#### Name:

Date:

#### 100% EFFORT!

	100% EF	FURT!					
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 r	nax						
	100% EF	FORT!					
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							
	8 reps	8 reps	8 reps	8 reps			
Plate Toss							
	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 r	nax						
	85% EFF	ORT!	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

als Dublin

### 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% EF	FORT!			
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					
	8 reps	8 reps	8 reps	8 reps	
Plate Toss					
P	85% EFF	ORT!	SPEED!		
Wednesday		<mark>ORT!</mark> w/u x 5		3 reps	
<b>Wednesday</b> DB Bench				3 reps	
r				3 reps	
DB Bench				3 reps	
DB Bench Lock Out				3 reps	
DB Bench Lock Out DB Fly x 8				3 reps	
DB Bench Lock Out DB Fly x 8 Row				3 reps	
DB Bench Lock Out DB Fly x 8 Row Curl	w/u x 5			3 reps	
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx	w/u x 5	w/u x 5		3 reps	
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx	w/u x 5	w/u x 5	3 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r	w/u x 5	w/u x 5	3 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r Thursday	w/u x 5	w/u x 5	3 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r <b>Thursday</b> Squat	w/u x 5	w/u x 5	3 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x r <b>Thursday</b> Squat	w/u x 5	w/u x 5	3 reps SPEED! 3 reps	3 reps	
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	3 reps SPEED! 3 reps	3 reps	

# Friday

CIF State Championships Trials and Finals (Clovis)

## Saturday

CIF State Championships Trials and Finals (Clovis)