

Day 1 (Push)						Day 2 (Pull)					
Date						Date					
Core Lift #1		Bench Press				Core Lift #1		Deadlift			
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Core Lift #2		Incline/Decline				Core Lift #2		Power Clean			
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Aux Lift #1						Aux Lift #1					
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Aux Lift #2						Aux Lift #2					
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Aux Lift #3						Aux Lift #3					
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Date						Date					
Core Lift #1		Bench Press				Core Lift #1		Deadlift			
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Core Lift #2		Incline/Decline				Core Lift #2		Power Clean			
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Aux Lift #1						Aux Lift #1					
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Aux Lift #2						Aux Lift #2					
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
Total Weight						Total Weight					
Aux Lift #3						Aux Lift #3					
Blast	Set	Weight			Blast	Set	Weight				
	5					5					
	4					4					
	3					3					
	2					2					
	1					1					
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)						Day 4 (Explosion)					
Date						Date					
Core Lift #1		Back Squat				Aux Lift #2					
Blast	Set	Weight				Blast	Set	Weight			
	5						5				
	4						4				
	3						3				
	2						2				
	1						1				
Total Weight						Total Weight					
Core Lift #2		Barbell Lunges				Aux Lift #3					
Blast	Set	Weight				Blast	Set	Weight			
	5						5				
	4						4				
	3						3				
	2						2				
	1						1				
Total Weight						Total Weight					
Aux Lift #1						Aux Lift #4					
Blast	Set	Weight				Blast	Set	Weight			
	5						5				
	4						4				
	3						3				
	2						2				
	1						1				
Total Weight						Total Weight					
Lift #1		Clean Pull				Lift #4		Step Up			
3 X 10	Set	Weight				3 X 10	Set	Weight			
	10						10				
	10						10				
	10						10				
Total Weight						Total Weight					
Lift #2		Speed Squat				Lift #5		Box Jumps			
3 X 10	Set	Weight				3 X 10	Set	Weight			
	10						10				
	10						10				
	10						10				
Total Weight						Total Weight					
Lift #3		Knee Up				Lift #6		Push Sled			
3 X 10	Set	Weight				3 X 10	Set	Weight			
	10						10				
	10						10				
	10						10				
Total Weight						Total Weight					
Exit Tickets						Exit Tickets					
Weight Lunges (45 Seconds)						Medicine Ball Partner Situps (30)					
Wall Sit "Back to Back" (1 Minute)						Russian Twist w/ Medicine Ball (30)					
Flutter Kicks (30 Seconds)						Plate Raise 2 X 10					