|   |   | [           |          |           | landmin | e clean a            | nd jerk      |  | Auxiliary  |          |            |                        |          |
|---|---|-------------|----------|-----------|---------|----------------------|--------------|--|--|----------|------------|------------------------|----------|
|   |   |             | pull fro | om floor, |         | ımp to ex<br>landing | tension, sof | t Kiices oii                                 | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | ne: 3 sets | of each,               | 5-8 reps |
|   | Nam   |             |          |           |         | set 5 x 1-3          | challenge    | push up, pull up, plate row, incline push up |  |          |            |                        |          |
|   |   | Name Set 1x |          | 55        | 70      | 90                   |              |  |  |          |            |                        |          |
| 1 |   |             | 45       | 55        | 70      | 90                   |              |  |  |          |            | ulder Pre<br>icep Dips |          |
|   | 45     55     70     90       25     35     45     55 |             |          |           |         |                      |              |  |  |          |            |                        |          |

|   |   |     |          |           | landmin | e clean a            | nd jerk       |              | Auxiliary  |          |            |           |           |
|---|---|-----|----------|-----------|---------|----------------------|---------------|--------------|--|----------|------------|-----------|-----------|
|   |   |     | pull fro | om floor, | -       | ımp to ex<br>landing | ctension, sof | t Kiices oii | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | ne: 3 sets | of each,  | 5-8 reps  |
|   | N | ame | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3   | challenge    | push up, pull up, plate row, incline push up                                   |          |            |           |           |
|   |   |     | 35       | 45        | 65      | 85                   |               |              |  |          |            |           |           |
| 2 |   |     | 35       | 45        | 65      | 85                   |               |              |  | Bench P  | ress, Sho  | ulder Pre | ss, Plate |
| _ |   |     | 35       | 45        | 65      | 85                   |               |              |  |          | Curls, Tri | icep Dips |           |
|   |   |     | 35       | 45        | 55      | 70                   |               |              |  |          |            |           |           |

|   |   |     |          |           | landmin | e clean a            | nd jerk       |              | Auxiliary  |          |            |                        |          |
|---|---|-----|----------|-----------|---------|----------------------|---------------|--------------|--|----------|------------|------------------------|----------|
|   |   |     | pull fro | om floor, |         | ump to ex<br>landing | ctension, sof | t Kiices oii | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | ne: 3 sets | of each,               | 5-8 reps |
|   | N | ame | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3   | challenge    | push up, pull up, plate row, incline push up                                   |          |            |                        |          |
| 3 |   |     | 25<br>25 |           |         |                      |               |              |  | Bench P  |            | ulder Pre<br>icep Dips |          |
|   |   |     | 25       | 35        | 45      | 65                   |               |              |  |          | Cu113, 11  | iccp Dips              |          |
|   |   |     | 35       | 45        | 55      | 70                   |               |              |  |          |            |                        |          |

|   |                   |                 |          |           | landmin | e clean a            | nd jerk      |              | Auxiliary  |          |            |           |           |
|---|-------------------|-----------------|----------|-----------|---------|----------------------|--------------|--------------|--|----------|------------|-----------|-----------|
|   |                   |                 | pull fro | om floor, |         | ımp to ex<br>landing | tension, sof | t Kiices oii | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tin | ne: 3 sets | of each,  | 5-8 reps  |
|   | N                 | lame            | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3  | challenge    | push up, pull up, plate row, incline push up                                   |          |            |           |           |
| _ | Esqueda<br>Thayer | Erich<br>Marcus | 25<br>35 | 35<br>35  |         |                      |              |              |  | Bench P  | ress, Sho  | ulder Pre | ss, Plate |
| 4 | Millsap           | Harris          | 35       | 35        | 55      | 65                   |              |              |  |          |            | icep Dips | · ·       |
|   | Godon             | Ricardo         | 15       | 25        | 35      | 45                   |              |              |  |          |            |           |           |

|   |        |   |          |           | landmin | e clean a            | nd jerk      |  | Auxiliary  |          |            |           |           |
|---|--------|---|----------|-----------|---------|----------------------|--------------|--|--|----------|------------|-----------|-----------|
|   |        |   | pull fro | om floor, |         | ump to ex<br>landing | tension, sof | t Kiices oii                                 | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | ne: 3 sets | of each,  | 5-8 reps  |
|   |        | set 1x5   | set 2x5  | set 3x3   | set 4x3 | set 5 x 1-3          | challenge    | push up, pull up, plate row, incline push up |  |          |            |           |           |
|   | Boorgu | Mohith  | 25       | 25        | 35      | 45                   |              |  |  |          |            |           |           |
| 5 | Cooley | Austin  | 25       | 25        | 35      | 45                   |              |  |  | Bench P  | ress, Sho  | ulder Pre | ss, Plate |
|   | On     | Marcus  | 25       | 25        | 35      | 45                   |              |  |  |          | Curls, Tri | icep Dips |           |
|   | Nwadei | Cooley         Austin         25         25         35           On         Marcus         25         25         35 |          |           |         |                      |              |  |  |          |            |           |           |

