB Bench			
Push Press			
Killer Core x max			

Wednesday MEET vs Acalanes 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
BB Bench				
Close Grip				
Push Press				
Row				
Curl				
Shldr Mtrx				
Killer Core x max				

100% EFFORT!

Tuesday	w/u x 5	w/u x 5	5 reps	5 reps
Squat				
Good Morn.				
	w/u x 3	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				

85% EFFORT! SPEED!

Wednesday	w/u x 5	w/u x 5	5 reps	5 reps
DB Bench				
Lock Out				
DB Fly x 8				
Row				
Curl				
Shldr Mtrx				
Killer Core x max				

85% EFFORT! SPEED!

Thursday	w/u x 5	w/u x 5	5 reps	5 reps
Squat				
RDL				
	w/u x 3	3 reps	3 reps	3 reps
Hng Snatch				
Hng Clean				
	12 reps	12 reps	12 reps	
Calf Raise				
	8 reps	8 reps	8 reps	
Plate Toss				

Saturday

DAL Championships Trials (Home)