

Comment :JULY 7-11 - RI 90-120/60-90 SECONDS

Week #: 8

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 75%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
0 HANG SNATCH	5 x ___	5 x ___	4 x ___	4 x ___		
100 FRONT SQT/TUCK JUMP	8 x 70	6 x 75	5 x 80	5 x 80		5 x ___
100 PUSH JERK	6 x 70	6 x 70	5 x 75	4 x 80		
100 CLOSE GRIP/MB THROWS	6 x 75	5 x 80	5 x 80			5 x ___
0 TRICEPS PUSH DOWNS	8 x ___	8 x ___	8 x ___			
0 AB CIRCUIT #5						

WEDNESDAY 73%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
100 HANG CLEAN	5 x 75	5 x 75	4 x 80	4 x 80		
0 DB SPLT LEG PSH JERK	6 x ___	6 x ___	5 x ___	5 x ___		
100 BACK SQUAT	8 x 65	6 x 70	6 x 70	5 x 75		
100 CLOSE GRIP BENCH	8 x 70	6 x 75	6 x 75			
0 RDL	8 x ___	8 x ___	6 x ___			
0 AB CIRCUIT #6						

FRIDAY 67%

0 JUMP ROPE	200 x ___					
0 BAR COMPLEX						
0 DB HANG CLEAN	8 x ___	6 x ___	6 x ___	5 x ___		
0 DB HANG SNATCH	4 x ___	4 x ___	4 x ___			
100 INCLINE/MB PUSH UPS	8 x 65	8 x 65	6 x 70	6 x 70		5 x ___
0 HAMSTRING SUICIDES	10 x ___	10 x ___	8 x ___			
0 UPRIGHT ROWS	10 x ___	10 x ___	8 x ___			
0 AB CIRCUIT #7						