|   |   |   |           |          |           | landmin | e clean a           | ınd jerk      |            | Auxiliary  | ]        |            |                      |          |
|---|---|---|-----------|----------|-----------|---------|---------------------|---------------|------------|--|----------|------------|----------------------|----------|
|   |   |   |           | pull fro | om floor, |         | ımp to e<br>landing | xtension, sof | t knees on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | me: 3 sets | s of each,           | 5-8 reps |
| _ |   | N   | ame       | set 1x5  | set 2x5   | set 3x3 | set 4x3             | set 5 x 1-3 c | hallenge   | push up, pull up, plate row, incline push up                                   |          |            |                      |          |
|   |   | Maldonado   | Mateo     | 25       | 35        | 45      | 55                  |               |            |  |          |            |                      |          |
|   |   | Singh   | Gurshmron | 25       | 25        | 35      | 45                  |               |            |  |          |            |                      |          |
|   | 6 | Yee   | Jared     | 25       | 25        | 35      | 45                  |               |            |  | Bench F  |            | oulder Presicep Dips | •        |
|   |   | Yee         Jared         25         25           Taylor         Evan         25         25 |           |          |           | 35      | 45                  |               |            |  |          |            |                      |          |
|   |   | Gehringer   | Anthony   | 25       | 25        | 35      | 45                  |               |            |  |          |            |                      |          |

|     |   |        |          |           | landmin | e clean a            | nd jerk       |             | Auxiliary  |          |            |           |           |
|-----|---|--------|----------|-----------|---------|----------------------|---------------|-------------|--|----------|------------|-----------|-----------|
|     |   |        | pull fro | om floor, |         | ump to ex<br>landing | ctension, sof | t knees on  | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | ne: 3 sets | of each,  | 5-8 reps  |
|     | Name  |        | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3   | 3 challenge | push up, pull up, plate row, incline push up                                   |          |            |           |           |
|     | Chohan  | Sameer | 15       | 25        | 35      | 45                   |               |             |  |          |            |           |           |
| ۱ , | Hawkins   | Daniel | 25       | 35        | 45      | 55                   |               |             |  | Bench P  | ress, Sho  | ulder Pre | ss, Plate |
| '   | Alatorre,   | Javier | 25       | 35        | 45      | 55                   |               |             |  |          | Curls, Tr  | icep Dips |           |
|     | Chohan Sameer 15 29 Hawkins Daniel 25 39 Alatorre, Javier 25 39 |        |          | 25        | 35      | 45                   |               |             |  |          |            |           |           |

|   |   |        |          |           | landmin | e clean a            | nd jerk      |              | Auxiliary  |          |            |           |          |
|---|---|--------|----------|-----------|---------|----------------------|--------------|--------------|--|----------|------------|-----------|----------|
|   |   |        | pull fro | om floor, |         | ımp to ex<br>landing | tension, sof | t Kilees oil | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tin | ne: 3 sets | of each,  | 5-8 reps |
|   | N   | ame    | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3  | challenge    | push up, pull up, plate row, incline push up                                   |          |            |           |          |
|   | Kim   | Minjae | 25       | 25        |         |                      |              |              |  |          |            |           |          |
| 8 | Lambreghts  | Tyler  | 25       | 35        | 45      | 55                   |              |              |  |          |            | ulder Pre |          |
|   | Volpe   | Dylan  | 15       | 25        | 35      | 45                   |              |              |  |          | Curls, Tri | icep Dips |          |
|   | Lambreghts Tyler 25 35  Volpe Dylan 15 25  Vorst Justin 25 25 |        |          |           |         | 45                   |              |              |  |          |            |           |          |

