

## Monday - Weeks 1-4

Start with 5 reps of each exercise in Barbell Warm-up [Hang Clean, Front Squat and Press] and 3 reps [using light weight] of the Hang Squat Clean.

Exercise	Sets/Reps	Percent of Max	Week 1 Percentage	Week 2 Percentage	Week 3 Percentage	Week 4 Percentage
Hang Clean	4x5	Light [L]	50,55,60,65	50,55,60,60	50,55,60,60	50,55,60,60
Back Squat	5x5	Heavy [H]	60,65,70,70,70	60,65,70,75,75	60,70,75,75,75	60,65,70,70,70
Bench Press	5x5	[H]	60,65,70,70,70	60,65,70,75,75	60,70,75,75,75	60,65,70,70,70
Barbell Press	5x4	Gradual Progression [GP]	-	-	-	-

[GP]: Start with light weight, increasing each set. Do not exceed 50 percent of your Clean max.

Note: First number in percentage progression corresponds with first set, and so on.

## Weeks 5-8

Start with 5 reps of each exercise in Barbell Warm-up [Hang Clean, Front Squat and Press] and 3 reps [using light weight] of the Hang Squat Clean.

Exercise	Sets/Reps	Percent of Max	Week 5 Percentage	Week 6 Percentage	Week 7 Percentage	Week 8 Percentage
Hang Clean	2x5, 3x3	[L]	50,55,60,60,60	55,55,60,65,65	55,55,60,65,65	50,55,60,60,60
Back Squat	2x5, 3x3	[H]	60,70,75,75,75	60,70,75,80,80	60,70,80,85,85	60,70,75,75,75
Bench Press	2x5, 3x3	[H]	60,70,75,75,75	60,70,75,80,80	60,70,80,85,85	60,70,75,75,75
Barbell Press	4x5	[GP]	-	-	-	-

[GP]: Start with light weight, increasing each set. Do not exceed 60 percent of Clean max.

## Wednesday - Weeks 1-4

Start with 5 reps of each exercise in Barbell Warm-up [Hang Snatch, Overhead Squat and Snatch Press] and 3 reps [using light weight] of the Hang Squat Snatch.

Exercise	Sets/Reps	Percent of Max	Week 1 Percentage	Week 2 Percentage	Week 3 Percentage	Week 4 Percentage
Hang Snatch	4x5	[H]	60,65,70,70	60,65,70,75	60,70,75,75	60,65,70,70
Step-ups	4x5	[GP]	-	-	-	-
Incline Bench	4x5	[H]	60,65,70,70	60,65,70,75	60,70,75,75	60,65,70,70
Clean Pull	4x5	Clean Pull [CP]	75,75,80,80	75,75,80,85	75,80,85,85	75,75,80,80

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean max.

## Weeks 5-8

Start with 5 reps of each exercise in Barbell Warm-up [Hang Snatch, Overhead Squat and Snatch Press] and 3 reps [using light weight] of the Hang Squat Snatch.

Exercise	Sets/Reps	Percent of Max	Week 5 Percentage	Week 6 Percentage	Week 7 Percentage	Week 8 Percentage
Hang Snatch	1x5, 1x4, 3x3	[H]	60,65,70,70,75	60,65,70,75,80	60,70,75,80,85	60,65,70,70,75
Step-ups	4x5	[GP]	-	-	-	-
Dumbbell Incline Bench	4x5	[GP2]	-	-	-	-
Clean Pull	4x5	[CP]	75,80,80,80	75,80,85,85	80,80,85,85	75,80,80,80

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

## Friday - Weeks 1-4

Start with 5 reps of each exercise in Barbell Warm-up [Hang Clean, Front Squat and Split Jerk] and 3 reps [using light weight] of the Hang Squat Clean.

Exercise	Sets/Reps	Percent of Max	Week 1 Percentage	Week 2 Percentage	Week 3 Percentage	Week 4 Percentage
Power Clean	5x3	[H]	60,65,70,70,70	60,65,70,75,75	60,70,75,75,75	60,65,70,70,70
Split Jerk	2x5, 3x3	[H]	60,65,70,70,70	60,65,70,75,75	60,70,75,75,75	60,65,70,70,70
Back Squat	4x5	[L]	50,55,60,60	50,55,60,60	50,55,60,60	50,55,60,60
Bench Press	4x5	[L]	50,55,60,60	50,55,60,60	50,55,60,60	50,55,60,60

## Weeks 5-8

Start with 5 reps of each exercise in Barbell Warm-up [Hang Clean, Front Squat and Split Jerk] and 3 reps [using light weight] of the Hang Squat Clean.

