

NAME

The image part with

	BW	CL	1Bq	Bq	DL	BP	DU
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 SPLIT SQUAT	1	6	65	1	8	65	1	5	65	1	6	65
B1	1-ARM DB CHEST PRESS	1	6	30	1	8	30	1	5	30	1	6	30
	HIPS FLEXED DYNAMIC Y->W	2	8		2	8		2	8		2	8	
	CHIN-UP	1	6	65	1	8	65	1	5	65	1	6	65
B2	1-LEG SLIDEBOARD HB CURL	3	5		3	5		3	6		2	6	
	1/4 GET-UP	1	5		1	5		1	6		1	6	
	QUADRUPED 1-ARM REACH BAND-RESISTED	2	8		2	8		2	8		2	8	
C1	1-ARM DB CHEST PRESS	1	6	30	1	8	30	1	5	30	1	6	30
	NEUTRAL GRIP	1	6		1	8		1	5		1	6	
	TALL KNEEL LANDMINE ROTATION	1	8		1	8		1	8		1	8	
C2	PUSH-UP SHOULDER TOUGHES	2	10		2	10		2	10		2	10	

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	
	LYING HEEL TAP -> STRAIGHTEN	2	4X5S		2	4X5S		2	4X5S		2	4X5S	
	DB STEP-UP	1	6	40	1	8	40	1	5	40	1	6	40
A2	1-ARM CABLE ROW (OH GRIP)	1	6	30	1	8	30	1	5	30	1	6	30
	QUAD 1-ARM BLACKBURN	2	8		2	8		2	8		2	8	
	1-ARM INC DB CHEST PRESS	1	6	25	1	8	25	1	5	25	1	6	25
B1	1-LEG DB DL	1	6	65	1	8	65	1	5	65	1	6	65
	1-ARM DB CHEST PRESS	1	6	25	1	8	25	1	5	25	1	6	25
	1-LEG DB DL	1	6	70	1	8	75	1	5	75	1	6	65
B2	1-ARM DB CHEST PRESS	1	6	30	1	8	30	1	5	30	1	6	30
	W/ TORSO ROT	1	6		1	8		1	5		1	6	
	1-ARM DB CHEST PRESS	1	6	25	1	8	25	1	5	25	1	6	25
B3	1-ARM DB CHEST PRESS	1	6	25	1	8	25	1	5	25	1	6	25
	1-LEG DB DL	1	6	65	1	8	65	1	5	65	1	6	65
	1-LEG DB DL	1	6	70	1	8	75	1	5	75	1	6	65
C1	1-ARM DB CHEST PRESS	1	6	25	1	8	25	1	5	25	1	6	25
	1-LEG DB DL	1	6	65	1	8	65	1	5	65	1	6	65
	1-LEG DB DL	1	6	70	1	8	75	1	5	75	1	6	65
C2	TALL KNEEL LANDMINE ROTATION	1	8		1	8		1	8		1	8	
	PUSH-UP SHOULDER TOUGHES	2	10		2	10		2	10		2	10	

NOTES

BRING YOUR BEST