

July 27, 2009

		67.00%							
Training Week of		7/27/2009	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Medicine Balls/Kettlebells		85			29 L sling---20 R sling---20 Overhead---20 Underhand---20				
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			[75%/5 75%/3]				[75%/5 75%/3]		
REST 1 min/3 min	2 min	2:0:1:0	X 3				X 2		
30° db lateral raise scapulo-thoracic movement							/10 /10 /10		
1 1/2 min	2:0:X:0						/10 /10 /10		
Dips							/10 /10 /10		
2 min	2:0:1:0								
Body Curl					/8 /7				
2 min	2:0:1:0				/10 /10 /10				
EZ curl bar standing curls					/10 /10 /10				
1 min	2:0:1:0				/10 /10 /10				
Tricep Pushdowns					/10 /10 /10				
30 sec	2:0:1:0								

