

NAME _____

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	70%	76%	82%	85%	88%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Back Squat		8x	6x	4x	4x	4x								
Split Squat		6x	4x	4x										
Leg circuit		8x	8x											
Pull-circuit		8x	8x											
Ab circuit		8x	8x											

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	70%	76%	82%	85%	88%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Bench Press		8x	6x	4x	4x	4x								
Front Military		6x	4x	4x	4x									
Power Shrug		5x	5x	5x	5x									
Arm circuit		8x	8x											
Gauntlet	1 set													

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	75%	85%	87%	90%	93%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Floor pwr clean		4x	2x	2x	1x	1x								
Goodmorning		8x	8x	8x										
Curl up		6x	6x	6x										
Shoulder circuit		6x	6x											
Ab circuit		10x	10x											

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	55%	55%	57%	60%	60%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Speed Sqt.		4x	4x	4x	4x	4x								
Speed Bench		4x	4x	4x	4x	4x								
Pull circuit		6x	6x											
Arm circuit		6x	6x											
GRIZZLY	3 sets													

GOAL BENCH PRESS _____

GOAL SQUAT _____

GOAL PWR CLEAN _____

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	70%	79%	85%	88%	91%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Back Squat		8x	5x	3x	3x	3x								
Split Squat		6x	4x	4x										
Leg circuit		8x	8x											
Pull-circuit		8x	8x											
Ab circuit		8x	8x											

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	70%	79%	85%	88%	91%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Bench Press		8x	5x	3x	3x	3x								
Front Military		6x	4x	4x	4x									
Power Shrug		5x	5x	5x	5x									
Arm circuit		8x	8x											
Plyo-push up		8x	8x	8x										

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	75%	85%	87%	90%	95%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Floor pwr clean		4x	2x	2x	1x	1x								
Goodmorning		8x	8x	8x										
Curl up		6x	6x	6x										
Shoulder circuit		6x	6x											
Ab circuit		10x	10x											

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	55%	55%	57%	60%	60%	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift														
Speed Sqt.		4x	4x	4x	4x	4x								
Speed Bench		4x	4x	4x	4x	4x								
Pull circuit		6x	6x											
Arm circuit		6x	6x											
GRIZZLY	3 sets													

GOAL BENCH PRESS _____

GOAL SQUAT _____

GOAL PWR CLEAN _____

GOAL BODY WEIGHT _____

GOAL BODY FAT _____

Bodyweight _____ Sleep _____ Breakfast: yes no

Lift	MAX	70%		82%		85%		90%		94%	
		set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8		
Back Squat		8x	5x	4x	3x	4x	2x				
Dead Lift		6x	6x	4x	4x						
Step-up		6x	6x	6x							
Pull-circuit		6x	6x								
Ab circuit		10x	10x								

Bodyweight _____ Sleep _____ Breakfast: yes no

Lift	MAX	70%		82%		85%		90%		94%	
		set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8		
Bench Press		8x	5x	4x	3x	4x	2x				
DB Military		6x	6x	6x	6x						
Power Shrug		6x	6x	4x	4x						
Arm circuit		6x	6x								
Gauntlet	1 set										

Bodyweight _____ Sleep _____ Breakfast: yes no

Lift	MAX	75%		80%		85%		90%		95%		max
		set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8			
Floor pwr clean		3x	1x	1x	1x	1x	1x					
Goodmorning		6x	6x	6x								
Curl up		6x	6x	6x								
Shoulder circuit		6x	6x									
Ab circuit		10x	10x									

Bodyweight _____ Sleep _____ Breakfast: yes no

Lift	MAX	55%		57%		60%		62%		65%	
		set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8		
Speed Sgt.		4x	4x	4x	4x	4x	3x				
Speed Bench		4x	4x	4x	4x	4x	3x				
Pull circuit		6x	6x								
Arm circuit		6x	6x								
GRIZZLY	3 sets										

GOAL BENCH PRESS _____

GOAL SQUAT _____

GOAL PWR CLEAN _____

GOAL BODY WEIGHT _____

GOAL BODY FAT _____