Exercise	Sets/Reps	Percent of Max	Week 5 Percentage	Week 6 Percentage	Week 7 Percentage	Week 8 Percentage
Power Clean	5x3	[H]	60,70,75,75,75	60,70,75,80,80	60,70,80,85,85	60,70,75,75,75
Split Jerk	5x3	[H]	60,70,75,75,75	60,70,75,80,80	60,70,80,85,85	60,70,75,75,75
Back Squat	2x5, 3x3	[L]	50,55,60,60,60	55,55,60,65,65	55,55,60,65,65	50,55,60,60,60
Bench Press	2x5, 3x3	[L]	50,55,60,60,60	55,55,60,65,65	55,55,60,65,65	50,55,60,60,60

## Auxiliary Lifts [Weeks 1-8]

Chin-ups or Lat Pull Circuit	3x10
Push-ups	3x15-20
Machine or Manual Neck	4x10 [1 set in each direction]
Weighted Sit-ups	3x15
Ab Circuit	5x20
Rotator Cuff Circuit	1x10

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

## Auxiliary Lifts [Weeks 1-8]

Glute/Ham Raise	3x10
Leg Curl	3x10
Barbell Curl	3x10
Machine or Manual Neck	4x10
Weighted Sit-ups	3x15
Ab Circuit	5x20
Rotator Cuff Circuit	1x10

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

## Auxiliary Lifts [Weeks 1-8]

Chin-ups or Hammer Back Circuit	3x10
Plate Raise	3x10
Machine or Manual Neck	4x10
Weighted Sit-ups	3x15
Ab Circuit	5x20
Rotator Cuff Circuit	1x10

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

## Week 1, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 Reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 ____, 5 ____, 5 ____, 5 ____
Back Squat [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Bench Press [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Barbell Press [GP]	5 ____, 5 ____, 5 ____, 5 ____

Light percentage of max [L]: 50, 55, 60, 65

Heavy percentage max [H]: 60, 65, 70, 70

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 50 percent of your Clean max.

Note: First number in percentage progression corresponds with first set, and so on.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 ____, 5 ____, 5 ____, 5 ____
Step-ups [GP]	5 ____, 5 ____, 5 ____, 5 ____
Incline Bench [H]	5 ____, 5 ____, 5 ____, 5 ____
Clean Pull [CP]	5 ____, 5 ____, 5 ____, 5 ____

[H]: 60, 65, 70, 70

[CP]: 75, 75, 80, 80

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean Max.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 ____, 3 ____, 3 ____, 3 ____, 3 ____
Split Jerk [H]	5 ____, 5 ____, 3 ____, 3 ____, 3 ____
Back Squat [L]	5 ____, 5 ____, 5 ____, 5 ____
Bench Press [L]	5 ____, 5 ____, 5 ____, 5 ____

[L]: 50, 55, 60, 60

[H]: 60, 65, 70, 70, 70

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean Max.

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 ____, 10 ____, 10 ____
Push-ups	15-20 ____, 15-20 ____, 15-20 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 ____, 10 ____, 10 ____
Leg Curl	10 ____, 10 ____, 10 ____
Barbell Curl	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 ____, 10 ____, 10 ____
Plate Raise	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

## Week 2, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 Reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 ____, 5 ____, 5 ____, 5 ____
Back Squat [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Bench Press [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Barbell Press [GP]	5 ____, 5 ____, 5 ____, 5 ____

Light percentage of max [L]: 50, 55, 60, 60

Heavy percentage max [H]: 60, 65, 70, 75, 75

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 50 percent of your Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 ____, 5 ____, 5 ____, 5 ____
Step-ups	5 ____, 5 ____, 5 ____, 5 ____
Incline Bench [H]	5 ____, 5 ____, 5 ____, 5 ____
Clean Pull [CP]	5 ____, 5 ____, 5 ____, 5 ____

[H]: 60, 65, 70, 75

[CP]: 75, 75, 80, 85

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean Max.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 ____, 3 ____, 3 ____, 3 ____, 3 ____
Split Jerk [H]	5 ____, 5 ____, 3 ____, 3 ____, 3 ____
Back Squat [L]	5 ____, 5 ____, 5 ____, 5 ____
Bench Press [L]	5 ____, 5 ____, 5 ____, 5 ____

