

Comment :AUG 4-8 - RI - 90-120/60-90 SECONDS

Week #: 12

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 79%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 HANG SNATCH	5 x ____	5 x ____	4 x ____	3 x ____		
100 FRONT SQUAT	6 x 75	5 x 80	5 x 80	4 x 85		
100 SPLIT LEG PUSH JERK	5 x 85	4 x 90	4 x 90	3 x 95		
100 INCLINE/MB DROPS	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 #2						

WEDNESDAY 85%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 HANG CLEAN/FRNT SQT	5 x 80	4 x 85	4 x 85	3 x 90		
0 DB PUSH JERK	8 x ____	8 x ____	6 x ____			
100 BACK SQUAT	5 x 85	5 x 85	4 x 90	4 x 90		
100 CLSE GRIP/MB PUSH UP	6 x 80	5 x 85	5 x 85	4 x 90		6 x ____
0 PULL UPS	10 x ____	10 x ____	10 x ____			
0 AB CIRCUIT #5						

FRIDAY 0%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 DB HANG SNATCH	4 x ____	4 x ____	3 x ____	3 x ____		
0 DB INCLINE PRESS	6 x ____	5 x ____	5 x ____	5 x ____		
0 1 LEG DB RDL	8 x ____	8 x ____	6 x ____			
0 GLUTE HAM	8 x ____	8 x ____	6 x ____			
0 UPRIGHT ROWS	10 x ____	10 x ____	8 x ____			
0 AB CIRCUIT #6						