

Week 1:

Day 1- Heavy Squat/Deadlift

Warm-Up & Technique Work:

Depth Jumps	3-5 x 3
Weighted Chin-Ups	- x 25
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Front Squat	- x 1-5
Back-Off Sets	1-3 x 3-6
Good Mornings/ Reverse Hypers	3-5 x 3-10

Accessory Work:

Leg Press	3 x 10
Barbell Rows	4 x 6-8
Dumbbell Curls	4 x 8-10
Side Planks/ Grip Holds	3 x 45 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 1:

Day 2- Heavy Olympic Lift & Bench Press

Olympic Lifts:

Olympic Lift Complex	3 x 3
Power Snatch	Prilepin's Table

Warm-Up & Technique Work:

Incline/ Light Press Variation	3 x 5-10
Bench Crunches	3 x 5-10

Main Lifts:

Military Press	- x 1-5
Back-Off Sets	1-3 x 3-6

Accessory Work:

Incline Press	4 x 6-8
Dumbbell Press	4 x 6-8
JM Press	4 x 6-8
Face Pulls	4 x 8-10

(Rotator Cuff Work	- x 100)
Oblique Twists	3 x 10-20
Hanging Leg Raises	- x 25+

Jump Rope/ Conditioning 10-20 min.

Mobility Work 10+ min.



Week 1:

Day 3- Light Squat/Deadlift

Warm-Up & Technique Work:

Pull-Ups	- x 50
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Squat/ Deadlift	4 x 10
Back Extensions/ Goodmornings	3 x 10-20

Accessory Work:

Leg Curls	3 x 10-15
Seated Rows	5 x 10-15
Hammer Curls	3 x 10-15
Planks	3 x 60-90 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 1:

Day 4- Light Bench Press

Warm-Up & Technique Work:

Hang Clean	3 x 10
Incline/ Light Press Variation	3 x 5-10
Leg Raises	3 x 10

Main Lift:

Dynamic Bench Press	10 x 3
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Accessory Work:

Incline Dumbbell Press	3 x 10-15
Military Press	3 x 10-15
(Dips	- x 100)
Press Downs	3 x 10-15
Dumbbell Reverse Flyes	3 x 10-20
Lateral Raises	3 x 10-15

(Bamboo Bench Press	- x 100)
Side Bends	3 x 15-20
Ball Crunches	- x 100

Jump Rope/ Conditioning	10-20 min.
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Mobility Work	10+ min.
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Week 2:

Day 1- Heavy Squat/Deadlift

Warm-Up & Technique Work:

Broad Box Jumps	3-5 x 3
Weighted Chin-Ups	- x 25
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Pause Squat	- x 1-5
Back-Off Sets	1-3 x 3-6
Deficit Deadlift	- x 1-6

Accessory Work:

Leg Press	3 x 10
Barbell Rows	4 x 6-8
Dumbbell Curls	4 x 8-10
Side Planks/ Grip Holds	3 x 45 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 2:

Day 2- Heavy Olympic Lift & Bench Press

Olympic Lifts:

Olympic Lift Complex	3 x 3
Power Snatch	Prilepin's Table

Warm-Up & Technique Work:

Incline/ Light Press Variation	3 x 5-10
Bench Crunches	3 x 5-10

Main Lifts:

Pause Press	- x 1-3
Back-Off Sets	1-3 x 3-6

Accessory Work:

Dumbbell Press	4 x 6-8
Dumbbell Military Press	4 x 6-8
Weighted Dips	- x 25
Face Pulls	4 x 8-10

(Rotator Cuff Work - x 100)

Oblique Twists 3 x 10

Hanging Leg Raises - x 25+

Jump Rope/ Conditioning 10-20 min.

Mobility Work 10+ min.



Week 2:

Day 3- Light Squat/Deadlift

Warm-Up & Technique Work:

Pull-Ups	- x 50
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Dynamic Squat	10 x 2
Dynamic Deadlift	6-10 x 1

Accessory Work:

Leg Curls	3 x 10-15
Seated Rows	5 x 10-15
Hammer Curls	3 x 10-15
Planks	3 x 60-90 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 2:

Day 4- Light Bench Press

Warm-Up & Technique Work:

Hang Clean	3 x 10
Incline/ Light Press Variation	3 x 5-10
Leg Raises	3 x 10

Main Lifts:

Dynamic Bench Press	10 x 3
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Accessory Work:

Incline Dumbbell Press	3 x 10-15
Military Press	3 x 10-15
(Push-Ups	- x 100)
Skull Crushers	3 x 10-15
Lateral Raises	3 x 10-15
Dumbbell Reverse Flyes	3 x 10-20

(Bamboo Bench Press	- x 100)
Side Bends	3 x 15-20
Ball Crunches	- x 100

Jump Rope/ Conditioning	10-20 min.
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Mobility Work	10+ min.
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Week 3:

