

Name: _____

Cycle 1
 Weeks-5-6
 June 29-July 10

Summer

| Max | Bench: | Incline: | Squat: | | Clean: | |
|-------------------------------------------|--------|----------|--------|-----|--------|-----|
| Monday | Sets | 60% | 65% | 70% | 75% | 80% |
| Bench Press -Push Ups 3x10 | 8,6,4 | | | 8 | 6 | 4 |
| Push Press-Box jump down 3X10 | 8,6,4 | | | | | |
| Back Squats-Wall Squats 3X30 sec | 8,6,4 | | | 8 | 6 | 4 |
| Plate Circuit: Overhead, chin, hang snatc | 3x6 | | | | | |
| AB Station | | | | | | |
| | | | | | | |
| | | | | | | |
| Tuesday | Sets | 60% | 65% | 70% | 75% | 80% |
| Step Ups & Side Lunges | 3x10 | | | | | |
| Straight Bar Curls- &Lat Pulls (Behind) | 3x10 | | | | | |
| Hang Cleans | 8,6,4 | | | 8 | 6 | 4 |
| Pull Ups-Dips | 3x10 | | | | | |
| Ab Station | | | | | | |
| | | | | | | |
| | | | | | | |
| Thursday | Sets | 60% | 65% | 70% | 75% | 80% |
| Bench Press -Push Ups 3x10 | 8,6,4 | | | 8 | 6 | 4 |
| Push Press-Box jump down 3X10 | 8,6,4 | | | | | |
| Over Head Squats-Broad Jump-2 sets | 8,6,4 | | | | | |
| Plate Circuit: Overhead, chin, hang snatc | 3x6 | | | | | |
| AB Station | | | | | | |
| | | | | | | |
| | | | | | | |
| Friday | Sets | 60% | 65% | 70% | 75% | 80% |
| Step Ups & Side Lunges | 3x10 | | | | | |
| Straight Bar Curls- &Lat Pulls (Behind) | 3x10 | | | | | |
| Hang Cleans | 8,6,4 | | | 8 | 6 | 4 |
| Pull Ups-Dips | 3x10 | | | | | |
| Ab Station | | | | | | |
| | | | | | | |
| | | | | | | |

Focus! One lift at a time! 100% Effort!