Date:													
	90% EFF							90% EFF					
Monday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps	Monday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
Squat							BB Bench						
Good Morn.							Close Grip						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	1	Push Press						
Hng Snatch							Row						
Hng Clean							Curl						
	20 reps	20 reps	20 reps	Ī			Shldr Mtrx						
Calf Raise							Killer Core x r						
	8 reps	8 reps	8 reps	8 reps	-			90% EFF					
Plate Toss							Tuesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
	90% EFF	ORT!					Squat						
Tuesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps	Good Morn.						
BB Bench								w/u x 3	3 reps	3 reps	3 reps	3 reps	•
Close Grip							Hng Snatch						
Push Press							Hng Clean						
Row								16 reps	20 reps	20 reps	•		
Curl							Calf Raise						
Shldr Mtrx								8 reps	8 reps	8 reps	8 reps	•	
Killer Core x r	nax				_		Plate Toss						
	90% EFF	ORT!											
Wednesday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps							
Hex Bar DL													
OH Squat							Wednesday						
RDL]			MEET vs	Las Loma	as Home			
	w/u x 3	3 reps	3 reps	3 reps	3 reps	-							
Hng Snatch													
	16 reps	16 reps	16 reps	•									
Calf Raise													
-	8 reps	8 reps	8 reps	8 reps	-			90% EFF	ORT!				
Plate Toss					_		Thursday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
	90% EFF	ORT!					Squat						
Thursday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps	RDL						
DB Bench								w/u x 3	3 reps	3 reps	3 reps	3 reps	
Lock Out							Hng Snatch						
DB Fly x 8							Hng Clean						_
Row								16 reps	20 reps	20 reps	•		
Curl					_		Calf Raise						
Shldr Mtrx					-			8 reps	8 reps	8 reps	8 reps	-	
Killer Core x r					_		Plate Toss						
	90% EFF	ORT!											
Friday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps		90% EFF					
Squat							Friday	w/u x 8	w/u x 8	8 reps	8 reps	8 reps	8 reps
Good Morn.							BB Bench						
	w/u x 3	3 reps	3 reps	3 reps	3 reps	_	Close Grip						
Hng Snatch							Push Press						
Hng Clean							Row						
	16 rens	20 reps	20 reps			-	Curl						
	<u> 10</u> 1Cp3			_									
Calf Raise	Тотерз						Shldr Mtrx					_	
Calf Raise	8 reps		8 reps					max					

Name: