

Comment :JULY 14-18 - RI - 90-120/60-90 SECONDS

Week #: 9

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	4 x 80	4 x 80		
0 DB PUSH JERK	8 x ____	8 x ____	6 x ____			
100 BACK SQUAT/TUCK JUMP	8 x 70	8 x 70	6 x 75	6 x 75		5 x ____
100 INCLINE/MB THROWS	6 x 70	6 x 70	5 x 75	5 x 75		5 x ____
0 RDL	8 x ____	8 x ____	6 x ____			
0 AB CIRCUIT #4						

WEDNESDAY 69%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 HANG SNATCH	5 x ____	5 x ____	4 x ____	4 x ____		
100 FRONT SQUAT	8 x 70	8 x 70	6 x 75	6 x 75		
0 BEHIND NECK PSH JERK	6 x ____	6 x ____	5 x ____	5 x ____		
100 INCLINE PRESS	6 x 70	6 x 70	5 x 75	5 x 75		
0 GLUTE HAM	8 x ____	8 x ____	6 x ____			
0 AB CIRCUIT #5						

FRIDAY 0%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 DB HANG CLEAN	8 x ____	6 x ____	6 x ____			
0 DB HANG SNATCH	4 x ____	4 x ____	4 x ____			
0 DB INCLINE PRESS	8 x ____	6 x ____	6 x ____			
0 1 LEG DB RDL	8 x ____	8 x ____	6 x ____			
0 BENCH TRICEPS EXTION	10 x ____	10 x ____	10 x ____			
0 AB CIRCUIT #1						