

Comment :JUNE 16-20 - RI - 90-120/60-90 SECONDS

Week #: 5

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 70%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 HANG CLEAN/FRNT SQT	6 x 65	5 x 70	5 x 70	4 x 75		
0 DB HANG SNATCH	4 x ___	4 x ___	4 x ___			
0 1 LEG DB RDL	10 x ___	8 x ___	8 x ___			
0 DB BENCH PRESS	8 x ___	8 x ___	8 x ___			
0 3 WAY SHOULDER	777 x ___	777 x ___	777 x ___			
0 AB CIRCUIT #8						

TUESDAY 70%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 PUSH JERK	6 x 70	6 x 70	5 x 75	5 x 75		
100 INCLINE PRESS	8 x 65	8 x 65	6 x 70	5 x 75		
0 DIRTY 30'S	10 x ___	10 x ___	10 x ___			
0 BENT OVER ROWS	8 x ___	8 x ___	8 x ___			
0 DB LUNGES	5 x ___	5 x ___	5 x ___			
0 AB CIRCUIT #5						

THURSDAY 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 1 LEG DB RDL	10 x ___	8 x ___	8 x ___			
0 GLUTE HAM	10 x ___	10 x ___	10 x ___			
0 OVERHEAD SQUAT	8 x ___	8 x ___	8 x ___			
0 AB CIRCUIT #1						

FRIDAY 0%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
0 DB HANG CLEAN	8 x ___	8 x ___	6 x ___			
0 DB PUSH JERK	8 x ___	8 x ___	6 x ___	6 x ___		
0 DB INCLINE PRESS	8 x ___	8 x ___	6 x ___			
0 HAMSTRING SUICIDES	10 x ___	10 x ___	8 x ___			
0 BARBELL LAT LUNGES	6 x ___	6 x ___	5 x ___			
0 AB CIRCUIT #3						