

Comment :JUNE 2-6 - RI - 90/60

Week #: 3

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

**MONDAY 63%**

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 HANG CLEAN/FRNT SQT	6 x 65	6 x 65	5 x 70	5 x 70		
0 BEHIND NECK PSH JERK	6 x ___	6 x ___	6 x ___	6 x ___		
0 DB INCLINE PRESS	8 x ___	8 x ___	6 x ___			
0 UPRIGHT ROWS	10 x ___	10 x ___	8 x ___			
0 DB LUNGES	5 x ___	5 x ___	5 x ___			
0 AB CIRCUIT #8						

**TUESDAY 67%**

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 BACK SQUAT	10 x 65	10 x 65	8 x 70	8 x 70		
100 CLOSE GRIP BENCH	10 x 65	10 x 65	8 x 70	8 x 70		
0 LAT PULLDOWNS	10 x ___	10 x ___	8 x ___			
0 TRICEPS PUSH DOWNS	8 x ___	8 x ___	8 x ___			
0 GOOD MORNINGS	8 x ___	8 x ___	8 x ___			
0 AB CIRCUIT #2						

**THURSDAY 0%**

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
0 DB HANG CLEAN	8 x ___	8 x ___	6 x ___			
0 HANG SNATCH	6 x ___	6 x ___	6 x ___			
0 DB PUSH JERK	8 x ___	8 x ___	6 x ___	6 x ___		
0 DB RDL	8 x ___	8 x ___	8 x ___			
0 3 WAY SHOULDER	777 x ___	777 x ___	777 x ___			
0 AB CIRCUIT #2						

**FRIDAY 65%**

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 FRONT SQUAT	10 x 60	10 x 60	8 x 65	8 x 65		
100 CLOSE GRIP BENCH	10 x 65	10 x 65	8 x 70	8 x 70		
0 GLUTE HAM	10 x ___	10 x ___	10 x ___			
0 DIRTY 30'S	10 x ___	10 x ___	10 x ___			
0 DB LAT LUNGES						
0 AB CIRCUIT #2						