|   |           |        |          |           | landmin | e clean a            | nd jerk       |            | Auxiliary  |          |            |           |           |
|---|-----------|--------|----------|-----------|---------|----------------------|---------------|------------|--|----------|------------|-----------|-----------|
|   |           |        | pull fro | om floor, |         | ımp to ex<br>landing | ctension, sof | t knees on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | me: 3 sets | of each,  | 5-8 reps  |
|   | N         | ame    | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3   | challenge  | push up, pull up, plate row, incline push up                                   |          |            |           |           |
|   | Roberts   | Seth   | 25       | 35        | 45      | 55                   |               |            |  |          |            |           |           |
| 9 | Flores    | Larry  | 25       | 35        | 45      | 55                   |               |            |  | Bench P  | ress, Sho  | ulder Pre | ss, Plate |
|   | Paulson   | Thomas | 25       | 25        | 35      | 45                   |               |            |  |          | Curls, Tri | icep Dips |           |
|   | Henderson | Hayden | 25       | 25        | 35      | 45                   |               |            |  |          |            |           |           |

|   |      |   |                    |          |           | landmin  | e clean a            | nd jerk      |            | Auxiliary  |          |            |           |          |
|---|------|---|--------------------|----------|-----------|----------|----------------------|--------------|------------|--|----------|------------|-----------|----------|
|   |      |   |                    | pull fro | om floor, |          | ımp to ex<br>landing | tension, sof | t knees on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir | ne: 3 sets | of each,  | 5-8 reps |
|   | Name |   |                    | set 1x5  | set 2x5   | set 3x3  | set 4x3              | set 5 x 1-3  | challenge  | push up, pull up, plate row, incline push up                                   |          |            |           |          |
| 1 |      | • | Alex<br>Anthony    | 25<br>25 | 25<br>25  | 35<br>35 |                      |              |            |  | Bench P  | ress, Sho  |           |          |
| • | Bł   |   | Siddhant<br>Rishav | 25<br>25 | 25<br>25  | 35<br>35 | 45<br>45             |              |            |  |          | Curls, Tri | icep Dips |          |

|    |  |         |          |           | landmin | e clean a            | nd jerk      |  | Auxiliary  |           |            |          |          |
|----|--|---------|----------|-----------|---------|----------------------|--------------|--|--|-----------|------------|----------|----------|
|    |  |         | pull fro | om floor, |         | ımp to ex<br>landing | tension, sof | t Kilces on                                  | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tir  | ne: 3 sets | of each, | 5-8 reps |
|    |  | set 1x5 | set 2x5  | set 3x3   | set 4x3 | set 5 x 1-3          | challenge    | push up, pull up, plate row, incline push up |  |           |            |          |          |
|    | Mika   | Antone  | 25       |           |         |                      |              |  |  |           |            |          |          |
| 11 | Veazie   | Dillon  | 25       | 25        | 35      | 45                   |              |  |  |           | ress, Sho  |          | · ·      |
|    | Ngante   | Boris   |          | 45        |         |                      |              |  | Curls, Tri   | icep Dips |            |          |          |
|    | Veazie         Dillon         25         25         35           Ngante         Boris         25         25         35           Vasquez         Daniel         15         15         25 |         |          |           |         | 25                   |              |  |  |           |            |          |          |

|   |    |                |                   |          |           | landmin | e clean a            | nd jerk      |              | Auxiliary  |          |            |                        |          |
|---|----|----------------|-------------------|----------|-----------|---------|----------------------|--------------|--------------|--|----------|------------|------------------------|----------|
|   |    |                |                   | pull fro | om floor, |         | ımp to ex<br>landing | tension, sof | t Kiices oii | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Tin | ne: 3 sets | of each,               | 5-8 reps |
| _ |    | N              | ame               | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3  | challenge    | push up, pull up, plate row, incline push up                                   |          |            |                        |          |
|   |    | Zhang          | Kevin             | 25       |           |         |                      |              |              |  |          |            |                        |          |
|   | 12 | Lasserre<br>On | Mayeul<br>Maxwell | 25<br>25 | 25<br>25  |         |                      |              |              |  |          |            | ulder Pre<br>icep Dips | · ·      |
|   |    | Kirby          | Grant             | 25       | 25        | 35      | 45                   |              |              |  |          |            |                        |          |

|    |                   |                 | landmine clean and jerk |           |          |                      |               |            | Auxiliary  |                                   |           |           |            |
|----|-------------------|-----------------|-------------------------|-----------|----------|----------------------|---------------|------------|--|-----------------------------------|-----------|-----------|------------|
|    |                   |                 | pull fro                | om floor, | _        | ımp to ex<br>landing | ctension, sof | t knees on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Time: 3 sets of each, 5-8 re |           |           |            |
|    | Name              |                 | set 1x5                 | set 2x5   | set 3x3  | set 4x3              | set 5 x 1-3   | challenge  | push up, pull up, plate row, incline push up                                   |                                   |           |           |            |
| 13 | Su<br>Peters      | Robin<br>Justin | 25<br>25                |           | 35<br>35 |                      |               |            |  | Bench F                           | ress, Sho | ulder Pre | ess, Plate |
|    | Labounty<br>Mpeye | Collin          | 25<br>25                |           | 35<br>35 |                      |               |            |  |                                   | Curls, Tr | icep Dips |            |