Day 1- Heavy Squat/Deadlift

Warm-Up & Technique Work:

Seated Box Jumps	3-5 x 3
Weighted Pull-Ups	- x 25
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Box Squat	- x 1-5
Back-Off Sets	1-3 x 3-6
Deadlift	- x 1-5

Accessory Work:

Glute-Ham Raises	- x 25
Dumbbell Rows	4 x 6-8
Barbell Curls	4 x 8-10
Side Planks/ Grip Holds	3 x 45 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 3:

Day 2- Heavy Olympic Lift & Bench Press

Olympic Lifts:

Olympic Lift Complex	3 x 3
Clean & Jerk	Prilepin's Table

Warm-Up & Technique Work:

Incline/ Light Press Variation	3 x 5-10
Hanging Leg Raises	3 x 5

Main Lifts:

Floor Press	- x 1-5
Back-Off Sets	1-3 x 3-6

Accessory Work:

Incline Dumbbell Press	4 x 6-8
Military Press	3-5 x 3-5
Weighted Dips	- x 25
Dumbbell Reverse Flyes	4 x 8-10
Lateral Raises	3 x 8-10

(Rotator Cuff Work	- x 100)
Side Bends	3 x 10-20
Decline Crunches	- x 50

Jump Rope/ Conditioning 10-20 min.

Mobility Work 10+ min.



Week 3:

Day 3- Light Squat/Deadlift

Warm-Up & Technique Work:

Chin-Ups	- x 50
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Dynamic Squat	10 x 2
Dynamic Deadlift	6-10 x 1

Accessory Work:

Leg Press	3 x 10-20
Lat Pull-Downs	5 x 10-15
Dumbbell Curls	3 x 10-15
Planks	3 x 60-90 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 3:

Day 4- Light Bench Press

Warm-Up & Technique Work:

Hang Snatch	3 x 10
Incline/ Light Press Variation	3 x 5-10
Ball Crunches	3 x 10

Main Lifts:

Dynamic Bench Press	10 x 3
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Accessory Work:

Dumbbell Press	3 x 10-15
Dumbbell Military Press	3 x 10-15
(Push-Ups	- x 100)
Skull Crushers	3 x 10-15
Face Pulls	3 x 15-20

(Bamboo Bench Press	- x 100)
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Oblique Twists	3 x 10-15
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Leg Raises	- x 50
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Jump Rope/ Conditioning	10-20 min.
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Mobility Work	10+ min.
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Week 4:

Day 1- Heavy Squat/Deadlift

Warm-Up & Technique Work:

Box Jumps	3-5 x 3
Weighted Pull-Ups	- x 25
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Squat	- x 1-5
Back-Off Sets	1-3 x 3-6
Rack Pulls <110%	- x 1-5

Accessory Work:

Glute-Ham Raises	- x 25
Dumbbell Rows	4 x 6-8
Barbell Curls	4 x 8-10
Side Planks/ Grip Holds	3 x 45 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 4:

Day 2- Heavy Olympic Lift & Bench Press

Olympic Lifts:

Olympic Lift Complex	3 x 3
Clean	Prilepin's Table

Warm-Up & Technique Work:

Incline/ Light Press Variation	3 x 5-10
Hanging Leg Raises	3 x 5

Main Lifts:

Bench Press	- x 1-3
Back-Off Sets	1-3 x 3-6

Accessory Work:

Incline Dumbbell Press	4 x 6-8
Military Press	3-5 x 3-5
JM Press	4 x 6-8
Dumbbell Reverse Flyes	4 x 8-10
Lateral Raises	3 x 8-10

(Rotator Cuff Work	- x 100)
Side Bends	3 x 10-20
Decline Crunches	- x 50

Jump Rope/ Conditioning 10-20 min.

Mobility Work 10+ min.



Week 4:

Day 3- Light Squat/Deadlift

Warm-Up & Technique Work:

Chin-Ups	- x 50
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Dynamic Squat	10 x 2
Dynamic Deadlift	6-10 x 1

Accessory Work:

Leg Press	3 x 10-20
Lat Pull-Downs	5 x 10-15
Dumbbell Curls	3 x 10-15
Weighted Planks	3 x 90 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Week 4:

Day 4- Light Bench Press

Warm-Up & Technique Work:

Hang Snatch	3 x 10
Incline/ Light Press Variation	3 x 5-10
Ball Crunches	3 x 10

Main Lifts:

Bench Press	4 x 10
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Accessory Work:

Dumbbell Press	3 x 10-15
Dumbbell Military Press	3 x 10-15
Dips	- x 100
Press Downs	3 x 10-15
Face Pulls	3 x 15-20

Leg Raises	- x 50
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Jump Rope/ Conditioning	10-20 min.
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Mobility Work	10+ min.
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