

DATE	DESCRIPTION	EXERCISE	SETS	REPS	%	WEIGHT
Monday	Size / Strength / Oly	Snatch	2	3	90%	
			2	3	80%	
		Overhead Squat	1	3	100%	
			1	3	90%	
		Bench #3 incline	1	5	100%	
			1	5	90%	
			Max	5	80%	
		Deadlift	1	5	100%	
			1	5	90%	
			5	5	80%	
Tuesday	Rest					
Wednesday	MetCon / Skills	L-sit	1	Max		
		Weighted Sit-up	Max	5		
		Neck Work	Max	5		
		Calf Raise	Max	5		
Thursday	Size / Strength / Oly	Clean	2	3	90%	
			2	3	80%	
		Rack Jerk	2	3	90%	
			2	3	80%	
		Front Squat	1	3	100%	
			1	3	90%	
		Shoulder Press	1	5	100%	
			1	5	90%	
			Max	5	80%	
		Weighted Pull-up	1	5	100%	
			1	5	90%	
			Max	5	80%	
Friday	Rest					
Saturday	Diagnostic Workout	L-sit	1	Max		
		Hanging Leg Raises	Max	5		
		Neck Work	Max	5		
		Calf Raise	Max	5		
	<i>If Not Tired, 1 of each</i>	C&J / Snatch	1	5	90%	
		Press / Bench	1	5	100%	
			1	5	90%	
		5	5	80%		
Sunday	Rest					