

		WEEK 1						
<b>DAY 1</b>								
SINGLE SETS						NEW MAX		
<b>Explosive</b>	Hang	60%	60%	60%	60%	Weight		
<b>Olympic</b>	Pulls					Reps		
<b>Hip</b>	Deadlifts	75%	80%	80%	80%	Weight		
<b>Dominant</b>						Reps		
<b>Knee</b>	Front	50%	55%	70%	70%	Weight		
<b>Dominant</b>	Squats					Reps		
SUPER SET 1			SUPER SET 2					
<b>Vertical Pull</b>	Pull Ups	3x12	<b>Overhead Press</b>	Shoulder Press	3x12			
	Alt DB Incline	3x12	<b>Loaded Carry</b>	Splits Squats	3x10 each leg			
<b>DAY 2</b>								
SINGLE SETS						NEW MAX		
<b>Explosive</b>	Hang	60%	60%	70%	70%	Weight		
<b>Olympic</b>	Cleans					Reps		
<b>Horizontal</b>	Bench	70%	70%	80%	80%	Weight		
<b>Press</b>	Press					Reps		
<b>Knee</b>	Barbell or	50%	50%	60%	70%	Weight		
<b>Dominant</b>	DB Lung					Reps		
SUPER SET 1			SUPER SET 2					
<b>Horizontal Pull</b>	Barbell or DB Row	3x12	<b>Hip Dominant</b>	Single Leg RDL	3x10 each leg			
<b>Loaded Carry</b>	Goblet Side Lung	3x10 each leg		Alt DB Incline	3x12 each arm			
<b>DAY 3</b>								
SINGLE SETS						NEW MAX		
<b>Knee</b>	Squats	60%	60%	75%	75%	Weight		
<b>Dominant</b>						Reps		
<b>Explosive</b>	Dead	70%	70%	80%	80%	Weight		
<b>Olympic</b>	Pulls					Reps		
<b>Horizontal</b>	Single Arm	60%	60%	70%	70%	Weight		
<b>Press</b>	DB Press					Reps		
SUPER SET 1			SUPER SET 2					
<b>Horizontal Pull</b>	Barbell or DB Rows	3x10	<b>Hip Dominant</b>	DB swings	3x15			
<b>Hip Mobility</b>	Hip Hinges	3x10 each leg	<b>Antirotation Core</b>	Landmine Shoulder	3x10 each arm			