

August 10, 2009

		47.00%							
<b>% of Max. volume</b>									
<b>Training Week of</b>		<b>8/10/2009</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Medicine Balls/Kettlebells</b>		<b>40</b>			29 <i>Overhead-----20</i> <i>Underhand---20</i>				
<b>Flexibility</b>				x			x		
<b>Plyo's</b>		<b>60</b>			3 double leg hops X 5 efforts record best				
<b>Weight Lifting</b>		<b>145</b>							
	<b>REST</b>	<b>TEMPO</b>							
<b>Jump squats with empty bar</b>			/10			/10			
	<b>3 min</b>	<b>0:0:X:0</b>	/10			/10			
			/10						
<b>30° db lateral raise</b> <b>scapulo-thoracic movement</b>			/8	/8		/8	/8		
	<b>1 1/2 min</b>	<b>2:0:X:0</b>	/8			/8			
<b>Push-ups</b>			/8	/8		/8	/8		
	<b>2 min</b>	<b>2:0:1:0</b>	/8			/8			
			/8			/8			
<b>Body Curl</b>			/8			/8	/7		
	<b>2 min</b>	<b>2:0:1:0</b>	/7						

