

Name: _____

Cycle 1
Week 9
July 27-31

Summer

Max	Bench:	Incline:	Squat:	Clean:
Monday				
Maxes - Bench and Back Squats				
Six Attempts Each				
Tuesday				
Max: Power Cleans				
Six Attempts				
Thursday				
Max: Pro Bench				
Weight: 225 lbs as many as you can.				
Friday				
Finish Packing for Trip to Coalinga				

Beat Foothill!