



"Championships Begin Here!"

Name: _____

MONDAY

Pre-Workout Circuit

Power Clean

Core

Neck Iso or Core 2

		Phases:			Strength			Power			
		%	Reps	Wt.	Wt.	Wt.	%	Reps	Wt.	Wt.	
Major Exercises	RM:	65-70%	6--8				80-85%	3--5			
		70-75%	4--6				85-90%	2--3			
	Front Squat	75-80%	3--5				85-90%	2--3			
		* Combo 3x Box Jump									
	RM:	65-70%	6--8				80-85%	3--5			
		70-75%	4--6				80-85%	3--5			
	Trap Bar	70-75%	4--6				85-90%	2--3			
		75-80%	3--5				85-90%	2--3			

Auxiliary Circuit

TUESDAY

Pre-Workout Circuit

Jump Press

Core

Neck Iso or Core 2

		Phases:			Strength			Power			
		%	Reps	Wt.	Wt.	Wt.	%	Reps	Wt.	Wt.	
Major Exercises	RM:	65-70%	6--8				80-85%	3--5			
		70-75%	4--6				80-85%	3--5			
	Bench	70-75%	4--6				85-90%	2--3			
		75-80%	3--5				85-90%	2--3			
	RM:	60-65%	8--10				70-75%	4--6			
		65-70%	6--8				75-80%	3--5			
	Incline Bench	70-75%	4--6				80-85%	2--3			

Auxiliary Circuit

THURSDAY

Pre-Workout Circuit

Split Jerk

Core

Neck Iso or Core 2

		Phases:			Strength			Power			
		%	Reps	Wt.	Wt.	Wt.	%	Reps	Wt.	Wt.	
Major Exercises	RM:	65-70%	6--8				80-85%	3--5			
		75-80%	4--6				80-85%	3--5			
	Hang Clean	75-80%	4--6				85-90%	2--3			
		80-85%	3--5				90-95%	1--2			
	RM:	65-70%	6--8				80-85%	3--5			
		70-75%	4--6				85-90%	2--3			
	Back Squat	75-80%	3--5				85-90%	2--3			
		* Combo 3x Box Jump									

Auxiliary Circuit

FRIDAY

Towel Bench or DB Press followed by full-body circuit training