

WEEK 1

Monday

POWER CLEAN

8 X 50%
6 X 60%
5 X 70%
5 X 70%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3 X 6
DB PUSH-UP ROW 3 X 8
PULL-UPS 3 X 10

NEW

CURLS 3 X 10
TRICPS 3 X 10
4 WAY NECK 3 X 10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3 X 10
ABS 3 X 20
LATERAL LUNGES 3 X 8

NEW

SLDL 3 X 10
ABS 3 X 20
LATERAL LUNGES 3 X 8

Friday

POWER CLEANS

8 X 50%
5 X 60%
5 X 70%
3 X 75%
3 X 80%

BENCH PRESS

8 X 60%
5 X 70%
5 X 75%
3 X 80%
3 X 85%

SQUAT

8 X 60%
5 X 70%
5 X 75%
3 X 80%
3 X 85%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3 X 6
DB PUSH-UP ROW 3 X 8
PULL-UPS 3 X 10

NEW

CURLS 3 X 10
TRICPS 3 X 10
4 WAY NECK 3 X 10

WEEK 2

Monday

POWER CLEAN

8 X 50%
6 X 60%
5 X 70%
5 X 70%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3 X 6
DB PUSH-UP ROW 3 X 8
PULL-UPS 3 X 10

NEW

CURLS 3 X 10
TRICPS 3 X 10
4 WAY NECK 3 X 10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3 X 10
ABS 3 X 20
LATERAL LUNGES 3 X 8

NEW

SLDL 3 X 10
ABS 3 X 20
LATERAL LUNGES 3 X 8

Friday

POWER CLEANS

8 X 50%
5 X 60%
5 X 70%
3 X 75%
3 X 80%

BENCH PRESS

8 X 60%
5 X 70%
5 X 75%
3 X 80%
3 X 85%

SQUAT

8 X 60%
5 X 70%
5 X 75%
3 X 80%
3 X 85%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3 X 10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

WEEK 3

Monday

POWER CLEAN

8 X 50%
5 X 65%
5 X 70%
5 X 75%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

NEW

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

Friday

POWER CLEANS

8 X 50%
5 X 65%
5 X 75%
3 X 80%
3 X 80%

BENCH PRESS

8 X 60%
5 X 70%
5 X 80%
3 X 85%
3 X 85%

SQUAT

8 X 60%
5 X 70%
5 X 80%
3 X 85%
3 X 85%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

WEEK 4

Monday

POWER CLEAN

8 X 50%
5 X 70%
5 X 75%
5 X 75%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

NEW

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

Friday

POWER CLEANS

5 X 60%
5 X 70%
5 X 75%
3 X 80%
3 X 85%

BENCH PRESS

8 X 60%
5 X 70%
5 X 80%
3 X 85%
3 X 85%

SQUAT

8 X 60%
5 X 70%
5 X 80%
3 X 85%
3 X 85%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

WEEK 5

Monday

POWER CLEAN

5 X 60%
5 X 70%
5 X 75%
5 X 75%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

NEW

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

Friday

POWER CLEANS

5 X 60%
5 X 70%
5 X 75%
3 X 80%
3 X 85%

BENCH PRESS

8 X 60%
5 X 70%
5 X 80%
3 X 85%
3 X 85%

SQUAT

8 X 60%
5 X 70%
5 X 80%
3 X 85%
3 X 85%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

WEEK 6

Monday

POWER CLEAN

5 X 60%
5 X 70%
5 X 75%
3 X 80%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

NEW

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

Friday

POWER CLEANS

5 X 60%
5 X 70%
3 X 80%
3 X 80%
3 X 85%

BENCH PRESS

8 X 60%
5 X 70%
5 X 80%
3 X 85%
2 X 90%

SQUAT

8 X 60%
5 X 70%
5 X 80%
3 X 85%
2 X 90%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

WEEK 7

Monday

POWER CLEAN

5 X 60%
5 X 70%
3 X 80%
3 X 85%
2 X 90%

BENCH PRESS

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SQUAT

25 X 40%
15 X 50%
12 X 60%
8 X 65%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10

Wednesday

OVERHEAD SQUAT

3 X 8

HANG SNATCH

3 X 5

PUSH PRESS

4 X 8

UP RIGHT ROW

4 X 8

DB KETTLE SWING

4 X 12

4 x 25 PUSH-UPS

SUPPLEMENT LIFTS

OLD

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

NEW

SLDL 3X10
ABS 3X20
LATERAL LUNGES 3X8

Friday

POWER CLEANS

5 X 60%
5 X 70%
3 X 80%
3 X 85%
3 X 90%

BENCH PRESS

8 X 60%
5 X 75%
5 X 80%
3 X 85%
2 X 90%

SQUAT

8 X 60%
5 X 70%
5 X 80%
3 X 85%
2 X 90%

SUPPLEMENT LIFTS

OLD

GLUTE HAM 3X6
DB PUSH-UP ROW 3X8
PULL-UPS 3X10

NEW

CURLS 3X10
TRICPS 3X10
4 WAY NECK 3X10