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Date:

100% EFFORT!

	10070 LI	i Oiti :				
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 r	nax					
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% EFF	ORT!	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 r	nax					
	85% EFF	ORT!	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			
	1			i		

Saturday

Calf Raise

Plate Toss

Plate Toss

DAL Championships Finals (Home)

8 reps

8 reps

8 reps

8 reps

8 reps

8 reps 8 reps

100% EFFORT!

100% EFFORT!						
Monday	w/u x 4	w/u x 4	4 reps	4 reps		
BB Bench						
Close Grip						
Push Press						
Row						
Curl						
Shldr Mtrx						
Killer Core x n	nax					
100% EFFORT!						
Tuesday	w/u x 4	w/u x 4	4 reps	4 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!						
	85% EFF	ORT!	SPEED!			
Wednesday		ORT! w/u x 4		4 reps		
Wednesday DB Bench				4 reps		
				4 reps		
DB Bench				4 reps		
DB Bench Lock Out				4 reps		
DB Bench Lock Out DB Fly x 8				4 reps		
DB Bench Lock Out DB Fly x 8 Row				4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl	w/u x 4			4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx	w/u x 4	w/u x 4		4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx	w/u x 4	w/u x 4	4 reps			
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n	w/u x 4	w/u x 4	4 reps			
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n	w/u x 4	w/u x 4	4 reps			
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat	w/u x 4	w/u x 4	4 reps SPEED! 4 reps	4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat	w/u x 4	w/u x 4	4 reps			
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat RDL	w/u x 4	w/u x 4	4 reps SPEED! 4 reps	4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat RDL Hng Snatch	w/u x 4	w/u x 4	4 reps SPEED! 4 reps	4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat RDL Hng Snatch	w/u x 4 nax 85% EFF w/u x 4 w/u x 3	ort! w/u x 4	4 reps SPEED! 4 reps 3 reps	4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat RDL Hng Snatch Hng Clean	w/u x 4 nax 85% EFF w/u x 4 w/u x 3	ort! w/u x 4	4 reps SPEED! 4 reps 3 reps	4 reps		
DB Bench Lock Out DB Fly x 8 Row Curl Shldr Mtrx Killer Core x n Thursday Squat RDL Hng Snatch Hng Clean	w/u x 4 max 85% EFFF w/u x 4 w/u x 3	ort! w/u x 4 3 reps	4 reps SPEED! 4 reps 3 reps	4 reps		

Saturday

TRI-Valley Championships