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| ***Week 1*** |  |  | Max Out |  |  |  | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 1:00 |
| Hang Cleans | 3x4 | 5 min | X | X | X | X | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
|  |  |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x20 sec |  |  |  |  | X | Bicycles | 35 |
| Bench Abs | 2x20 |  |  |  |  |  | Ab 45's | 35 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups A | 20 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups B | 20 |
| Hex Bar Deadlift | 3x5 | 3-5 min |  |  |  | X | V-Ups C | 20 |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 2x14 |  |  |  |  |  |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 1*** |  |  | Max Out |  |  |  | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 1:00 |
| Hang Cleans | 3x4 | 5 min | X | X | X | X | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
|  |  |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x20 sec |  |  |  |  | X | Bicycles | 35 |
| Bench Abs | 2x20 |  |  |  |  |  | Ab 45's | 35 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups A | 20 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups B | 20 |
| Hex Bar Deadlift | 3x5 | 3-5 min |  |  |  | X | V-Ups C | 20 |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 2x14 |  |  |  |  |  |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 2*** |  |  | 75% | 80% | 85% |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Hang Cleans | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
|  |  |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x20 sec |  |  |  |  | X | 95 | 3 |
| Bench Abs | 2x20 |  |  |  |  |  | 100 | 1 |
| Static Stretch 10 min. |  |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Leg lifts |  |
| Hex Bar Deadlift | 3x6 | 3-5 min |  |  |  | X | Crunches |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Bicycles |  |
| Pull Ups | 3x to fail |  |  |  |  |  | Windshield Wipers | |
| Lunge Routine | 2x14 |  |  |  |  | X | Clam Shells | |
| Bench Abs | 2x20 |  |  |  |  |  | Partner Woodchops | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Throws | |
|  |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 2*** |  |  | 75% | 80% | 85% |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Hang Cleans | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
|  |  |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x20sec. |  |  |  |  | X | 95 | 3 |
| Bench Abs | 2x20 |  |  |  |  |  | 100 | 1 |
| Static Stretch 10 min. |  |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Leg lifts |  |
| Hex Bar Deadlift | 3x6 | 3-5 min |  |  |  | X | Crunches |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Bicycles |  |
| Pull Ups | 3x to fail |  |  |  |  |  | Windshield Wipers | |
| Lunge Routine | 2x14 |  |  |  |  | X | Clam Shells | |
| Bench Abs | 2x20 |  |  |  |  |  | Partner Woodchops | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Throws | |
|  |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 3*** |  |  | 75% | 80% | 85% | 90% | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 1:30 |
| Rack Cleans | 4x4 | 5 min |  |  |  |  | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
|  |  |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x20 sec |  |  |  |  | X | Bicycles | 35 |
| Bench Abs | 2x25 |  |  |  |  |  | Ab 45's | 35 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups A | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups B | 25 |
| Hex Bar Deadlift | 4x5 | 3-5 min |  |  |  |  | V-Ups C | 25 |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 2x14 |  |  |  |  |  |  |  |
| Bench Abs | 2x25 | 2 min |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 3*** |  |  | 75% | 80% | 85% | 90% | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 1:30 |
| Rack Cleans | 4x4 | 5 min |  |  |  |  | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
|  |  |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x20sec. |  |  |  |  | X | Bicycles | 35 |
| Bench Abs | 2x25 |  |  |  |  |  | Ab 45's | 35 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups A | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups B | 25 |
| Hex Bar Deadlift | 4x5 | 3-5 min |  |  |  |  | V-Ups C | 25 |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 2x14 |  |  |  |  |  |  |  |
| Bench Abs | 2x25 | 2 min |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 4*** |  |  | Max Out |  |  |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Rack Cleans | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
|  |  |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x30 sec |  |  |  |  | X | 95 | 3 |
| Bench Abs | 2x25 |  |  |  |  |  | 100 | 1 |
| Static Stretch 10 min. |  |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Leg lifts |  |
| Straight Bar Deadlift | Max out | 3-5 min |  | X | X | X | Crunches |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Bicycles |  |
| Pull Ups | 3x to fail |  |  |  |  |  | Windshield Wipers | |
| Lunge Routine | 2x14 |  |  |  |  | X | Clam Shells | |
| Bench Abs | 2x25 |  |  |  |  |  | Partner Woodchops | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Throws | |
|  |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 4*** |  |  | Max Out |  |  |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Rack Cleans | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
|  |  |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x30 sec |  |  |  |  | X | 95 | 3 |
| Bench Abs | 2x25 |  |  |  |  |  | 100 | 1 |
| Static Stretch 10 min. |  |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Leg lifts |  |
| Straight Bar Deadlift | Max out | 3-5 min |  | X | X | X | Crunches |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Bicycles |  |
| Pull Ups | 3x to fail |  |  |  |  |  | Windshield Wipers | |
| Lunge Routine | 2x14 |  |  |  |  | X | Clam Shells | |
| Bench Abs | 2x25 |  |  |  |  |  | Partner Woodchops | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Throws | |
|  |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 5*** |  |  | 75% | 80% | 85% |  | Planks | 2:00 |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Rope mid | 35 |
| Power Cleans | 3x4 | 5 min |  |  |  | X | Rope side | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Russ Twist | 50 |
| Sprint Split Jumps | 2x5 |  |  |  |  |  | Bicycles | 35 |
| Push Ups | 3x30 sec |  |  |  |  | X | Ab 45's | 35 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | V-Ups A | 25 |
| Bench Abs | 2x30 |  |  |  |  |  | V-Ups B | 25 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups C | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 |  |  |
| Straight Bar Deadlift | 3x5 | 3-5 min |  |  |  | X |  |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 3x14 |  |  |  |  |  |  |  |
| Bench Abs | 2x30 |  |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 5*** |  |  | 75% | 80% | 85% |  | Planks | 2:00 |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Rope mid | 35 |
| Power Cleans | 3x4 | 5 min |  |  |  | X | Rope side | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Russ Twist | 50 |
| Sprint Split Jumps | 2x5 |  |  |  |  |  | Bicycles | 35 |
| Push Ups | 3x30 sec |  |  |  |  | X | Ab 45's | 35 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | V-Ups A | 25 |
| Bench Abs | 2x30 |  |  |  |  |  | V-Ups B | 25 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups C | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 |  |  |
| Straight Bar Deadlift | 3x5 | 3-5 min |  |  |  | X |  |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3 x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 3x14 |  |  |  |  |  |  |  |
| Bench Abs | 2x30 |  |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 6*** |  |  | 75% | 80% | 85% |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Power Cleans | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
| Sprint Split Jumps | 2x5 |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x30 sec |  |  |  |  | X | 95 | 3 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | 100 | 1 |
| Bench Abs | 2x30 |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| Static Stretch 10 min. |  |  |  |  |  |  | Leg lifts |  |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Crunches |  |
| Straight Bar Deadlift | 3x6 | 3-5 min |  |  |  | X | Bicycles |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Windshield Wipers | |
| Pull Ups | 3x to fail |  |  |  |  |  | Clam Shells | |
| Lunge Routine | 3x14 |  |  |  |  | X | Partner Woodchops | |
| Bench Abs | 2x30 |  |  |  |  |  | Partner Throws | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 6*** |  |  | 75% | 80% | 85% |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Power Cleans | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
| Sprint Split Jumps | 2x5 |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x30 sec |  |  |  |  | X | 95 | 3 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | 100 | 1 |
| Bench Abs | 2x30 |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| Static Stretch 10 min. |  |  |  |  |  |  | Leg lifts |  |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Crunches |  |
| Straight Bar Deadlift | 3x6 | 3-5 min |  |  |  | X | Bicycles |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Windshield Wipers | |
| Pull Ups | 3x to fail |  |  |  |  |  | Clam Shells | |
| Lunge Routine | 3x14 |  |  |  |  | X | Partner Woodchops | |
| Bench Abs | 2x30 |  |  |  |  |  | Partner Throws | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 7*** |  |  | 75% | 80% | 85% | 90% | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 2:30 |
| Clean to Press | 4x4 | 5 min |  |  |  |  | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x30 sec |  |  |  |  | X | Bicycles | 35 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | Ab 45's | 35 |
| Bench Abs | 3x20 |  |  |  |  |  | V-Ups A | 25 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups B | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups C | 25 |
| Straight Bar Deadlift | 4x5 | 3-5 min |  |  |  |  |  |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 3x14 |  |  |  |  |  |  |  |
| Bench Abs | 3x20 |  |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 7*** |  |  | 75% | 80% | 85% | 90% | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 2:30 |
| Clean to Press | 4x4 | 5 min |  |  |  |  | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x30 sec |  |  |  |  | X | Bicycles | 35 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | Ab 45's | 35 |
| Bench Abs | 3x20 |  |  |  |  |  | V-Ups A | 25 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups B | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups C | 25 |
