

Comment : WARM UP PROPERLY FOR MAXIMAL LIFTS

Week #: 7

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 100%

100 HANG CLEAN **1 x 100**

100 INCLINE PRESS **1 x 100**

TUESDAY 100%

100 PUSH JERK **1 x 100**

100 BACK SQUAT **1 x 100**