

		Body Weight Circuit (10 min)	Olympic Complex			Pull from floor x 3: No Jump, just quic pull off the ground to athletic position			Set 4 Challenge	Auxiliary: Assisted Hams
		Push, shoulder push, pull up, row, dips, curls	Everything x 3: RDL, Pull 1-2, Jump Shrug 2-4, Catch x1			Set 1	Set 2	Set 3	weight x reps	
Name			set 1	set 2	set 3	Set 1	Set 2	Set 3		
1		4x10 of everything as fast as possible or work until time is up	85	95	105	125	145	155		3 Sets of 10 or fail
			65	75	85	95	115	120		
			75	85	95	115	125	135		
2		4x10 of everything as fast as possible or work until time is up	55	65	75	95	115	120		3 Sets of 10 or fail
			60	75	80	95	115	120		
			55	65	75	95	115	120		
			65	75	85	90	105	115		
3		4x10 of everything as fast as possible or work until time is up	55	65	75	85	95	110		3 Sets of 10 or fail
							105	115		
							105	115		
							105	115		