|    |                    |                   | landmine clean and jerk |           |         |                      |              |               | Auxiliary  |  |  |  |          |
|----|--------------------|-------------------|-------------------------|-----------|---------|----------------------|--------------|---------------|--|--|--|--|----------|
|    |                    |                   | pull fro                | om floor, |         | ımp to ex<br>landing | tension, sof | t ittiecs oil | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Time: 3 sets of each, 5-8 r                     |  |  | 5-8 reps |
|    | Name               |                   | set 1x5                 | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3  | challenge     | push up, pull up, plate row, incline push up                                   |  |  |  |          |
| 14 | Arnesen<br>Johnson | Kristian<br>Kevin | 15<br>15                | 25<br>25  |         |                      |              |               |  | Bench Press, Shoulder Press, F<br>Curls, Tricep Dips |  |  | <i>'</i> |
|    | Patra<br>Singh     | Aryan<br>Sanchit  | 15<br>15                | 25<br>25  |         |                      |              |               |  |  |  |  |          |

|    |          |          |  |         | landmin | e clean a | nd jerk     |           | Auxiliary  |                                |            |           |          |
|----|----------|----------|--|---------|---------|-----------|-------------|-----------|--|--------------------------------|------------|-----------|----------|
|    |          |          | pull from floor, full sit, jump to extension, soft knees on landing  set 1x5   set 2x5   set 3x3   set 4x3   set 5 x 1-3 challenge |         |         |           |             |           | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Time: 3 sets of each, 5-8 |            |           | 5-8 reps |
|    | Name     |          | set 1x5  | set 2x5 | set 3x3 | set 4x3   | set 5 x 1-3 | challenge | push up, pull up, plate row, incline push up                                   |                                |            |           |          |
|    | Romero   | Nicolas  | 15   | 15      | 25      | 25        |             |           |  |                                |            |           |          |
| 15 | Zaghloul | Omar     | 15   | 25      | 25      | 35        |             |           |  | Bench Press, Shoulder Press,   |            | ss, Plate |          |
|    | Zucca    | Bautista | 15   | 15      | 25      | 35        |             |           |  |                                | Curls, Tri | icep Dips |          |
|    | Dacal    | Fernando | 15   | 15      | 25      | 35        |             |           |  |                                |            |           |          |

|    |                 |                 | landmine clean and jerk |           |          |                      |               |            | Auxiliary  |                                   |           |            |           |
|----|-----------------|-----------------|-------------------------|-----------|----------|----------------------|---------------|------------|--|-----------------------------------|-----------|------------|-----------|
|    |                 |                 | pull fro                | om floor, | _        | ımp to ex<br>landing | ctension, sof | t knees on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Time: 3 sets of each, 5-8 re |           |            |           |
|    | Name            |                 | set 1x5                 | set 2x5   | set 3x3  | set 4x3              | set 5 x 1-3   | challenge  | push up, pull up, plate row, incline push up                                   |                                   |           |            |           |
| 46 | Aflzali<br>Raja | Danial<br>Ayaan | 15<br>15                | 15<br>15  | 25<br>25 |                      |               |            |  | Bench F                           | ress, Sho | oulder Pre | ss, Plate |
| 16 | Shamim          | Huzaifah        | 15                      | 25        | 35       | 45                   |               |            |  |                                   | Curls, Tr | icep Dips  | ,         |
|    | Garie           | Logan           | 15                      | 15        | 25       | 25                   |               |            |  |                                   |           |            |           |

|    |                  |                      |  |         | landmin | e clean a | nd jerk     |           | Auxiliary                                    |  |                                     |  |     |  |  |
|----|------------------|----------------------|--|---------|---------|-----------|-------------|-----------|--|--|-------------------------------------|--|-----|--|--|
|    |                  |                      | pull from floor, full sit, jump to extension, soft knees on landing circuit of 4 upper body movements: as he you want, sets of what you want    set 1x5   set 2x5   set 3x3   set 4x3   set 5 x 1-3 challenge   push up, pull up, plate row, incline push up, pull up, plate row, incline push up, pull up, plate row. |         |         |           |             |           |  |  | Over Time: 3 sets of each, 5-8 reps |  |     |  |  |
|    | Name             |                      | set 1x5  | set 2x5 | set 3x3 | set 4x3   | set 5 x 1-3 | challenge | push up, pull up, plate row, incline push up |  |                                     |  |     |  |  |
|    | Galindo<br>Craff | Matthew<br>Sebastian | 15<br>15   |         |         |           |             |           |  |  |                                     |  |     |  |  |
| 17 | Martinez         | Christian            | 15   | 15      | 25      | 25        |             |           |  | Bench Press, Shoulder Press, F<br>Curls, Tricep Dips |                                     |  | · · |  |  |
|    | Silva            | Joshua               | 15   | 15      | 25      | 25        |             |           |  |  |                                     |  |     |  |  |
|    | Melhi            | Nezar                | 15   | 15      | 25      | 25        |             |           |  |  |                                     |  |     |  |  |

