

			Manday			
		C 11 1:6: 1.1	Monday			
			ah are in bold/red . If you are not lif		· ·	_
	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
CORE LIFT -	10-12 Reps	6 Reps / 8 Reps	4 Reps / 8 Reps	2-3 Reps / 6 Reps	2-3 Reps / 6 Reps	8 Reps / 8 Reps
COLLAT						Go below parallel, lighter weigh
SQUAT				1.		you have to.
			NOTES: 1.5 - 2 minute bre	· '		
	CIRC	UIT ONE	CIRCUIT	TWO OWI	CIR	CUIT THREE
>	2 Minutes Between Circuit		2 Minutes Between Circuit		2 Minutes Between Circuit	
2	30 Seconds Between Set		30 Seconds Between Set		30 Secon	ds Between Set
₹ S	Goblet Squat w/ Kettle Bells	4 Sets of 8-10	Landmine Squat to Overhead Press	4 sets of 8-10	Sit Ups	3 sets of 15
AUXILIARY LIFTS	Leg Curls with Bands	4 Sets of 8-10	Front Raises	4 Sets of 6-8	Side Planks	3 sets of 45 seconds
× =	Pit Shark	4 sets of 8-10	Lateral Raises	4 Sets of 10	Pogo Jumps for Height	3 Sets of 15 (Each Leg)
7	Calve Raises	4 Sets of 12-15			Box Jumps	3 Sets of 30 Seconds
1	<u> </u>					
	<u> </u>				Stretch	5-10 Minutes
			TUESDAY			
	Ro	eps for those lifting at Neena	ah are in bold/red . If you are not lif	ting at Neenah, do the high	her reps.	
	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
CORE LIFT -	10-12 Reps	6 Reps / 8 Reps	4 Reps / 8 Reps	2-3 Reps / 6 Reps	2-3 Reps / 6 Reps	3 Reps / 3 Reps
DENICH				Pause 1st Rep	Pause 1st Rep	Heavy Negative Press
BENCH		N/	OTES: 1.F. 2 minute breeds/reat bet		· · · · · · · · · · · · · · · · · · ·	neuvy negative riess
	017.0		OTES: 1.5 - 2 minute break/rest bet			
	CIRCUIT ONE		CIRCUIT TWO		CIRCUIT THREE	
€	2 Minutes Between Circuit		2 Minutes Between Circuit		2 Minutes Between Circuit	
A S		s Between Set	30 Seconds Bet	_		ds Between Set
JXILIA LIFTS	Flat Dumbbell Press	4 Sets of 4-6	Close Grip Bench	4 sets of 6-8	Sit Ups	3 sets of 15
= =	Incline Dumbbell Press	4 Sets of 4-6	Reverse Grip Pull Pushdowns	4 Sets of 8-10	Dead Bug	3 sets of 45 seconds
Ć ,	Flat Pull with Bench Bar	4 Sets of 8-10	Push-Ups	4 Sets to Failure	Sprints	3 Sets of 20 YDS - Explosive
AUXILIARY LIFTS		4 Sets of 8-10	Push-Ups Pistons	4 Sets to Failure 4 Sets of 10		
AUY			Pistons Wednesday	4 Sets of 10	Stretch	3 Sets of 20 YDS - Explosive 5-10 Minutes
AU>	Flat Pull with Bench Bar	No formal pra	Wednesday actice. Great night to get 30-45 min	4 Sets of 10 nutes of cardio in.	Stretch	
AU>	Flat Pull with Bench Bar	No formal pra	Wednesday actice. Great night to get 30-45 min	4 Sets of 10 nutes of cardio in.	Stretch	
	Flat Pull with Bench Bar	No formal pra	Wednesday actice. Great night to get 30-45 min	4 Sets of 10 nutes of cardio in.	Stretch	
	Flat Pull with Bench Bar	No formal pra	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN thare in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps	Stretch	5-10 Minutes
CORE LIFT -	Flat Pull with Bench Bar Re Warm Up	No formal praces for those lifting at Neena 1st Set	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN thare in bold/red. If you are not life 2nd Set	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps	Stretch her reps. 4th Set	5-10 Minutes 5-th Set
	Re Warm Up	No formal property of those lifting at Neens 1st Set 8 Reps / 8 Reps	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life 2005 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/f	her reps. 4th Set 2-3 Reps / 6 Reps	5-10 Minutes 5th Set 2 Reps / 6 Reps
CORE LIFT -	Re Warm Up 10-12 Reps Set the	No formal property of those lifting at Neens 1st Set 8 Reps / 8 Reps	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif 2nd Set 6 Reps / 8 Reps Heavy Lift Offs:	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/f	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes	5-10 Minutes 5th Set 2 Reps / 6 Reps
CORE LIFT - DEADLIFT	Re Warm Up 10-12 Reps Set the	No formal praces for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life 2005 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must.
CORE LIFT - DEADLIFT	Re Warm Up 10-12 Reps Set the CIRCU 2 Minutes B	Property of the service of the servi	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ag more than 1/2 way down. If you CIRCUIT	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRI 2 Minutes	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE
CORE LIFT - DEADLIFT	Re Warm Up 10-12 Reps Set the CIRCU 2 Minutes B	No formal praces of those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE retween Circuit	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not lift 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw	nutes of cardio in. Iting at Neenah, do the high 3rd Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRI 2 Minutes	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE 8 Between Circuit
CORE LIFT - DEADLIFT	Re Warm Up 10-12 Reps Set the CIRCU 2 Minutes B 30 Seconds	eps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE etween Circuit s Between Set	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN ah are in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 1 2 Minutes Betw 30 Seconds Bet	at Neenah, do the high arrows of 4 Sets of 10 Ting at Neenah, do the high arrows 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit tween Set	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE B Between Circuit dds Between Set
CORE LIFT - DEADLIFT	Re Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds	Property of the service of the servi	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN ah are in bold/red. If you are not lif 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 1 2 Minutes Betw 30 Seconds Bet Hip Thrusts	at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit tween Set 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit ads Between Set 3 Sets of 15
CORE LIFT - DEADLIFT	Ref Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs	Property of the series of the	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit teween Set 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRC 2 Minutes 30 Secon Planks Sprints	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE s Between Circuit ids Between Set 3 Sets of 15 3 Sets of 10 YDS
CORE LIFT - DEADLIFT	Ref Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs	Property of the series of the	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit teween Set 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon Planks Sprints Sprints	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit dds Between Set 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS
CORE LIFT - DEADLIFT	Ref Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs	Property of the series of the	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit teween Set 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon Planks Sprints Sprints	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit dds Between Set 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS
CORE LIFT - DEADLIFT	Ref Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs	Property of the series of the	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit teween Set 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRI 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push	5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit ds Between Set 3 Sets of 10 3 Sets of 40 YDS 3 Sets of 40 YDS 3 Sets of 10
CORE LIFT - DEADLIFT	Ref Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs	Property of the series of the	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit teween Set 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRI 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push	5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit ds Between Set 3 Sets of 10 3 Sets of 40 YDS 3 Sets of 40 YDS 3 Sets of 10
CORE LIFT - DEADLIFT	Rewerse Close Grip Pull	No formal praces of the seps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE retween Circuit setween Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ag more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl	at Neenah, do the high ard Sets of 4. Sets of 4. Struggle with locking out/frwO een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRI 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch	5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit ds Between Set 3 Sets of 10 3 Sets of 40 YDS 3 Sets of 40 YDS 3 Sets of 10
