

Dynamic Warm Up P. 15									
ENTER YOUR MAX FOR SQUAT and HANG CLEAN		WEEK 1				WEEK 2			
Work Out A	MAX / REPS	10	5	10	5	10	8	6	8
Squat (Enter your Max to the right)	0	0	0	0	0	0	0	0	0
	MAX / REPS	5	3	3	3	5	3	5	3
Hang Clean (Enter your Max to the right)	0	0	0	0	0	0	0	0	0
Lunges (3 Way Forward, Lateral, Reverse)		8	8	8	8	5	5	5	
The number shown is the rotations each leg									
Str. Leg Dead Lift		12	12	12	12	10	10	10	
Step ups		10	10	10		12	12	12	12
Jump Circuit		Box				Knee Tucks			
		10	10	10		12	12	12	12
SPEED SCHOOL - 12 MINUTE RUN									
Dynamic Warm Up P. 15									
ENTER YOUR MAX FOR BENCH		WEEK 1				WEEK2			
Work Out B	MAX / REPS	10	5	10	5	10	8	6	8
Bench (Enter your Max to the right)	0	0	0	0	0	0	0	0	0
DB Incline		12	12	12	12	10	10	10	
Pull Ups Reverse Grip		10	10	10		5	5	5	
Overhead Triceps		12	12	12	12	10	10	10	
DB Military		10	10	10		12	12	12	12
Push Up Circuit		In and Out				Lateral			
		10	10	10		12	12	12	12
CORE CIRCUIT P. 17									

Dynamic Warm Up P. 15									
ENTER YOUR MAX FOR SQUAT and HANG CLEAN		WEEK 1				WEEK 2			
Work Out C	MAX / REPS	10	5	10	5	10	8	6	8
Front Squat	0	0	0	0	0	0	0	0	0
	MAX / REPS	5	3	3	3	5	3	5	3
Power Clean	0	0	0	0	0	0	0	0	0
Leg Curl		12	12	12	12	10	10	10	
Hip Circuit		10	10	10		12	12	12	12
Step ups		12	12	12	12	10	10	10	
Jump Circuit		Depth and Distance				Squat Jumps			
		10	10	10		12	12	12	12

Dynamic Warm Up P. 15									
ENTER YOUR MAX FOR SQUAT and HANG CLEAN		WEEK 1				WEEK 2			
Work Out D	MAX / REPS	10	5	10	5	10	8	6	8
Incline Bench	0	0	0	0	0	0	0	0	0
Push Jerk		5	5	5	5	3	3	3	3
DB Bench		10	10	10		5	5	5	
High Pulls		8	8	8	8	10	10	10	
Lat Pull Downs		10	10	10		12	12	12	12

CORE CIRCUIT P. 17

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