|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| M | Lift | Sets | Reps Pattern | Weight |  | Tempo | RI |
| WU | OH Squat /Split Squat | 3 | 3-5 |  |  | 22X0 | 30 |
| A1 | Fsquat | 5 | 3 |  |  | 40X0 | 90s |
| B1 | Frog Style Deadlift | 4 | 5-7 |  |  | 32X0 | 90s |
| D1 | Drop Lunge BB | 3 | 4-6 |  |  | 21X0 | 90s |

\*pause @ a comfortable Stretch Position

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| T | Lift | Sets | Reps Pattern A | Weight |  | Tempo | RI |
| A1 | Inc Press 45 BB | 4 | 6-8 |  |  | 40X0 | 90s |
| A2 | Pulldown | 4 | 6-8 |  |  | 40X0 | 90s |
| C1 | 1 Arm Row | 4 | 6-8 |  |  | 30X0 | 60s |
| C2 | 1 OH Press | 4 | 6-8 |  |  | 30X0 | 30s |
| D1 | Lateral Raise | 3 | 8-10 |  |  | 31X0 | 60s |
| D2 | Barbell Roll out Kneeling | 3 | 8-10 |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Th | Lift | Sets | Reps Pattern B | Weight | B | Tempo | RI |
| WU | Multi stance Squat | 3-4 | 4 | Bar |  |  |  |
| A1 | B Squat | 5 | 5 |  |  | 30X0 | 90s |
| B1 | Frog Style Deadlift | 5 | 8-10 |  |  | 40X0 | 90s |
| C1 | Wood Chop (John Henry) | 4 | 10-12 |  |  | 40X0 | 60s |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| F | Lift | Sets | Reps Pattern | Weight | B | Tempo | RI |
| A1 | Inc DB Press 45deg | 3 | 8 |  |  | 40X0 | 90s |
| A2 | Pulldown | 3 | 8 |  |  | 40X0 | 90s |
| B1 | Bench Press | 2/1 | 12/AMRAP |  |  | 31X0 | 60s |
| B2 | Cable Row | 2/1 | 12/AMRAP |  |  | 40X0 | 60s |
| C1 | Powel Raise | 3 | 10-12 |  |  |  |  |
| D1 | Trap 3 | 3 | 8-10 |  |  |  |  |
| E1 | Face Pull | 3 | 10-12 |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Sa | Lift | Sets | Reps Pattern | Weight | B | Tempo | RI |
| A1 | P Clean | 5 | 3-5 |  |  |  | 5s |
| A2 | F Squat | 5 | 3-5 |  |  |  | 5s |
| A3 | Push Press | 5 | 3-5 |  |  |  | 5s |
| A4 | RDL | 5 | 3-5 |  |  |  | 5s |
| A5 | Deadlift | 5 | 3-5 |  |  |  | 2-3m |