

NAME



	BW	CL	1Bq	Bq	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**

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		Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT
A1	LATERAL BOUND	1	5		1	5		1	5		1	5	
	CONTINUOUS	1	5		1	5		1	5		1	5	
A2	QUADRUPED DIAG. HIP EXT. HOLD	2	4x5s		2	4x5s		2	4x5s		2	4x5s	
A3	2-WAY SKATER	2	6		2	6		2	6		2	6	
B1	DB SPLIT SQUAT	1	6s	50	1	6s	50	1	6s	50	1	6s	50
	*UP FAST!	1	8s	55	1	8s	55	1	8s	60	1	8s	65
B2	QUADRUPED 1- ARM ARC	1	10s		1	10s		1	10s		1	10s	
B3	1-ARM DB CHEST PRESS	1	6s	20	1	6s	20	1	6s	20	1	6s	20
		1	8s	25	1	8s	25	1	8s	25	1	8s	25
C1	1-ARM DB ROW	1	6s	20	1	6s	20	1	6s	20	1	6s	20
		1	8s	25	1	8s	25	1	8s	25	1	8s	25
C2	OH GRIP	1	10s		1	10s		1	10s		1	10s	
D1	KB SWING	1	8		1	8		1	8		1	8	
	*FOCUS ON SPEED	1	8		1	8		1	8		1	8	
D2	3-WAY 1/2 KNEEL BELLY PRESS HOLD	3	8s		3	8s		3	8s		3	8s	
		3	8s		3	8s		3	8s		3	8s	
	4-WAY BEAR CRAWL	2	8		2	8		2	8		2	8	

		Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT	Sets	Reps	WT
A1	1-ARM DB HANG SNATCH	1	4		1	4		1	4		1	4	
		1	3		1	3		1	3		1	3	
A2	TALL KNEELING ARM CIRCLES	1	2		1	2		1	2		1	2	
	50% TENSION												
A3	GLUTE BRIDGE MARCH	2	3		2	3		2	3		2	3	
B1	FORWARD SLED DRAG	2	8		2	8		2	8		2	8	
		1	10v	35	1	10v	40	1	10v	45	1	10v	35
B2	SB WALL HOLD W/ MINI CIRCLES	1	8s	55	1	8s	55	1	8s	60	1	8s	65
		1	10v	45	1	10v	50	1	10v	55	1	10v	55
B3	OH MB FLOOR SLAM W/ RECOIL	2	5		2	5		2	5		2	5	
	EACH SIDE	1	6s		1	6s		1	6s		1	6s	
C1	BAND-RESISTED PUSH-UP	1	6s		1	6s		1	6s		1	6s	
	AS MANY REPS AS POSS.	1	8s		1	8s		1	8s		1	8s	
C2	1-LEG DB SLDL	1	10s		1	10s		1	10s		1	10s	
		1	6		1	6		1	6		1	6	
D1	TALL KNEEL MB FIGURE 8's	1	6		1	6		1	6		1	6	
		1	8s		1	8s		1	8s		1	8s	
D2	ROTATIONAL SQUAT WALL REACH	1	8s		1	8s		1	8s		1	8s	
		2	6		2	6		2	6		2	6	

NOTES

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**COMPETE HARD**