[L]: 50, 55, 60, 60

[H]: 60, 65, 70, 75, 75

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 ____, 10 ____, 10 ____
Push-ups	15-20 ____, 15-20 ____, 15-20 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 ____, 10 ____, 10 ____
Leg Curl	10 ____, 10 ____, 10 ____
Barbell Curl	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 ____, 10 ____, 10 ____
Plate Raise	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

## Monday

Start with 5 reps of each exercise in Barbell Warm-up [Hang Clean, Front Squat and Press] and 3 Reps [using light weight] of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 ____, 5 ____, 5 ____, 5 ____
Back Squat [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Bench Press [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Barbell Press [GP]	5 ____, 5 ____, 5 ____, 5 ____

Light percentage of max [L]: 50, 55, 60, 60

Heavy percentage max [H]: 60, 70, 75, 75, 75

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 50 percent of your Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up [Hang Snatch, Overhead Squat and Snatch Press] and 3 reps [using light weight] of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 ____, 5 ____, 5 ____, 5 ____
Step-ups [GP]	5 ____, 5 ____, 5 ____, 5 ____
Incline Bench [H]	5 ____, 5 ____, 5 ____, 5 ____
Clean Pull [CP]	5 ____, 5 ____, 5 ____, 5 ____

[H]: 60, 70, 75, 75

[CP]: 75, 80, 85, 85

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean Max.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up [Hang Clean, Front Squat and Split Jerk] and 3 reps [using light weight] of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 ____, 3 ____, 3 ____, 3 ____, 3 ____
Split Jerk [H]	5 ____, 5 ____, 3 ____, 3 ____, 3 ____
Back Squat [L]	5 ____, 5 ____, 5 ____, 5 ____
Bench Press [L]	5 ____, 5 ____, 5 ____, 5 ____

[L]: 50, 55, 60, 60

[H]: 60, 70, 75, 75, 75

### Auxiliary Lifts

Chin-ups or Lat Pull Circuit	10 ____, 10 ____, 10 ____
Push-ups	15-20 ____, 15-20 ____, 15-20 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

### Auxiliary Lifts

Glute/Ham Raise	10 ____, 10 ____, 10 ____
Leg Curl	10 ____, 10 ____, 10 ____
Barbell Curl	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

### Auxiliary Lifts

Chin-ups or Hammer Back Circuit	10 ____, 10 ____, 10 ____
Plate Raise	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

## Week 4, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 Reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 ____, 5 ____, 5 ____, 5 ____
Back Squat [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Bench Press [H]	5 ____, 5 ____, 5 ____, 5 ____, 5 ____
Barbell Press [GP]	5 ____, 5 ____, 5 ____, 5 ____

Light percentage of max [L]: 50, 55, 60, 60

Heavy percentage max [H]: 60, 65, 70, 70, 70

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 50 percent of your Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 ____, 5 ____, 5 ____, 5 ____
Step-ups [GP]	5 ____, 5 ____, 5 ____, 5 ____
Incline Bench [H]	5 ____, 5 ____, 5 ____, 5 ____
Clean Pull [CP]	5 ____, 5 ____, 5 ____, 5 ____

[H]: 60, 65, 70, 70

[CP]: 75, 75, 80, 80

[GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean Max.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 ____, 3 ____, 3 ____, 3 ____, 3 ____
Split Jerk [H]	5 ____, 5 ____, 3 ____, 3 ____, 3 ____
Back Squat [L]	5 ____, 5 ____, 5 ____, 5 ____
Bench Press [L]	5 ____, 5 ____, 5 ____, 5 ____

[L]: 50, 55, 60, 60

[H]: 60, 65, 70, 70, 70

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 ____, 10 ____, 10 ____
Push-ups	15-20 ____, 15-20 ____, 15-20 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 ____, 10 ____, 10 ____
Leg Curl	10 ____, 10 ____, 10 ____
Barbell Curl	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 ____, 10 ____, 10 ____
Plate Raise	10 ____, 10 ____, 10 ____
Machine or Manual Neck [1 set each direction]	10 ____, 10 ____, 10 ____, 10 ____
Weighted Sit-ups	15 ____, 15 ____, 15 ____
Ab Circuit	20 ____, 20 ____, 20 ____, 20 ____, 20 ____
Rotator Cuff Circuit	10 ____

## Week 5, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 __, 5 __, 3 __, 3 __, 3 __
Back Squat [H]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [H]	5 __, 5 __, 3 __, 3 __, 3 __
Barbell Press [GP]	5 __, 5 __, 5 __, 5 __

Light percentage of max [L]: 50, 55, 60, 60, 60

Heavy percentage max [H]: 60, 70, 75, 75, 75

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 60 percent of Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 __, 4 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 65, 70, 70, 75

