

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 snat	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 snat	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!**