

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Back Squat		8x	6x	6x	6x				
AK clean & squat		3x	3x	3x	3x				
Step-up		6x	4x	4x	4x				
Pull-circuit		10x	10x						
Ab circuit		10x	10x						

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Bench Press		8x	6x	6x	6x				
Sn grip push press		6x	4x	4x					
Clean Pull		5x	3x	2x	2x				
Arm circuit		10x	10x						
Gauntlet		1 set							

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Floor pwr clean		4x	3x	2x	2x	2x			
RDL		8x	8x	8x					
Jump Squat 45lb		8x	8x	8x					
Shoulder circuit		10x	10x						
Ab circuit		10x	10x						

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Speed Sqt.		6x	4x	4x					
Speed Bench		6x	4x	4x					
Pull circuit		12x	12x						
Arm circuit		10x	10x						
GRIZZLY		2sets							

GOAL BENCH PRESS _____

GOAL SQUAT _____

GOAL PWR CLEAN _____

GOAL BODY WEIGHT _____

GOAL BODY FAT _____

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Back Squat		8x	6x	6x	6x				
AK clean & squat		3x	3x	3x	3x				
Step-up		6x	4x	4x	4x				
Pull-circuit		10x	10x						
Ab circuit		10x	10x						

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Bench Press		8x	6x	6x	6x				
Sn grip push press		6x	4x	4x					
Clean Pull		5x	3x	2x	2x				
Arm circuit		10x	10x						
Gauntlet		1 set							

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Floor pwr clean		4x	3x	2x	2x	2x			
RDL		8x	8x	8x					
Jump Squat 45lb		8x	8x	8x					
Shoulder circuit		10x	10x						
Ab circuit		10x	10x						

Bodyweight _____ Sleep _____ Breakfast: yes no

	MAX	set 1	set 2	set 3	set 4	set 5	set 6	set 7	set 8
Lift									
Speed Sqt.		6x	4x	4x					
Speed Bench		6x	4x	4x					
Pull circuit		12x	12x						
Arm circuit		10x	10x						
GRIZZLY		2sets							

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	2x					
Squat clean		1x	1x	1x	1x	1x	1x	1x	1x	1x	1x
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	2x					
DB Military		6x	6x	6x	6x						
Power Shrug		6x	6x	4x	4x						
Arm circuit		6x	6x								
Gauntlet	2 sets										

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					
Tuck Jump		8x	8x	8x								
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 Sqt.		4x	4x	4x	4x	4x	3x	3x			
Speed Bench		4x	4x	4x	4x	4x	3x	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 _____