[CP]: 75, 80, 80, 80

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 3 __, 3 __, 3 __
Split Jerk [H]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [L]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [L]	5 __, 5 __, 3 __, 3 __, 3 __

[L]: 50, 55, 60, 60, 60

[H]: 60, 70, 75, 75, 75

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Push-ups (Go into a side plank on last two sets)	15-20 __, 15-20 __, 15-20 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 6, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 __, 5 __, 3 __, 3 __, 3 __
Back Squat [H]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [H]	5 __, 5 __, 3 __, 3 __, 3 __
Barbell Press [GP]	5 __, 5 __, 5 __, 5 __

Light percentage of max [L]: 55, 55, 60, 65, 65

Heavy percentage max [H]: 60, 70, 75, 80, 80

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 60 percent of Clean max.

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Push-ups (Go into a side plank on last two sets)	15-20 __, 15-20 __, 15-20 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 __, 4 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 65, 70, 75, 80

[CP]: 75, 80, 85, 85

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 3 __, 3 __, 3 __
Split Jerk [H]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [L]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [L]	5 __, 5 __, 3 __, 3 __, 3 __

[L]: 55, 55, 60, 65, 65

[H]: 60, 70, 75, 80, 80

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 7, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 __, 5 __, 3 __, 3 __, 3 __
Back Squat [H]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [H]	5 __, 5 __, 3 __, 3 __, 3 __
Barbell Press [GP]	5 __, 5 __, 5 __, 5 __

Light percentage of max [L]: 55, 55, 60, 65, 65

Heavy percentage max [H]: 60, 70, 80, 85, 85

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 60 percent of Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 __, 4 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 70, 75, 80, 85

[CP]: 80, 80, 85, 85

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 3 __, 3 __, 3 __
Split Jerk [H]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [L]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [L]	5 __, 5 __, 3 __, 3 __, 3 __

[L]: 55, 55, 60, 65, 65

[H]: 60, 70, 80, 85, 85

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Push-ups (Go into a side plank on last two sets)	15-20 __, 15-20 __, 15-20 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 8, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	5 __, 5 __, 3 __, 3 __, 3 __
Back Squat [H]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [H]	5 __, 5 __, 3 __, 3 __, 3 __
Barbell Press [GP]	5 __, 5 __, 5 __, 5 __

Light percentage of max [L]; 50, 55, 60, 60, 60

Heavy percentage max [H]; 60, 70, 75, 75, 75

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 60 percent of Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	5 __, 4 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 65, 70, 70, 75

[CP]: 75, 80, 80, 80

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 3 __, 3 __, 3 __
Split Jerk [H]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [L]	5 __, 5 __, 3 __, 3 __, 3 __
Bench Press [L]	5 __, 5 __, 3 __, 3 __, 3 __

[L]: 50, 55, 60, 60, 60

[H]: 60, 70, 75, 75, 75

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Push-ups (Go into a side plank on last two sets)	15-20 __, 15-20 __, 15-20 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 9, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Back Squat [H]	3 __, 3 __, 3 __, 3 __, 3 __
Bench Press [H]	3 __, 3 __, 2 __, 2 __, 2 __
Barbell Press [GP]	5 __, 4 __, 3 __, 3 __

Light percentage of max [L]: 50, 55, 60, 60, 60

Heavy percentage max [H]: 60, 70, 75, 80, 85

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean max.

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Front, Side and Rear Raise (2 sets of rear raise)	8 __, 8 __, 8 __, 8 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	3 __, 3 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 65, 70, 75, 80

[CP]: 75, 80, 80, 80

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 2 __, 2 __, 2 __
Split Jerk [H]	3 __, 3 __, 2 __, 2 __, 2 __
Back Squat [L]	3 __, 3 __, 3 __, 3 __, 3 __
Bench Press [L]	3 __, 3 __, 3 __, 3 __, 3 __

[L]: 55, 60, 65, 65, 65

[H]: 60, 70, 75, 80, 85

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 10, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [H]	3 __, 3 __, 2 __, 2 __, 2 __
Bench Press [H]	3 __, 3 __, 2 __, 2 __, 2 __
Barbell Press [GP]	5 __, 4 __, 3 __, 3 __

Light percentage of max [L]: 50, 55, 60, 60, 60

Heavy percentage max [H]: 60, 70, 80, 85, 90

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	3 __, 3 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 65, 75, 80, 80

