Name:_____

Week 1			Max Out			
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Hang Cleans	3x4	5 min	X	X	X	X
Glute/ Ham Developer	4x6	3-5 min				
Good mornings	3x16					
Sprint Arm Thrusts	3x30 sec					X
Bench Abs	2x20					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Hex Bar Deadlift	3x5	3-5 min				X
Box Jumps	3x9	3-5 min				X
Lunge Routine	2x14					
Static Stretch 10 min.						

Non Lift Days	
Planks	1:00
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	20
V-Ups B	20
V-Ups C	20

Name:_____

Week 1			Max Out			
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Hang Cleans	3x4	5 min	X	X	X	X
Glute/ Ham Developer	4x6	3-5 min				
Good mornings	3x16					
Sprint Arm Thrusts	3x30 sec					X
Bench Abs	2x20					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Hex Bar Deadlift	3x5	3-5 min				X
Box Jumps	3x9	3-5 min				X
Lunge Routine	2x14					
Static Stretch 10 min.						

Non Lift Days	
Planks	1:00
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	20
V-Ups B	20
V-Ups C	20

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
Good mornings	3x16						90	5
Sprint Arm Thrusts	3x30 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	
Lunge Routine	2x14					X	Windshield Wipers	
Bench Abs	2x20						Clam Shells	
Static Stretch 10 min.							Partner Woodchops	
							Partner Throws	
							Partner Over Heads	

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
Good mornings	3x16						90	5
Sprint Arm Thrusts	3x30 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	
Lunge Routine	2x14					X	Windshield Wipers	
Bench Abs	2x20						Clam Shells	
Static Stretch 10 min.							Partner Woodchops	
							Partner Throws	
							Partner Over Heads	

Name:_____

Week 3			75%	80%	85%	90%
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Rack Cleans	4x4	5 min				
Glute/ Ham Developer	4x6	3-5 min				
Good mornings	3x16					
Sprint Arm Thrusts	3x30 sec					X
Bench Abs	2x25					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Hex Bar Deadlift	4x5	3-5 min				
Box Jumps	3x9	3-5 min				X
Lunge Routine	2x14					
Bench Abs	2x25	2 min			X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	1:30
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

Name:_____

Week 3			75%	80%	85%	90%
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Rack Cleans	4x4	5 min				
Glute/ Ham Developer	4x6	3-5 min				
Good mornings	3x16					
Sprint Arm Thrusts	3x30 sec					X
Bench Abs	2x25					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Hex Bar Deadlift	4x5	3-5 min				
Box Jumps	3x9	3-5 min				X
Lunge Routine	2x14					
Bench Abs	2x25	2 min			X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	1:30
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

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
Good mornings	3x16						90	5
Sprint Arm/upper body	3x30 sec					X	95	3
Bench Abs	2x25						100	1
Static Stretch 10 min.								
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4		
Straight Bar Deadlift	Max out	3-5 min		X	X	X		
Box Jumps	3x9	3-5 min				X		
Lunge Routine	2x14					X		
Bench Abs	2x25							
Static Stretch 10 min.								

Lift Day Bench Abs

Leg lifts
Crunches
Bicycles
Windshield Wipers
Clam Shells
Partner Woodchops
Partner Throws
Partner Over Heads

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
Good mornings	3x16						90	5
Sprint Arm/upper body	3x30 sec					X	95	3
Bench Abs	2x25						100	1
Static Stretch 10 min.								
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4		
Straight Bar Deadlift	Max out	3-5 min		X	X	X		
Box Jumps	3x9	3-5 min				X		
Lunge Routine	2x14					X		
Bench Abs	2x25							
Static Stretch 10 min.								

Lift Day Bench Abs

Leg lifts
Crunches
Bicycles
Windshield Wipers
Clam Shells
Partner Woodchops
Partner Throws
Partner Over Heads

Name:_____

Week 5			75%	80%	85%	
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Power Cleans	3x4	5 min				X
Glute/ Ham Developer	4x6	3-5 min				
Sprint Split Jumps	2x5					
Sprint Arm/upper body	3x30 sec					X
Plyo Hill Routine	1x3ea.					
Good mornings	3x16					
Bench Abs	2x30					
Static Stretch 10 min.						
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
Lunge Routine	3x14					
Bench Abs	2x30				X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	2:00
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

Name:_____

Week 5			75%	80%	85%	
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Power Cleans	3x4	5 min				X
Glute/ Ham Developer	4x6	3-5 min				
Sprint Split Jumps	2x5					
Sprint Arm/upper body	3x30 sec					X
Plyo Hill Routine	1x3ea.					
Good mornings	3x16					
Bench Abs	2x30					
Static Stretch 10 min.						
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
Lunge Routine	3x14					
Bench Abs	2x30				X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	2:00
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

