

Day 1 (Push)						Day 2 (Pull)					
Date						Date					
Core Lift #1		Bench Press				Core Lift #1		Deadlift			
5 X 5	Set	Weight			5 X 5	Set	Weight				
	5					5					
	5					5					
	5					5					
	5					5					
	5+					5+					
Total Weight						Total Weight					
Core Lift #2		Incline/Decline				Core Lift #2		Power Clean			
5 X 5	Set	Weight			5 X 5	Set	Weight				
	5					5					
	5					5					
	5					5					
	5					5					
	5+					5+					
Total Weight						Total Weight					
Aux Lift #1						Aux Lift #1					
5 X 5	Set	Weight			5 X 5	Set	Weight				
	5					5					
	5					5					
	5					5					
	5					5					
	5+					5+					
Total Weight						Total Weight					
Aux Lift #3						Aux Lift #3					
5 X 5	Set	Weight			5 X 5	Set	Weight				
	5					5					
	5					5					
	5					5					
	5					5					
	5+					5+					
Total Weight						Total Weight					
Aux Lift #4						Aux Lift #4					
5 X 5	Set	Weight			5 X 5	Set	Weight				
	5					5					
	5					5					
	5					5					
	5					5					
	5+					5+					
Total Weight						Total Weight					
Exit Ticket						Exit Ticket					
Battle Rope (45 Seconds)						Dumbbell Snatch (30 Seconds)					
15 "High Five" Pushups						Rope Pull Sld (2 Full Pulls)					
Weight Plank (45 Seconds)						Crunches (30)					

**Day 3 (Leg)**

Date		
Core Lift #1	Back Squat	
5 X 5	Set	Weight
	5	
	5	
	5	
	5	
	5+	
Total Weight		
Core Lift #2	Barbell Lunges	
5 X 5	Set	Weight
	5	
	5	
	5	
	5	
	5+	
Total Weight		
Aux Lift #1		
5 X 5	Set	Weight
	5	
	5	
	5	
	5	
	5+	
Total Weight		
Aux Lift #2		
5 X 5	Set	Weight
	5	
	5	
	5	
	5	
	5+	
Total Weight		
Aux Lift #3		
5 X 5	Set	Weight
	5	
	5	
	5	
	5	
	5+	
Total Weight		
Aux Lift #4		
5 X 5	Set	Weight
	5	
	5	
	5	
	5	
	5+	
Total Weight		

**Exit Tickets**

Weight Lunges (45 Seconds)

Wall Sit "Back to Back" (1 Minute)

Flutter Kicks (30 Seconds)

**Day 4 (Explosion)**

Date		
Lift #1	Clean Pull	
3 X 10	Set	Weight
	10	
	10	
	10	
Total Weight		
Lift #2	Speed Squat	
3 X 10	Set	Weight
	10	
	10	
	10	
Total Weight		
Lift #3	Knee Up	
3 X 10	Set	Weight
	10	
	10	
	10	
Total Weight		

Lift #4	Step Up	
3 X 10	Set	Weight
	10	
	10	
	10	
Total Weight		
Lift #5	Box Jumps	
3 X 10	Set	Weight
	10	
	10	
	10	
Total Weight		
Lift #6	Push Sled	
3 X 10	Set	Weight
	10	
	10	
	10	
Total Weight		

**Exit Tickets**

Medicine Ball Partner Situps (30)

Russian Twist w/ Medicine Ball (30)

Plate Raise 2 X 10