

Date:

Monday: Maximum Effort-Upper Body

A. Pick 1ex - work up to a max of 1-5 reps

Bb Bench, Rack Lockouts, Inc. Bb Bench, Bb Floor Press

B. Pick 1ex and do 2Xmax reps(15-20)

Db Bench, Inc. Db Bench;(vary hand position),

C. Superset 1ex from Gr1 w/ 1ex from Gr2; do 3-4X8-12 reps.

Group1: Bb Rows, Seated Cable Rows, 1-Arm Db Rows,

Group2: Rear Delt Flyes, Face Pulls, Seated Db Power Cleans

D. Db Shrugs 3-4X8-15

E. Pick 1ex and do 3-4X8-15

Bb, Db, Inc. Db, Hammer Curls

Date:

Tuesday: Dynamic Effort- Lower Body

Power Cleans: 5X5

A. Weighted Box Jumps: 5-8X1-3

B. Split Squats, Lunges, Step-ups (deep range of motion): 2-3X8-10

C. Reverse Hyperextensions: 3X8-12

D. Knees to Elbows: 4X10-15

Date:

Thursday: Repetition Effort- Upper Body

A. Pick 1ex and do 3Xmax reps

Weighted Push-ups, Db Floor Press, Db Bench on Ball

B. Pick 1ex from G1 and Gr2, then superset for 3-4X8-12

Group1: Chin-ups, Pull-downs

Group2: Band Pull-Aparts, Face Pulls, Y,T,L,W

C. Pick 1ex and do 4X8-12

Bb/Db Mil Press, Lat Raise, Upright Rows

D. Do the ex below supersetted w/ 1ex from Gr1- 3X8-10

Bb Shrugs

Group1: Db, Hammer Curls, Tricep Rollbacks, Tricep Pushdowns, Tate Presses, Skullcruchers

Date:

Friday: Maximum Effort- Lower Body

A. Pick 1ex and work up to a max of 1-5 reps

Squats-box/regular, Deadlift-sumo/conventional, Good Mornings-vary foot position, Rack Pulls

B. Pick 1ex and do 3X6-12

Walking Lunges, Step-ups, Reverse Lunges, Split Squats (regular range of motion)

C. Pick 1ex and do 3X8-12

Hyperextensions, reverse hyperextensions, glute-ham raises, RDL

D. Perform ab circuit 2-3X10-20reps

sprinter sit-ups

"V"-ups

toe touches

hip thrusts