

Name:

Date:

100% EFFORT!

Monday w/u x 5 w/u x 5 3 reps 3 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 3 reps 3 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				
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8 reps 8 reps 8 reps 8 reps

Plate Toss				
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85% EFFORT! SPEED!

Wednesday w/u x 5 w/u x 5 3 reps 3 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 3 reps 3 reps

Squat				
RDL				

w/u x 3 3 reps 3 reps 3 reps

Hng Snatch				
Hng Clean				

Friday

NCS MOC Trials & Finals Dublin

Saturday

NCS MOC Trials & Finals Dublin

100% EFFORT!

Monday w/u x 5 w/u x 5 3 reps 3 reps

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Curl				
Shldr Mtrx				
Killer Core x max				

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Good Morn.				

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Hng Clean				

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Thursday w/u x 5 w/u x 5 3 reps 3 reps

Squat				
RDL				

w/u x 3 3 reps 3 reps 3 reps

Hng Snatch				
Hng Clean				

Friday

CIF State Championships Trials and Finals (Clovis)

Saturday

CIF State Championships Trials and Finals (Clovis)