

August 3, 2009

		47.00%							
% of Max. volume									
Training Week of		8/3/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Medicine Balls/Kettlebells		40			29 <i>Overhead----20</i> <i>Underhand---20</i>				
Flexibility				x			x		
Plyo's		60			skips for height L & R-----10 3 double leg hops X 5 efforts record best	each X 2			
Weight Lifting		145							
	REST	TEMPO							
Snatch grip jump from above the knee			/5 /4 /5 /4 /4		/5 /4 /5 /4 /4				
3 min	0:0:X:0								
Front Squat	REST 1 min/3 min	2:0:1:0	[75%/5 75%/3] X 3						
30° db lateral raise scapulo-thoracic movement	1 1/2 min	2:0:X:0					/10 /10 /10		
Dips	2 min	2:0:1:0					/10 /10 /10		
Body Curl	2 min	2:0:1:0			/8 /7				
EZ curl bar standing curls	1 min	2:0:1:0			/10 /10 /10				
Tricep Pushdowns	30 sec	2:0:1:0			/10 /10 /10				