

Comment :JULY 28-JUNE 1 - RI - 90-120/60-90 SECONDS

Week #: 11

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 78%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 HANG CLEAN	4 x 80	4 x 80	4 x 80	3 x 85		
100 SPLIT LEG PUSH JERK	6 x ____	6 x ____	5 x ____	4 x ____		
100 BACK SQUAT	6 x 75	6 x 75	5 x 80	4 x 85		
100 CLSE GRIP/MB PUSH UP	6 x 75	6 x 75	5 x 80			5 x ____
0 UPRIGHT ROWS	10 x ____	10 x ____	8 x ____			
0 AB CIRCUIT #1						

WEDNESDAY 78%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 HANG SNATCH	5 x ____	5 x ____	4 x ____	4 x ____		
100 FRONT SQT/TUCK JUMP	5 x 80	5 x 80	4 x 85			5 x ____
0 BEHIND NECK PSH JERK	5 x ____	5 x ____	4 x ____	4 x ____		
100 INCLINE/MB THROWS	5 x 80	5 x 80	4 x 85			5 x ____
0 TRICEPS PUSH DOWNS	8 x ____	8 x ____	8 x ____			
0 AB CIRCUIT #3						

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 1 LEG DB RDL	8 x ____	8 x ____	6 x ____			
0 GLUTE HAM	8 x ____	8 x ____	6 x ____			
0 DB FLOOR PRESS	10 x ____	10 x ____	10 x ____			
0 AB CIRCUIT #6						