WEEK 1 DEC. 21-25 MEN'S CHEER CHRISTMAS BREAK WORKOUT NAME_____ WEEK 2 DEC 28-JAN 1

Bodyweight_____ Sleep_____Breakfast: yes no

		67%	70%	73%	76%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Back Squat		8x	8x	8x	8x				
MT clean & squat		3x	3x	3x	3x				
Step-up		6x	6x	6x					
Pull-circuit		12x	12x						
Ab circuit		12x	12x						

Bodyweight_____ Sleep_____Breakfast: yes no

		67%	70%	73%	76%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Back Squat		8x	8x	8x	8x				
MT clean & squat		3x	3x	3x	3x				
Step-up		6x	6x	6x					
Pull-circuit		12x	12x						
Ab circuit		12x	12x						

Bodyweight_____ Sleep_____Breakfast: yes no

		67%	70%	73%	76%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Bench Press		8x	8x	8x	8x				
Back push press		6x	6x	6x					
Clean Pull		5x	3x	3x	3x				
Arm circuit		12x	12x						
Push-ups		3 sets	max						

Bodyweight_____ Sleep_____Breakfast: yes no

		67%	70%	73%	76%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Bench Press		8x	8x	8x	8x				
Back push press		6x	6x	6x					
Clean Pull		5x	3x	3x	3x				
Arm circuit		12x	12x						
Push-ups		3 sets	max						

Bodyweight_____ Sleep_____Breakfast: yes no

		60%	65%	70%	75%	85%			
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Floor pwr clean		6x	4x	3x	3x	2x			
RDL		8x	8x	8x					
Squat Jump 45lb		6x	6x	6x	6x				
Shoulder circuit		12x	12x						
Ab circuit		12x	12x						

Bodyweight_____ Sleep_____Breakfast: yes no

		60%	65%	70%	75%	85%			
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Floor pwr clean		6x	4x	3x	3x	2x			
RDL		8x	8x	8x					
Squat Jump 45lb		6x	6x	6x	6x				
Shoulder circuit		12x	12x						
Ab circuit		12x	12x						

Bodyweight_____ Sleep_____Breakfast: yes no

		50%	52%	55%					
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Front Squat		6x	6x	6x					
Reverse Bench		6x	6x	6x					
Pull circuit		12x	12x						
Arm circuit		12x	12x						
Push-ups		3 sets	max						

Bodyweight_____ Sleep_____Breakfast: yes no

		50%	52%	55%					
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Front Squat		6x	6x	6x					
Reverse Bench		6x	6x	6x					
Pull circuit		12x	12x						
Arm circuit		12x	12x						
Push-ups		3 sets	max						

GOAL BENCH PRESS_____ GOAL SQUAT_____ GOAL PWR CLEAN_____ GOAL BODY WEIGHT_____ GOAL BODY FAT_____

WEEK 3 JAN 4-8

MEN'S CHEER CHRISTMAS BREAK WORKOUT

NAME_____

WEEK 4 JAN 11-15

Bodyweight_____ Sleep_____Breakfast: yes no

		67%	76%	79%	82%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
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

		67%	76%	79%	82%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
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

		67%	76%	79%	82%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Bench Press		8x	6x	6x	6x				
Sn grip push press		6x	4x	4x					
Clean Pull		5x	3x	2x	2x	2x			
Arm circuit		10x	10x						
Push-ups		3 sets	max						

Bodyweight_____ Sleep_____Breakfast: yes no

		67%	76%	79%	82%				
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Bench Press		8x	6x	6x	6x				
Sn grip push press		6x	4x	4x					
Clean Pull		5x	3x	2x	2x	2x			
Arm circuit		10x	10x						
Push-ups		3 sets	max						

Bodyweight_____ Sleep_____Breakfast: yes no

		70%	75%	80%	85%	87%			
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
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

		70%	75%	80%	85%	87%			
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
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

		52%	55%	57%					
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Front Squat		6x	6x	6x					
Reverse Bench		6x	6x	6x					
Pull circuit		12x	12x						
Arm circuit		10x	10x						
Push-ups		3 sets	max						

Bodyweight_____ Sleep_____Breakfast: yes no

		52%	55%	57%					
Lift	MAX	set 1	set 2	set 3	set 4	set 5	set6	set 7	set 8
Front Squat		6x	6x	6x					
Reverse Bench		6x	6x	6x					
Pull circuit		12x	12x						
Arm circuit		10x	10x						
Push-ups		3 sets	max						

GOAL BENCH PRESS_____ GOAL SQUAT_____ GOAL PWR CLEAN_____ GOAL BODY WEIGHT_____ GOAL BODY FAT_____