

Monday										
Pre-Lift: Dynamic Warm Up A										
Lift										
Exercise	Rest	Tempo	Set 1		Set 2		Set 3		Set 4	
			Reps	Load	Reps	Load	Reps	Load	Reps	Load
Barbell Snatch Complex (5 reps each) <small>(snatch pull-muscle snatch-drop snatch-overhead squat-snatch press)</small>	60 sec		25		25		25			
Box Step Up	30 sec		10		10		10			
Band Assisted Pull Ups	30 sec		10		10		10			
DB Single Leg RDL	30 sec		10		10		10			
Push Up Plus	30 sec		10		10		10			