

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

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

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Lift													
Bench Press		8x	8x	8x	8x	8x	8x	8x	8x				
Back push press		6x	6x	6x	6x	6x	6x	6x	6x				
Clean Pull		5x	3x	3x	3x	3x	3x	3x	3x				
Arm circuit		12x	12x	12x	12x	12x	12x	12x	12x				
Push-ups		3 sets	max										

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

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

Bodyweight \_\_\_\_\_ Sleep \_\_\_\_\_ Breakfast: yes no

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

GOAL BENCH PRESS \_\_\_\_\_

GOAL SQUAT \_\_\_\_\_

GOAL PWR CLEAN \_\_\_\_\_

GOAL BODY WEIGHT \_\_\_\_\_

GOAL BODY FAT \_\_\_\_\_

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MT clean & squat		3x	3x	3x	3x	3x	3x	3x	3x				
Step-up		6x	6x	6x	6x	6x	6x	6x	6x				
Pull-circuit		12x	12x	12x	12x	12x	12x	12x	12x				
Ab circuit		12x	12x	12x	12x	12x	12x	12x	12x				

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Back push press		6x	6x	6x	6x	6x	6x	6x	6x				
Clean Pull		5x	3x	3x	3x	3x	3x	3x	3x				
Arm circuit		12x	12x	12x	12x	12x	12x	12x	12x				
Push-ups		3 sets	max										

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RDL		8x	8x	8x	8x	8x	8x	8x	8x					
Squat Jump 45lb		6x	6x	6x	6x	6x	6x	6x	6x					
Shoulder circuit		12x	12x	12x	12x	12x	12x	12x	12x					
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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						

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	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						
Push-ups		3 sets	max						

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	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						

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