

Comment :AUG 11-13 - RI - 90-120/60-90 SECONDS

Week #: 13

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 88%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
0 HANG SNATCH	4 x ____	4 x ____	3 x ____	3 x ____		
100 SPLIT LEG PUSH JERK	4 x 90	4 x 90	3 x 95	3 x 95		
100 BACK SQUAT	5 x 85	4 x 90	4 x 90	3 x 95		
100 CLSE GRIP/MB PUSH UP	5 x 80	5 x 80	4 x 85	3 x 90		5 x ____
0 DB BENCH PRESS	10 x ____	10 x ____	8 x ____			
0 AB CIRCUIT #1						

WEDNESDAY 89%

0 JUMP ROPE	200 x ____					
0 BAR COMPLEX						
100 HANG CLEAN	4 x 80	3 x 90	2 x 95	1 x 100		
0 DB PUSH JERK	8 x ____	8 x ____	6 x ____			
100 INCLINE/MB THROWS	5 x 85	4 x 90	4 x 90	3 x 95		5 x ____
0 1 LEG DB RDL	8 x ____	8 x ____	6 x ____			
0 GLUTE HAM	8 x ____	8 x ____	6 x ____			
0 AB CIRCUIT #3						