

Comment :MAY 26-30 - RI - 90/60 (EXPLOSIVE/AUXILIARY)

Week #: 2

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
<b>MONDAY 66%</b>						
0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 HANG CLEAN	6 x 65	6 x 65	5 x 70	5 x 70		
0 HANG SNATCH	6 x ____	6 x ____	6 x ____			
100 PUSH JERK	6 x 65	6 x 65	6 x 65	6 x 65		
0 TRI PUSH DOWN/DIPS	8 x ____	8 x ____	8 x ____			
0 DB FLOOR PRESS	10 x ____	10 x ____	10 x ____			
0 AB CIRCUIT #3						
<b>TUESDAY 65%</b>						
0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 BACK SQUAT	12 x 60	10 x 65	10 x 65	8 x 70		
0 DB INCLINE PRESS	12 x ____	10 x ____	10 x ____			
100 CLOSE GRIP BENCH	12 x 65	10 x 65	10 x 65	8 x 70		
0 BENT OVER ROWS	8 x ____	8 x ____	8 x ____			
0 PULL UPS	10 x ____	10 x ____	10 x ____			
0 AB CIRCUIT #5						
<b>THURSDAY 65%</b>						
0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 HANG CLEAN	6 x 65	6 x 65	5 x 70	5 x 70		
100 FRONT SQUAT	10 x 60	8 x 65	8 x 65			
0 DB PUSH JERK	6 x ____	6 x ____	5 x ____	5 x ____		
0 OVERHEAD DB STEP UPS	4 x ____	4 x ____	4 x ____			
0 BICEPS CURLS	10 x ____	10 x ____	10 x ____			
0 AB CIRCUIT #7						
<b>FRIDAY 66%</b>						
0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 INCLINE PRESS	8 x 65	8 x 65	6 x 70	6 x 70		
100 CLOSE GRIP BENCH	12 x 65	10 x 65	10 x 65	8 x 70		
0 RDL	10 x ____	10 x ____	10 x ____			
0 GLUTE HAM	10 x ____	10 x ____	10 x ____			
0 TRICEPS PUSH DOWNS	8 x ____	8 x ____	8 x ____			
0 AB CIRCUIT #1						