

August 3rd

Day 1				
1	8 bounds for distance	3 attempts	90-120s	
2	SL 2 Fold Hops for distance	2 attempts/leg	90-120s	get off the ground quickly
3	Front Squat	10.10.10.10	60s	40% max back squat
Day 2				
1	3 fold Jumps for distance	6 attempts	90-120s	get off the ground quickly
2	Hang Clean or Power Snatch	6.5.4.3.6.5.4.3.4	120s	HC %'s:6=60%,5=65%,4=70%,3=75% SN%'s:6=40%,5=45%,4=50%,3=55%
3	Push Press	8.8.8.8.8	60s	start w/40% max bench
4	Evil Wheels	8.8.8	60s	
Day 3				
1	8 bounds for distance	3 attempts	90-120s	
2	Push Press	10.10.10	60-90s	start w/40% max bench
3	Neutral Grip Pull-Ups	10.10.10	60s	no weight
4	Weak Hand Throws	15.15.15	90s	
Day 4				
1	Power Cleans	5.5.5.5.5	120s	70% of max power clean
2	Front Squat	8.8.8.8.8	60s	50% of max back squat
3	Bulgarian Split Squat	7.7.7.7.7/leg	60s	95 lbs.
4	Hip Mobility			

August 10th

Day 1				
1	8 bounds for distance	3 attempts	120s	
2	SL 2 Fold hops for distance	3 attempts/leg	120s	get off the ground quickly
3	Front Squat	10.10.10.10.10	60-90s	start w/50% max back squat
Day 2				
1	3 fold Jumps for distance	7 attempts	120s	get off the ground quickly
2	Hang Clean or Power Snatch	6.5.4.3.6.5.4.3.3	120s	start w/50% of max PC
3	Push Press	10.10.10		start w/40% of max bench
	Pair w/ Neutral Grip Pull-Ups	10.10.10	90s	
5	Evil Wheels	8.8.8	60-90s	
Day 3				
1	8 bounds for distance	2 attempts	120s	
2	SL 2 Fold hops for distance	3 attempts/leg	120s	
3	Push Press	5.10.10.10	60s	start w/40% of max bench; use 1st set as a warm-up
4	Neutral Grip Pull-Ups	10.10.10	60s	no weight
5	Weak Hand Throws	15.15.15	90s	
Day 4				
1	Power Cleans	5.5.5.5.5	120s	start w/70% of max PC
2	Front Squats	10.10.10.10	90s	50% of max back squat
3	Bulgarian Split Squat	8.8.8.8/leg	60-90s	95 lbs.
4	Hip Mobility			

August 17th

Day1

Morning

1	Long Jump 10m running start	2 attempts	90-120s	
2	SL 2 Fold hops for distance	7 attempts/leg	90-120s	
3	Hang Clean or Power Snatch	6.5.5.5.5.5	120s	HC:start w/50% SN:start w/35-40%
4	Snatch Grip Hi-Pulls	6.5.5.5.5.5	120s	start to 35-40% of max power clean

Afternoon/Evening

1	Front Squat	9.9.9.9	90s	50% max back squat
2	Bulgarian Split Squat	8.7.7/leg	60s	95 lbs.
3	Hip Mobility			

Day 2

1	Push Press	9.9.9.9	90-120s	start w/40% of max bench
2	Neutral Grip Pull-Ups	9.9.9.9	60s	
3	Bent Press	6.6.6/side	60s	

Day 3

1	5 Fold Jumps for distance	7 attempts	120s	
2	Split Jerks	5.5.5.5.5.5	120s	start w/65% of max bench
3	Push Press	10.10.10.10.10		use first set as warm-up; start w/40% max bench
	Pair w/ Neutral Grip Pull-Ups	10.10.10.10.10	120s	
4	Evil Wheels	8.8.8	60s	

Day 4

Morning

1	8 bounds for distance	6 attempts	120s	
1	Power Cleans	6.6.6.6.6.6	120s	start w/60% of max PC
2	Clean Grip Hi-Pulls	6.5.6.5.6.5	120s	same as above

Afternoon/Evening

1	Front Squats	9.9.9.8	90s	start w/50% of max back squat
2	Bulgarian Split Squat	7.7.7.6/leg	60s	start w/95 lbs.
3	Hip Mobility			

Alternate Option if you can't do two workout sessions a day	Day 1				
	1	Long Jump 10m running start	2 attempts	90-120s	
	2	SL 2 Fold hops for distance	7 attempts	90-120s	
	3	Hang Clean or Power Snatch	6.5.5.5.5.5	120s	HC:start w/50% SN:start w/35-40%
	4	Front Squats	9.9.9.9	90s	50% max back squat
	Day 2				
	1	Push Press	9.9.9.9	90-120s	start w/40% of max bench
	2	Neutral Grip Pull-Ups	9.9.9.9	60s	
	3	Bent Press	6.6.6/side	60s	
	Day 3				
	1	5 Fold Jumps for distance	7 attempts	120s	
	2	Split Jerks	5.5.5.5.5.5	120s	start w/65% of max bench
	3	Push Press	10.10.10.10.10		use first set as warm-up; start w/40% max bench
		Pair w/ Neutral Grip Pull-Ups	10.10.10.10.10	120s	
	4	Evil Wheels	8.8.8	60s	
	Day 4				
	1	Power Cleans	6.6.6.6.6.6	120s	start w/60% of max PC
	2	Front Squats	9.9.9.8	90s	start w/50% of max back squat
	3	Bulgarian Split Squat	7.7.7.6/leg	60s	start w/95 lbs.
	4	Hip Mobility			