

June 1st

Day 1

	Exercise	Reps	Rest	Notes
1	Hang Clean or Power Snatch	5.5.5	120s	Both are% of max Power Cleans Sn=40% Hang=55-60%
2	1 1/4 Front Squat	7.7.7.7	90-120s	55% of your max Back Squat
3	BB Step-Ups	7.7/leg	60-90s	30% max Back Squat
4	SL SB Curls	7.7/leg	60s	

Day 2

1	Split Jerk	5.5.5	120s	If you throw right handed; land with your right foot forward
		40-50% of your bench max		if you throw left handed; land with left foot forward
2	BB Bench	8.8.8.8		70% of you max bench
	Pair w/			
	Pull-ups	8.8.8.8	120s	don't add weight
3	DB Bent Press	6.6.6/side	60s	

Day 3

1	Standing Long Jump (SLJ)	3 jumps	120s	
2	SL 2 fold hops for distance	3 attempts/leg	120s	fold=consecutive
3	3 fold Jumps	4 attempts	120-180s	

Day 4

1	Power Cleans (from floor)	5.5.5	120s	70% of your max power clean
2	Back Squat	7.7.7.7	90-120s	70% of your max Back Squat
3	RDL	7.7.7.7	120s	by your last set try to have the same weight you did for squatting
4	Clean Hi Pulls (from floor)	8.8.8.8	90-120s	same weight used for power clean
5	Hip Mobility			

June 8th

Day 1

1	SL 2 fold hops for distance	5 attempts/leg	120s	rest after taking 2 hops w/each leg
2	Hang Clean or Power Snatch	5.5.5	120s	% of max Power Cleans Sn=40% Hang=60%
3	BB Step-Ups	8.8.7.7/leg	90s	30% max Back Squat
4	SL SB Curls	7.7.7/leg	60s	

Day 2

1	Split Jerk	5.5.5	120s	If you throw right handed; land with your right foot forward 45-55% of your bench max if you throw left handed; land with left foot forward
2	Alternate Grip Pull-Ups Pair w/ 1 1/4 Bench Press	8.8.8.8 7.7.7.7	90s-120s	1 hand does pull-up grip & 1 does chin-up grip go straight from pull-ups to bench press then rest 60% of your bench max
3	Ninos or Evil Wheels	6.6.6	60s	With Nino's it'll be 6 reps a side(12 in 1 set)

Day 3

1	10 consecutive bounds for distance	2 attempts	120s	You should jump off of each leg 5 times
2	Alternate Grip Pull-Ups Pair w/ Bench Press	9.8.9.7 9.8.9.7	90s-120s	70% of your max bench

Day 4

1	Power Cleans (from floor)	5.5.5.5	120s	70% of max power clean
2	<p style="text-align: center;">Do this as a circuit: Clean Hi Pulls 8 reps Back Squats 8 reps Front Squats 8 reps RDL 8 reps</p> <p style="text-align: center;">Use 105-135 lbs. & use the same weight for each lift</p>			Do this circuit 3 times Rest for 2-3 minutes between each circuit

June 15th

Day 1

1	8 Consecutive Bounds	2 attempts	120s	
2	Long Jump 10 m running start	6 jumps	120s	
3	Hang Cleans or Power Snatch	5.5.5	120s	HC:60-65% SN: 40-45% mac PC
4	Front Squats	7.7.7	90-120s	60% of you max back squat
5	BB Step-Ups	8.8.8/leg	60-90s	30% max back squat

Day 2

1	Split Jerks	5.5.5.5	120s	50-60% of your bench max
2	Do this as a circuit: Bench Press 10 reps Pull-Ups 10 reps Push Press 10 reps			Do this circuit 3 times Rest 2-3 minutes between each circuit
3	Incline DB Rows	8.8.8	60s	

Day 3

1	8 Consecutive Bounds	3 attempts	120s	
2	1 1/4 Bench Press	8.8.8.8	60-90s	60% of max bench
3	Neutral Grip Pull-Ups	10.10.10.10	60-90s	no added weight
4	Push Press	9.7.8.7	60-90s	40-50% of max bench
5	Hip Mobility			

Day 4

1	Do this as a circuit: Power Cleans 8 reps Back Squat 8 reps RDL 8 reps Front Squats 8 reps Clean Hi Pulls (from floor) 8 reps			Do this circuit 3 times Rest 2-3 minutes between each circuit No less than 85 lbs, no more than 135 lbs. Use the same weight for all the exercises in the circuit
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