|    |          |        |         |           | landmin | e clean a            | nd jerk       |              | Auxiliary  | <u>]</u>                            |  |                         |           |  |
|----|----------|--------|---------|-----------|---------|----------------------|---------------|--------------|--|-------------------------------------|--|-------------------------|-----------|--|
|    |          |        | pull fr | om floor, |         | ump to ex<br>landing | ctension, sof | t Kiices oii | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Time: 3 sets of each, 5-8 reps |  |                         |           |  |
|    |          | Name   | set 1x5 | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3   | challenge    | push up, pull up, plate row, incline push up                                   |                                     |  |                         |           |  |
|    | Zheng    | Kelvin | 15      | 15        | 25      | 25                   |               |              |  |                                     |  |                         |           |  |
|    | Benim    | Edward | 15      | 25        | 25      | 35                   |               |              |  |                                     |  |                         |           |  |
| 18 | Boyer    | Shane  | 25      | 25        | 35      | 45                   |               |              |  |                                     |  | ulder Pres<br>icep Dips | ss, Plate |  |
|    | Ospina   | Emilio | 25      | 25        | 35      | 45                   |               |              |  |                                     |  |                         |           |  |
|    | Phillips | Joshua | 15      | 15        | 25      | 25                   |               |              |  |                                     |  |                         |           |  |

|    |               |              |          |           | landmin  | e clean a            | nd jerk       |            | Auxiliary  |                         |                         |  |   |  |
|----|---------------|--------------|----------|-----------|----------|----------------------|---------------|------------|--|-------------------------|-------------------------|--|---|--|
|    |               |              | pull fro | om floor, | -        | ump to ex<br>landing | ctension, sof | t knees on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | Over Time: 3 sets of ea |                         |  |   |  |
|    | 1             | Name         | set 1x5  | set 2x5   | set 3x3  | set 4x3              | set 5 x 1-3   | challenge  | push up, pull up, plate row, incline push up                                   |                         |                         |  |   |  |
|    | Gerrie<br>Lam | Evan<br>Luke | 15<br>15 |           | 25<br>25 |                      |               |            |  |                         |                         |  |   |  |
| 19 | Lint          | Jake         | 15       | 15        | 25       | 25                   |               |            |  | Bench F                 | Press, Sho<br>Curls, Tr |  | • |  |
|    | Barrett       | Ford         | 15       | 25        | 25       | 35                   |               |            |  |                         |                         |  |   |  |
|    | Michinaux     | Carlos       | 15       | 15        | 25       | 25                   |               |            |  |                         |                         |  |   |  |

|    |                |                |          |           | landmin | e clean a            | nd jerk       |            | Auxiliary  |   |  |  |   |  |
|----|----------------|----------------|----------|-----------|---------|----------------------|---------------|------------|--|---|--|--|---|--|
|    |                |                | pull fro | om floor, | -       | ump to ex<br>landing | ktension, sof | t mices on | circuit of 4 upper body movements: as heavy as you want, sets of what you want | nt Over Time: 3 sets or 0                         |  |  |   |  |
|    | Name           |                | set 1x5  | set 2x5   | set 3x3 | set 4x3              | set 5 x 1-3   | challenge  | push up, pull up, plate row, incline push up                                   |   |  |  |   |  |
|    | Caron          | Joseph         | 25       |           |         |                      |               |            |  |   |  |  |   |  |
| 20 | Gregg<br>Meela | Kaleb<br>Suraj | 15<br>15 |           |         |                      |               |            |  | Bench Press, Shoulder Press<br>Curls, Tricep Dips |  |  | ′ |  |
|    | Lopez          | Kyler          | 15       | 15        | 25      | 25                   |               |            |  |   |  |  |   |  |
|    | Lozada         | Diego          | 15       | 15        | 25      | 25                   |               |            |  |   |  |  |   |  |