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
Sprint Arm/upper body	3x30 sec					X	95	3
Plyo Hill Routine	1x3ea.						100	1
Good mornings	3x16						***Lift Day Bench Abs***	
Bench Abs	2x30						Leg lifts	
Static Stretch 10 min.							Crunches	
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4	Bicycles	
Straight Bar Deadlift	3x6	3-5 min				X	Windshield Wipers	
Box Jumps	3x9	3-5 min				X	Clam Shells	
Lunge Routine	3x14					X	Partner Woodchops	
Bench Abs	2x30						Partner Throws	
Static Stretch 10 min.							Partner Over Heads	

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
Sprint Arm/upper body	3x30 sec					X	95	3
Plyo Hill Routine	1x3ea.						100	1
Good mornings	3x16						***Lift Day Bench Abs***	
Bench Abs	2x30						Leg lifts	
Static Stretch 10 min.							Crunches	
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4	Bicycles	
Straight Bar Deadlift	3x6	3-5 min				X	Windshield Wipers	
Box Jumps	3x9	3-5 min				X	Clam Shells	
Lunge Routine	3x14					X	Partner Woodchops	
Bench Abs	2x30						Partner Throws	
Static Stretch 10 min.							Partner Over Heads	

Name:_____

Week 7			75%	80%	85%	90%
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Clean to Press	4x4	5 min				
Glute/ Ham Developer	4x6	3-5 min				
Sprint Split Jumps	3x5					
Sprint Arm/upper body	3x30 sec					X
Plyo Hill Routine	1x3ea.					
Good mornings	3x16					
Bench Abs	3x20					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Straight Bar Deadlift	4x5	3-5 min				
Box Jumps	3x9	3-5 min				X
Lunge Routine	3x14					
Bench Abs	3x20				X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	2:30
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

Name:_____

Week 7			75%	80%	85%	90%
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Clean to Press	4x4	5 min				
Glute/ Ham Developer	4x6	3-5 min				
Sprint Split Jumps	3x5					
Sprint Arm/upper body	3x30 sec					X
Plyo Hill Routine	1x3ea.					
Good mornings	3x16					
Bench Abs	3x20					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Straight Bar Deadlift	4x5	3-5 min				
Box Jumps	3x9	3-5 min				X
Lunge Routine	3x14					
Bench Abs	3x20				X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	2:30
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

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
Sprint Arm/upper body	3x30 sec					X	95	3
Plyo Hill Routine	1x3ea.						100	1
Good mornings	3x16						***Lift Day Bench Abs***	
Bench Abs	3x20						Leg lifts	
Static Stretch 10 min.							Crunches	
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4	Bicycles	
Squat	Max Out	3-5 min		X	X	X	Windshield Wipe	
Box Jumps	3x9	3-5 min				X	Clam Shells	
Lunge Routine	3x14					X	Partner Woodchops	
Bench Abs	3x20	2 min					Partner Throws	
Static Stretch 10 min.							Partner Over Heads	

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
Sprint Arm/upper body	3x30 sec					X	95	3
Plyo Hill Routine	1x3ea.						100	1
Good mornings	3x16						***Lift Day Bench Abs***	
Bench Abs	3x20						Leg lifts	
Static Stretch 10 min.							Crunches	
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4	Bicycles	
Squat	Max Out	3-5 min		X	X	X	Windshield Wipe	
Box Jumps	3x9	3-5 min				X	Clam Shells	
Lunge Routine	3x14					X	Partner Woodchops	
Bench Abs	3x20	2 min					Partner Throws	
Static Stretch 10 min.							Partner Over Heads	

Name:_____

Week 9			80%	90%	95%	
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Clean to Press	3x3	5 min				X
Glute/ Ham Developer	4x6	3-5 min				
Sprint Split Jumps	3x5					
Sprint Arm/upper body	3x30 sec					X
Plyo Hill Routine	1x3ea.					
Good mornings	3x16					
Bench Abs	3x20					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Squat	3x3	3-5 min				X
Box Jumps	3x9	3-5 min				X
Lunge Routine	2x20					
Bench Abs	3x20	2 min			X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	3:00
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

Name:_____

Week 9			80%	90%	95%	
Day 1	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Clean to Press	3x3	5 min				X
Glute/ Ham Developer	4x6	3-5 min				
Sprint Split Jumps	3x5					
Sprint Arm/upper body	3x30 sec					X
Plyo Hill Routine	1x3ea.					
Good mornings	3x16					
Bench Abs	3x20					
Static Stretch 10 min.						
Day 2	Set/Rep	Recov.	Set 1	Set 2	Set 3	Set 4
Squat	3x3	3-5 min				X
Box Jumps	3x9	3-5 min				X
Lunge Routine	2x20					
Bench Abs	3x20	2 min			X	X
Static Stretch 10 min.						

Non Lift Days	
Planks	3:00
Rope mid	35
Rope side	35
Russ Twist	50
Bicycles	35
Ab 45's	35
V-Ups A	25
V-Ups B	25
V-Ups C	25

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
Sprint Arm Thrusts	3x 8					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	

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
Sprint Arm Thrusts	3x 8					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	