

NAME

The image part with

	BW	CL	1Bq	2Bq	DL	BP	CU
CURRENT MAX	100	100	100	100	100	100	100
TRAINING %	100%	100	100	100	100	100	100

BODY WEIGHT				
SPEED/POWER	WEEK 1	WEEK 2	WEEK 3	WEEK 4

BODY WEIGHT				
SPEED/POWER	WEEK 1	WEEK 2	WEEK 3	WEEK 4

MAIN LIFT

		SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
A1	ALT. LATERAL STEP UP JUMP	1	5		1	5		1	5		1	5	
	CONTINUOUS	1	5		1	5		1	5		1	5	
	MINIBAND PSOAS	2	4X5S		2	4X5S		2	4X5S		2	4X5S	
A2	LATERAL WALL MARCH	2	8		2	8		2	8		2	8	
	DB REVERSE LUNGE	1	6	50	1	6	50	1	4	50	1	6	50
B1	*UP FAST!	1	6		1	6		1	4		1	6	
	1-ARM DB CHEST PRESS	1	6	30	1	6	30	1	4	30	1	6	30
B2		1	6	30	1	6	30	1	4	35	1	6	30
	UNLOADED EXPLOSIVE PUSH-UP	2	6		2	6		2	6		2	6	
B3	CHIN-UP	1	6	65	1	6	65	1	4	65	1	6	65
		1	6	75	1	6	75	1	4	80	1	6	65
		1	6		1	6		1	4		1	6	
C1	OH ROT. MED BALL SLAM	2	5		2	5		2	5		2	5	
	1/4 GET-UP	1	5		1	5		1	6		1	6	
C2		1	5		1	5		1	6		1	6	
	QUADRUPED 1-ARM REACH BAND-RESISTED	2	8		2	8		2	8		2	8	

NOTES

MAIN LIFT

		SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT	SETS	REPS	WT
A1	1-ARM KB SWING	1	5		1	5		1	5		1	5	
		1	5		1	5		1	5		1	5	
A2	LYING HEEL TAP -> STRAIGHTEN	2	4X5S		2	4X5S		2	4X5S		2	4X5S	
	W/ PLATE HOLD & STRAIGHT LEG												
A3	LATERAL WALL MARCH	2	8		2	8		2	8		2	8	
	DB STEP-UP	1	6	40	1	6	40	1	6	40	1	6	40
B1	*UP FAST!	1	6		1	6		1	6		1	6	
	1-ARM CABLE ROW (OH GRIP)	1	6	30	1	6	30	1	4	30	1	6	30
B2		1	6	30	1	6	30	1	4	30	1	6	30
	W/ TORSO ROT *PULL FAST!	1	6		1	6		1	4		1	6	
B3	QUAD 1-ARM BLACKBURN	2	8		2	8		2	8		2	8	
	EXPLOSIVE PUSH-UP	1	6		1	6		1	6		1	6	
C1		1	6		1	6		1	6		1	6	
		1	6		1	6		1	6		1	6	
C2	1-LEG DB DEADLIFT	1	6	65	1	6	65	1	6	65	1	6	65
		1	6	70	1	6	70	1	6	75	1	6	65
D1	TALL KNEEL LANDMINE ROTATION	1	8		1	8		1	8		1	8	
		1	8		1	8		1	8		1	8	
D2	PUSH-UP SHOULDER TOUGHES	2	10		2	10		2	10		2	10	

NOTES

BRING YOUR BEST