

Comment :JUNE 9-13 - RI 90/60

Week #: 4

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 69%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 HANG CLEAN	6 x 70	6 x 70	5 x 75	5 x 75		
0 HANG SNATCH	6 x ____	6 x ____	6 x ____			
100 PUSH JERK	6 x 65	6 x 65	5 x 70	5 x 70		
100 INCLINE PRESS	8 x 65	8 x 65	6 x 70	5 x 75		
0 TRI PUSH DOWN/DIPS	8 x ____	8 x ____	8 x ____			
0 AB CIRCUIT #1						

TUESDAY 68%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 BACK SQUAT	10 x 65	10 x 65	8 x 70	6 x 75		
100 CLOSE GRIP BENCH	10 x 65	10 x 65	8 x 70	6 x 75		
0 RDL	10 x ____	10 x ____	8 x ____			
0 BENT OVER ROWS	10 x ____	8 x ____	8 x ____			
0 AB CIRCUIT #6						

THURSDAY 0%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 DB HANG CLEAN	6 x ____	6 x ____	6 x ____			
0 DB HANG SNATCH	4 x ____	4 x ____	4 x ____			
0 DB SPLT LEG PSH JERK	6 x ____	6 x ____	5 x ____	5 x ____		
0 PULL UPS	10 x ____	10 x ____	10 x ____			
0 UPRIGHT ROWS	10 x ____	10 x ____	8 x ____			
0 AB CIRCUIT #3						

FRIDAY 67%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 FRONT SQUAT	8 x 65	8 x 65	8 x 65	6 x 70		
100 INCLINE PRESS	8 x 65	8 x 65	6 x 70	5 x 75		
0 GLUTE HAM	10 x ____	10 x ____	10 x ____			
0 DB LUNGES	5 x ____	5 x ____	5 x ____			
0 PUSH UPS	20 x ____	20 x ____	20 x ____			
0 AB CIRCUIT #7						