

June 22nd

Day 1

	Exercise	Reps	Rest	Notes
1	SLJ	3 Jumps	120s	
2	8 consecutive Bounds for distance	3 attempts	120s	
3	Snatch Grip Hi-Pulls	6.5.6.5.6.4	120s	50% max PC & go up in weight if you want
4	Glute Ham Raises	6.6.6	60s	

Day 2

1	Push Press	7.7.6	90s	start w/40% of bench max
2	Incline Bench Press	5.4.4.4.4	60s	4.0.1 tempo; start w/60% of max bench
3	Wide Grip Pull-Ups	7.7.6	60s	
4	Weak Hand throws	15.15.15	120s	

Day 3

1	Depth Jumps for height	5 jumps	90s	
2	SL 2 fold hops for distance	5 attempts/leg	120s	rest after taking 2 hops w/each leg
3	Split Jerk	4.4.4.4	120s	start with 60% of max bench
4	Incline Bench Press	5.5.5.5		same % as jerks
	Pair w/ BO BB Row	5.5.5.5.5	90s	same % as jerks

Day 4

1	3 fold jumps	4 attempts	120s	
2	Power Cleans	4.4.4.4	120s	80% of max power clean
3	Back Squat	6.4.6.4.6.4	120s	6.0.1 tempo; 70% of max back squat
4	Bulgarian Split Squats	6.6.6.6.6/leg	60s	Back leg elevated; 35% max back squat

June 29th

Day 1

1	Depth Jumps for Height	6 Jumps	90s	
2	8 consecutive Bounds for distance	2 attempts	120s	
3	Snatch Grip Hi-Pulls	6.6.6.5	120s	SN:50%
4	Front Squat	6.6.6.5	60-90s	65-70% of max back squat
5	Glute Ham Raises	6.6.6	60s	

Day 2

1	Push Press	6.4.6	90s	40-50% of bench max
2	Incline Bench Press	5.5.5.5	60s	start w/65% of max bench
3	Pull-Ups	6.6.6.6.6	120s	4.0.1 tempo
4	Incline DB Arc Rows	8.8.8	60s	
5	Bent Press	6.6.6/side	60s	

Day 3

1	8 consecutive Bounds for distance	2 attempts	120s	
2	3 fold Jumps	2 attempts	120s	

Day 4

1	Power Cleans	5.5.5.5.5	120s	80% of max power clean
2	Back Squat	7.6.7.6	120s	6.0.1 tempo; 70% max back squat
3	Bulgarian Split Squat	7.6.7.6/leg	60s	35-40% of max back squat
4	Hip Mobility			

July 6th

Day 1

1	3 fold Jumps	7 attempts	120s	
2	Hang Cleans or Power Snatch	6.6.6.6.6.6	120s	HC:start w/60% SN:start w/40% of max PC
3	Turkish Get-Ups	6.6.6/arm	60s	

Day 2

1	4 Fold Hurdle Jumps	5 attempts	120s	if you don't have hurdles just do 4 consecutive jumps
2	Push Press	6.6.6.6.6	60s	50% of max bench
3	Pull-Ups	6.6.6.6.6	120s	4.0.1 tempo
4	Incline Bench Press	5.5.5.5	60s	65-70% of max bench
5	Incline DB Arc Rows	8.8.8	60s	

Day 3

1	Long Jump 10m running start	4 Jumps	120s	
2	8 consecutive bounds for distance	2 attempts	120s	
3	Split Jerk	5.4.4.4.4	120s	65% of max bench
4	Incline Bench Press	6.6.6.6.6.6	60s	4.0.1 tempo; start w/ 60% of max bench
5	Weak hand Throws	15.15.15	90s	

Day 4

1	Power Cleans	6.4.6.4.6.4.6	120s	80% of max PC
2	Back Squat	6.5.6.5.6.4	120s	6.0.1 tempo; 70-75% of max back squat
3	Bulgarian Split Squat	5.5.5.5/leg	60s	back leg elevated; 40-45% max back squat
4	Clean Hi-Pulls (from floor)	4.4.4	60s	same % as Power Cleans