

Name:

Date:

100% EFFORT!

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 max				

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			
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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 5 reps 5 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 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

Calf Raise			
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8 reps 8 reps 8 reps

Plate Toss				
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8 reps 8 reps 8 reps 8 reps

Plate Toss				
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Saturday

DAL Championships Finals (Home)

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 max				

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			
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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 4 w/u x 4 4 reps 4 reps

DB Bench				
Lock Out				
DB Fly x 8				
Row				
Curl				
Shldr Mtrx				
Killer Core x max				

85% EFFORT! SPEED!

Thursday w/u x 4 w/u x 4 4 reps 4 reps

Squat				
RDL				

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

Plate Toss				
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Saturday

TRI-Valley Championships