[CP]: 75, 80, 90, 90

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 2 __, 2 __, 2 __
Split Jerk [H]	3 __, 3 __, 2 __, 2 __, 2 __
Back Squat [L]	3 __, 3 __, 3 __, 3 __, 3 __
Bench Press [L]	3 __, 3 __, 3 __, 3 __, 3 __

[L]: 55, 60, 65, 65, 65

[H]: 60, 70, 80, 85, 90

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Front, Side and Rear Raise (2 sets of rear raise)	8 __, 8 __, 8 __, 8 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 11, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [H]	3 __, 3 __, 2 __, 2 __, 2 __
Bench Press [H]	3 __, 3 __, 2 __, 2 __, 2 __
Barbell Press [GP]	5 __, 4 __, 3 __, 3 __

Light percentage of max [L]; 50, 55, 60, 60, 60

Heavy percentage max [H]; 65, 75, 85, 90, 95

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean max.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	3 __, 3 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 70, 80, 85, 85

[CP]: 80, 80, 90, 90

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 2 __, 2 __, 2 __
Split Jerk [H]	3 __, 3 __, 2 __, 2 __, 2 __
Back Squat [L]	3 __, 3 __, 3 __, 3 __, 3 __
Bench Press [L]	3 __, 3 __, 3 __, 3 __, 3 __

[L]: 55, 60, 65, 65, 65

[H]: 65, 75, 85, 90, 95

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Front, Side and Rear Raise (2 sets of rear raise)	8 __, 8 __, 8 __, 8 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck (1 set each direction)	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Week 12, Monday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Press) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Hang Clean [L]	3 __, 3 __, 3 __, 3 __, 3 __
Back Squat [H]	3 __, 3 __, 2 __, 2 __, 2 __
Bench Press [H]	3 __, 3 __, 2 __, 2 __, 2 __
Barbell Press [GP]	5 __, 4 __, 3 __, 3 __

Light percentage of max [L]; 50, 55, 60, 60, 60

Heavy percentage max [H]; 60, 70, 75, 75, 75

Gradual Progress [GP]: Start with light weight, increasing each set. Do not exceed 65 percent of Clean max.

Auxiliary Lifts	
Chin-ups or Lat Pull Circuit	10 __, 10 __, 10 __
Front, Side and Rear Raise [2 sets of rear raise]	8 __, 8 __, 8 __, 8 __
Machine or Manual Neck [1 set each direction]	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

Note: Perform all auxiliary lifts in order after first completing the four Olympic lifts.

## Wednesday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Snatch, Overhead Squat and Snatch Press) and 3 reps (using light weight) of the Hang Squat Snatch.

Exercise	
Hang Snatch [H]	3 __, 3 __, 3 __, 3 __, 3 __
Step-ups [GP]	5 __, 5 __, 5 __, 5 __
Dumbbell Incline Bench [GP2]	5 __, 5 __, 5 __, 5 __
Clean Pull [CP]	5 __, 5 __, 5 __, 5 __

[H]: 60, 65, 75, 75, 75

[CP]: 75, 80, 80, 80

[GP]: Start with a light weight, increasing each set. Do not exceed 65 percent of Clean max on last 2 sets.

[GP2]: Start with light weight, increasing each set, with last 2 sets being heavy.

Auxiliary Lifts	
Glute/Ham Raise	10 __, 10 __, 10 __
Leg Curl	10 __, 10 __, 10 __
Barbell Curl	10 __, 10 __, 10 __
Machine or Manual Neck [1 set each direction]	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __

## Friday

Start with 5 reps of each exercise in Barbell Warm-up (Hang Clean, Front Squat and Split Jerk) and 3 reps (using light weight) of the Hang Squat Clean.

Exercise	
Power Clean [H]	3 __, 3 __, 2 __, 2 __, 2 __
Split Jerk [H]	3 __, 3 __, 2 __, 2 __, 2 __
Back Squat [L]	3 __, 3 __, 3 __, 3 __, 3 __
Bench Press [L]	3 __, 3 __, 3 __, 3 __, 3 __

[L]: 55, 60, 65, 65, 65

[H]: 60, 70, 75, 75, 75

Auxiliary Lifts	
Chin-ups or Hammer Back Circuit	10 __, 10 __, 10 __
Plate Raise	10 __, 10 __, 10 __
Machine or Manual Neck [1 set each direction]	10 __, 10 __, 10 __, 10 __
Weighted Sit-ups	15 __, 15 __, 15 __
Ab Circuit	20 __, 20 __, 20 __, 20 __, 20 __
Rotator Cuff Circuit	10 __