AUXILIARY AUXILIARY LIFTS LIFTS	Rewerse Close Grip Pull FOR THE CORE LIFT;	No formal praces of the seps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE retween Circuit setween Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN ah are in bold/red. If you are not lif 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl	at Neenah, do the high ard Sets of 4. Sets of 4. Struggle with locking out/frwo een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRe 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch	5th Set 2 Reps / 6 Reps e are a must. CUIT THREE Between Circuit ds Between Set 3 Sets of 10 3 Sets of 40 YDS 3 Sets of 40 YDS 3 Sets of 10
AUXILIARY AUXILIARY LIFTS LIFTS	Rewerse Close Grip Pull FOR THE CORE LIFT; Bit Warm Up 10-12 Reps Set the CIRCO 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs Reverse Close Grip Pull	eps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE etween Circuit s Between Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN ah are in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/fr WO eter Circuit the Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRC 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch	5th Set 2 Reps / 6 Reps e are a must. CUIT THREE B Between Circuit ids Between Set 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS 3 Sets of 10 5-10 Minutes
AUXILIARY AUXILIARY LIFTS LIFTS	Rewerse Close Grip Pull FOR THE CORE LIFT; Bit Asserts Asser	Process of those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE setween Circuit se Between Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10 5 Process of	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN whare in bold/red. If you are not lif	nutes of cardio in. Iting at Neenah, do the high and Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwo een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 ITHOSE SETS. YOU DO NO RESERTED.	her reps. 4th Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRC 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE 3 Between Circuit dds Between Set 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS 3 Sets of 10 5-10 Minutes
AUXILIARY AUXILIARY LIFTS LIFTS	Re Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs Reverse Close Grip Pull FOR THE CORE LIFT; Bar 4 Sets o Every set Pause	No formal property of the prop	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN when are in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl Friday (Optional) TO IMPOVE THE MOST ON AND DO Squar 4 Sets of 6-1	at Sets of 10 Iting at Neenah, do the high and Set 2-3 Reps / 6 Reps 3 Sets of 4. Struggle with locking out/frwo een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 5 THOSE SETS. YOU DO NO to 3 Reps attorn of each Rep.	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE.	5-10 Minutes 5th Set 2 Reps / 6 Reps e are a must. CUIT THREE 3 Between Circuit dds Between Set 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS 3 Sets of 10 5-10 Minutes
CORE LIFT - DEADLIFTS CORE LIFTS	Re Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs Reverse Close Grip Pull FOR THE CORE LIFT; Bar 4 Sets o Every set Pause	PICK THE LIFT YOU'D LIKE Tench 1 ST Reps 1 ST Set 2 Reps / 8 Reps safety bar so you're not goin UIT ONE ietween Circuit 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10 5 PICK THE LIFT YOU'D LIKE Tench if 6-8 Reps 1 the 1st two reps.	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl Friday (Optional) TO IMPOVE THE MOST ON AND DO Squai 4 Sets of 6-1 Last Set Pause at the bot	nutes of cardio in. Iting at Neenah, do the high and Set 2-3 Reps / 6 Reps 3 Sets of 4. Struggle with locking out/frwo een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 5 THOSE SETS. YOU DO NO to 3 Reps sittom of each Rep.	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE. 4 Set.	Sth Set 2 Reps / 6 Reps
CORE LIFT - DEADLIFT CORE LIFTS	Re Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs Reverse Close Grip Pull FOR THE CORE LIFT; B 4 Sets o Every set Pause CIRCI	PICK THE LIFT YOU'D LIKE Tench 1 ST Reps 1 ST Set 2 Reps / 8 Reps safety bar so you're not goin UIT ONE ietween Circuit 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10 5 PICK THE LIFT YOU'D LIKE Tench if 6-8 Reps 1 the 1st two reps.	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl Friday (Optional) TO IMPOVE THE MOST ON AND DO Squal 4 Sets of 6-5 Last Set Pause at the bo	nutes of cardio in. Iting at Neenah, do the high and Set 2-3 Reps / 6 Reps 3 Sets of 4. Struggle with locking out/frwoeen Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 5 Reps of 8-10 6 Reps of 8-10 6 Reps of 8-10 7 Reps of 8-10 7 Reps of 8-10 8 Reps of 8-10	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIRI 2 Minutes 30 Secon Planks Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE. 4 Set: CIRI CIRI CIRI CIRI Al Set:	Sth Set 2 Reps / 6 Reps
