

Comment :JUNE 23-27 - RI - 90-120/60-90 SECONDS

Week #: 6

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 74%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 HANG CLEAN	5 x 75	5 x 75	5 x 75	4 x 80		
0 DB PUSH JERK	8 x ___	8 x ___	6 x ___			
100 BACK SQUAT	8 x 70	8 x 70	6 x 75	6 x 75		
100 INCLINE PRESS	8 x 70	6 x 75	6 x 75	5 x 80		
0 BENCH TRICEPS EXTION	10 x ___	10 x ___	10 x ___			
0 3 WAY SHOULDER	777 x ___	777 x ___	777 x ___			
0 AB CIRCUIT #2						

WEDNESDAY 0%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
0 DB HANG SNATCH	4 x ___	4 x ___	4 x ___			
0 DB INCLINE PRESS	8 x ___	8 x ___	6 x ___			
0 RDL	10 x ___	10 x ___	8 x ___			
0 GLUTE HAM	10 x ___	8 x ___	8 x ___			
0 PULL UPS	10 x ___	10 x ___	10 x ___			
0 AB CIRCUIT #5						

FRIDAY 70%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
0 HANG SNATCH	6 x ___	6 x ___	5 x ___			
100 FRONT SQUAT	8 x 70	8 x 70	6 x 75	6 x 75		
100 SPLIT LEG PUSH JERK	6 x 65	6 x 65	5 x 70			
100 CLOSE GRIP BENCH	8 x 70	8 x 70	8 x 70			
0 LAT PULLDOWNS	10 x ___	10 x ___	8 x ___			
0 AB CIRCUIT #8						