| Straight Bar Deadlift | 4x5 | 3-5 min |  |  |  |  |  |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 3x14 |  |  |  |  |  |  |  |
| Bench Abs | 3x20 |  |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 8*** |  |  | Max Out |  |  |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Clean to Press | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x30 sec |  |  |  |  | X | 95 | 3 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | 100 | 1 |
| Bench Abs | 3x20 |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| Static Stretch 10 min. |  |  |  |  |  |  | Leg lifts |  |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Crunches |  |
| Squat | Max Out | 3-5 min |  | X | X | X | Bicycles |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Windshield Wipe | |
| Pull Ups | 3x to fail |  |  |  |  |  | Clam Shells | |
| Lunge Routine | 3x14 |  |  |  |  | X | Partner Woodchops | |
| Bench Abs | 3x20 | 2 min |  |  |  |  | Partner Throws | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 8*** |  |  | Max Out |  |  |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Clean to Press | 3x4 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | 90 | 5 |
| Push Ups | 3x30 sec |  |  |  |  | X | 95 | 3 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | 100 | 1 |
| Bench Abs | 3x20 |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| Static Stretch 10 min. |  |  |  |  |  |  | Leg lifts |  |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Crunches |  |
| Squat | Max Out | 3-5 min |  | X | X | X | Bicycles |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Windshield Wipe | |
| Pull Ups | 3x to fail |  |  |  |  |  | Clam Shells | |
| Lunge Routine | 3x14 |  |  |  |  | X | Partner Woodchops | |
| Bench Abs | 3x20 | 2 min |  |  |  |  | Partner Throws | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 9*** |  |  | 80% | 90% | 95% |  | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 3:00 |
| Clean to Press | 3x3 | 5 min |  |  |  | X | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x30 sec |  |  |  |  | X | Bicycles | 35 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | Ab 45's | 35 |
| Bench Abs | 3x20 |  |  |  |  |  | V-Ups A | 25 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups B | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups C | 25 |
| Squat | 3x3 | 3-5 min |  |  |  | X |  |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 2x20 |  |  |  |  |  |  |  |
| Bench Abs | 3x20 | 2 min |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 9*** |  |  | 80% | 90% | 95% |  | ***Non Lift Days*** | |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Planks | 3:00 |
| Clean to Press | 3x3 | 5 min |  |  |  | X | Rope mid | 35 |
| Glute/ Ham Developer | 4x6 | 3-5 min |  |  |  |  | Rope side | 35 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | Russ Twist | 50 |
| Push Ups | 3x30 sec |  |  |  |  | X | Bicycles | 35 |
| Plyo Hill Routine | 1x3ea. |  |  |  |  |  | Ab 45's | 35 |
| Bench Abs | 3x20 |  |  |  |  |  | V-Ups A | 25 |
| Static Stretch 10 min. |  |  |  |  |  |  | V-Ups B | 25 |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | V-Ups C | 25 |
| Squat | 3x3 | 3-5 min |  |  |  | X |  |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X |  |  |
| Pull Ups | 3x to fail |  |  |  |  |  |  |  |
| Lunge Routine | 2x20 |  |  |  |  |  |  |  |
| Bench Abs | 3x20 | 2 min |  |  | X | X |  |  |
| Static Stretch 10 min. |  |  |  |  |  |  |  |  |
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| ***Week 10*** |  |  | 85% | 90% | 95% |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Clean to Press | 3x3 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | 90 | 5 |
| Push Ups | 2x20sec |  |  |  |  | X | 95 | 3 |
|  |  |  |  |  |  |  | 100 | 1 |
| Bench Abs | 3x20 |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| Static Stretch 10 min. |  |  |  |  |  |  | Leg lifts |  |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Crunches |  |
| Squat | 3x3 | 3-5 min |  |  |  | X | Bicycles |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Windshield Wipe | |
| Lunge Routine | 2x20 |  |  |  |  | X | Clam Shells | |
| Bench Abs | 3x20 | 2 min |  |  |  |  | Partner Woodchops | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Throws | |
|  |  |  |  |  |  |  | Partner Over Heads | |
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| ***Week 10*** |  |  | 85% | 90% | 95% |  | % Load | Reps |
| **Day 1** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | 75 | 10 |
| Clean to Press | 3x3 | 5 min |  |  |  | X | 80 | 8 |
| Glute/ Ham Developer | 3x6 | 3-5 min |  |  |  | X | 85 | 6 |
| Sprint Split Jumps | 3x5 |  |  |  |  |  | 90 | 5 |
| Push Ups | 2x20sec. |  |  |  |  | X | 95 | 3 |
|  |  |  |  |  |  |  | 100 | 1 |
| Bench Abs | 3x20 |  |  |  |  |  | ***Lift Day Bench Abs*** | |
| Static Stretch 10 min. |  |  |  |  |  |  | Leg lifts |  |
| **Day 2** | Set/Rep | Recov. | Set 1 | Set 2 | Set 3 | Set 4 | Crunches |  |
| Squat | 3x3 | 3-5 min |  |  |  | X | Bicycles |  |
| Box Jumps | 3x9 | 3-5 min |  |  |  | X | Windshield Wipe | |
| Lunge Routine | 2x20 |  |  |  |  | X | Clam Shells | |
| Bench Abs | 3x20 | 2 min |  |  |  |  | Partner Woodchops | |
| Static Stretch 10 min. |  |  |  |  |  |  | Partner Throws | |
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