CORE LIFT - DEADLIFTS CORE LIFTS	Record Servers Set the CIRCU Servers Close Grip Pull Pull Downs Reverse Close Grip Pull Servers Set Set Servers Server	eps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE letween Circuit 5 Between Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10 g PICK THE LIFT YOU'D LIKE 1 lether 1 for 6-8 Reps et the 1st two reps. UIT ONE	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN the are in bold/red. If you are not life	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/fr WO eten Circuit 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 5 THOSE SETS. YOU DO NO to 3 Reps 3 Reps 4 Sets of 8-10 5 THOSE SETS. YOU DO NO to 3 Reps 5 Reps 6 Reps 6 Reps 7 WO 6 Reps 7 WO 6 Reps 7 WO	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE. 4 Set: CIR all 3. 2 Minutes 2 Minutes	Sth Set 2 Reps / 6 Reps
CORE LIFT - CORE LIFTS	Record Servers Set the CIRCU Servers Close Grip Pull Pull Downs Reverse Close Grip Pull Servers Set Set Servers Server	eps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE etween Circuit s Between Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 5 PICK THE LIFT YOU'D LIKE 1 ench of 6-8 Reps ethe 1st two reps. UIT ONE	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN ah are in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl Friday (Optional) TO IMPOVE THE MOST ON AND DO Squat 4 Sets of 6-1 Last Set Pause at the bot CIRCUIT CIRCUIT 2 Minutes Betw 3 Optional	nutes of cardio in. Iting at Neenah, do the high ard Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/fr WO eten Circuit 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 5 THOSE SETS. YOU DO NO to 3 Reps 3 Reps 4 Sets of 8-10 5 THOSE SETS. YOU DO NO to 3 Reps 5 Reps 6 Reps 6 Reps 7 WO 6 Reps 7 WO 6 Reps 7 WO	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE. 4 Set: CIR all 3. 2 Minutes 2 Minutes	5-10 Minutes Sth Set 2 Reps / 6 Reps e are a must. CUIT THREE 3 Sets of 15 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS 3 Sets of 40 YDS 5-10 Minutes Deadlift 5 of 6-8 Reps CUIT THREE 5 Between Circuit
CORE LIFT - CORE LIFTS	Records A Sets of Every set Pause CIRCU 2 Minutes B 30 Seconds A Seconds A Sets of Every set Pause CIRCU 2 Minutes B 30 Seconds A Sets of Every set Pause CIRCU 2 Minutes B 30 Seconds A Seconds A Sets of Every set Pause CIRCU 2 Minutes B 30 Seconds A Second A	eps for those lifting at Neena 1st Set 8 Reps / 8 Reps safety bar so you're not goir UIT ONE etween Circuit s Between Set 4 Sets of 4-6 (heavy) 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 FICK THE LIFT YOU'D LIKE 1 ench of 6-8 Reps et the 1st two reps. UIT ONE	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN whare in bold/red. If you are not life 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl Friday (Optional) TO IMPOVE THE MOST ON AND DO Squat 4 Sets of 6-8 Last Set Pause at the bo CIRCUIT 2 Minutes Betw 30 Seconds Bet 4 Sets of 6-8 Last Set Pause at the bo CIRCUIT All Minutes Betw 30 Seconds Bet	nutes of cardio in. Iting at Neenah, do the high and Set 2-3 Reps / 6 Reps 3 Sets of 4. struggle with locking out/frwO een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 THOSE SETS. YOU DO NO ts 3 Reps ttom of each Rep. TWO see. You do not have to do een Circuit tween Set	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes 2 Minutes 30 Secon Planks Sprints Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE. 4 Set. CIRC all 3. 2 Minutes 30 Secon	Sth Set 2 Reps / 6 Reps
CORE LIFT - DEADLIFTS CORE LIFTS	Flat Pull with Bench Bar Re Warm Up 10-12 Reps Set the CIRCI 2 Minutes B 30 Seconds Hex Bar Shrugs Wide Grip Pull Downs Reverse Close Grip Pull FOR THE CORE LIFT; By 4 Sets of Every set Pause CIRCI 2 Minutes B 30 Seconds Dips	PICK THE LIFT YOU'D LIKE TENCH PICK THE LIFT YOU'D LIKE TENCH	Wednesday actice. Great night to get 30-45 min Thursday - 3:45-5:15PN sh are in bold/red. If you are not lif 2nd Set 6 Reps / 8 Reps Heavy Lift Offs: ng more than 1/2 way down. If you CIRCUIT 2 Minutes Betw 30 Seconds Bet Hip Thrusts Hammer Curls Straight Bar Curl Friday (Optional) TO IMPOVE THE MOST ON AND DO Squat 4 Sets of 6-1 Last Set Pause at the be CIRCUIT 2 Minutes Betw 30 Seconds Bet Reverse Lunge with Dumbbells	nutes of cardio in. Iting at Neenah, do the high and Set 2-3 Reps / 6 Reps 3 Sets of 4. Struggle with locking out/frwo een Circuit tween Set 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 4 Sets of 8-10 6 THOSE SETS. YOU DO NO Best of 8-10 8 Reps Set	stretch Ath Set 2-3 Reps / 6 Reps inishing your deadlift; thes CIR 2 Minutes 30 Secon Planks Sprints Partner Leg Push Stretch T NEED TO DO ALL THREE. 4 Set: CIR all 3. 2 Minutes 30 Secon Bent Over Rows	Sth Set 2 Reps / 6 Reps 2 Reps / 6 Reps 2 Reps / 6 Reps 3 Sets of 15 3 Sets of 10 YDS 3 Sets of 40 YDS 3 Sets of 40 YDS 3 Sets of 40 YDS 5-10 Minutes 5 Setween Circuit 5 Setween Set 4 Sets of 10 5 Setween Set 5 Setween S