

Comment :MAY 19-23; RI - 90 (EXPLOSIVES)/60 (AUXILIARY'S)

Week #: 1

DAY	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1 rep max/exercise	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

## WEDNESDAY 65%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 HANG CLEAN	6 x 65	6 x 65	6 x 65	6 x 65		
100 BACK SQUAT	12 x 60	10 x 65	10 x 65	8 x 70		
100 CLOSE GRIP BENCH	12 x 65	10 x 65	10 x 65	8 x 70		
0 LAT PULLDOWNS	10 x ___	10 x ___	8 x ___			
0 BENCH TRICEPS EXTION	10 x ___	10 x ___	10 x ___			
0 AB CIRCUIT #1						

## FRIDAY 66%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 PUSH JERK	6 x 65	6 x 65	6 x 65	6 x 65		
100 INCLINE PRESS	8 x 65	8 x 65	6 x 70	6 x 70		
0 RDL	10 x ___	10 x ___	10 x ___			
0 GLUTE HAM	10 x ___	10 x ___	10 x ___			
0 3 WAY SHOULDER	777 x ___	777 x ___	777 x ___			
0 AB CIRCUIT #3						