Name:											
Date:											
	90% EFFORT!							100% EFFORT!			
Monday	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps	Monday	w/u x 5	w/u x 5	5 reps	5 reps
Squat					-		BB Bench				
	w/u x 3	3 reps	3 reps	3 reps	3 reps		Close Grip				•
Hng Clean							Push Press				
	w/u x 6	w/u x 6	6 reps	6 reps	6 reps	6 reps	Row				
BB Bench							Curl				
Push Press							Shldr Mtrx				
Plate Toss					•		Killer Core x r	nax			
						100% EFFORT!					
75% EFFORT!	!	Focus or	Speed				Tuesday	w/u x 5	w/u x 5	5 reps	5 reps
Tuesday	6 reps	6 reps	6 reps	- 1			Squat				
Squat							Good Morn.				
	6 reps	6 reps	6 reps	•				w/u x 3	3 reps	3 reps	3 reps
Hng Snatch							Hng Snatch				
	6 reps	6 reps	6 reps	•			Hng Clean				
BB Bench								12 reps	12 reps	12 reps	•
Push Press							Calf Raise				
Killer Core x r	max							8 reps	8 reps	8 reps	8 reps
							Plate Toss				
							riate 1033				
Wednesday	MEET vs	Acalanes	Away					85% EFF		SPEED!	
Wednesday			Away				Wednesday		ORT! w/u x 5		5 reps
	100% EF	FORT!					Wednesday DB Bench				5 reps
Thursday	100% EF			5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out				5 reps
Thursday BB Bench	100% EF	FORT!		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8				5 reps
Thursday BB Bench Close Grip	100% EF	FORT!		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8 Row				5 reps
Thursday BB Bench Close Grip Push Press	100% EF	FORT!		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8 Row Curl				5 reps
Thursday BB Bench Close Grip Push Press Row	100% EF	FORT!		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx	w/u x 5			5 reps
Thursday BB Bench Close Grip Push Press Row Curl	100% EF w/u x 5	FORT!		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8 Row Curl	w/u x 5	w/u x 5	5 reps	5 reps
Thursday BB Bench Close Grip Push Press Row	100% EF w/u x 5	FORT!		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r	w/u x 5	w/u x 5	5 reps SPEED!	
Thursday BB Bench Close Grip Push Press Row Curl	100% EF w/u x 5	FORT! w/u x 5		5 reps	5 reps	5 reps	Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r	w/u x 5	w/u x 5	5 reps SPEED!	
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r	100% EF w/u x 5	FORT!	5 reps				Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat	w/u x 5	w/u x 5	5 reps SPEED!	
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r	100% EF w/u x 5	FORT! w/u x 5	5 reps				Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r	max 85% EFF	w/u x 5 ORT! w/u x 5	5 reps SPEED! 5 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r	100% EF w/u x 5	FORT!	5 reps				Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL	w/u x 5	w/u x 5	5 reps SPEED! 5 reps	
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r	100% EF w/u x 5 max 100% EF w/u x 5	FORT! W/u x 5 FORT! W/u x 5	5 reps	5 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch	max 85% EFF	w/u x 5 ORT! w/u x 5	5 reps SPEED! 5 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn.	100% EF w/u x 5	FORT!	5 reps		5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL	w/u x 5 max 85% EFF w/u x 5 w/u x 3	ORT! w/u x 5 3 reps	5 reps SPEED! 5 reps 3 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn. Hng Snatch	100% EF w/u x 5 max 100% EF w/u x 5	FORT! W/u x 5 FORT! W/u x 5	5 reps	5 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch Hng Clean	w/u x 5 max 85% EFF w/u x 5 w/u x 3	w/u x 5 ORT! w/u x 5	5 reps SPEED! 5 reps 3 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn.	100% EF w/u x 5 max 100% EF w/u x 5	FORT! w/u x 5 FORT! w/u x 5	5 reps 5 reps 3 reps	5 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch	w/u x 5 max 85% EFF w/u x 5 w/u x 3	ort! w/u x 5 3 reps 12 reps	5 reps SPEED! 5 reps 3 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn. Hng Snatch Hng Clean	100% EF w/u x 5 max 100% EF w/u x 5	FORT! W/u x 5 FORT! W/u x 5	5 reps 5 reps 3 reps	5 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch Hng Clean Calf Raise	w/u x 5 max 85% EFF w/u x 5 w/u x 3	ORT! w/u x 5 3 reps	5 reps SPEED! 5 reps 3 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn. Hng Snatch	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 3	FORT! w/u x 5 FORT! w/u x 5 3 reps 12 reps	5 reps 5 reps 12 reps	5 reps 3 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch Hng Clean	w/u x 5 max 85% EFF w/u x 5 w/u x 3	ort! w/u x 5 3 reps 12 reps	5 reps SPEED! 5 reps 3 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn. Hng Snatch Hng Clean Calf Raise	100% EF w/u x 5 max 100% EF w/u x 5	FORT! w/u x 5 FORT! w/u x 5	5 reps 5 reps 12 reps	5 reps 3 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch Hng Clean Calf Raise	w/u x 5 max 85% EFF w/u x 5 w/u x 3	ort! w/u x 5 3 reps 12 reps	5 reps SPEED! 5 reps 3 reps	5 reps
Thursday BB Bench Close Grip Push Press Row Curl Killer Core x r Friday Squat Good Morn. Hng Snatch Hng Clean	100% EF w/u x 5 max 100% EF w/u x 5 w/u x 3	FORT! w/u x 5 FORT! w/u x 5 3 reps 12 reps	5 reps 5 reps 12 reps	5 reps 3 reps	5 reps		Wednesday DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday Squat RDL Hng Snatch Hng Clean Calf Raise	w/u x 5 max 85% EFF w/u x 5 w/u x 3 12 reps 8 reps	ort! w/u x 5 3 reps 12 reps 8 reps	5 reps SPEED! 5 reps 3 reps 12 reps 8 reps	5 reps