

Week 1 of 11

	Set 1	Set 2	Set 3	Set 4	Set 5
Monday					
Jump Rope	200 x				
Bar Complex #1					
Hang Clean	5 x _____	5 x _____	4 x _____		
Hang Snatch	5 x _____	5 x _____	4 x _____		
Split-Leg Push Jerk	5 x _____	5 x _____	4 x _____		
Swiss Ball D.B. Press	8 x _____	8 x _____	8 x _____		
Tricep Pushdown/Dips	8 x _____	8 x _____	8 x _____		
Abdominal Circuit #1					
Tuesday					
Jump Rope	200 x				
Bar Complex #2					
Back Squat	12 x _____	10 x _____	10 x _____	8 x _____	
Bench Press	12 x _____	10 x _____	10 x _____	8 x _____	
Incline DB Press	10 x _____	8 x _____	8 x _____		
Bent Over Row	8 x _____	8 x _____	6 x _____		
Pull-Ups	10 x _____	10 x _____	8 x _____		
Abdominal Circuit #2					
Thursday					
Jump Rope	200 x				
Bar Complex #1					
Hang-Clean	5 x _____	5 x _____	4 x _____		
DB Push Jerk	4 x _____	4 x _____	4 x _____		
Front Squat	12 x _____	10 x _____	10 x _____	8 x _____	
Overhead DB Step Ups	8 x _____	8 x _____			
DB Floor Press	10 x _____	8 x _____	8 x _____		
Abdominal Circuit #3					
Friday					
Jump Rope	200 x				
Bar Complex #2					
Stiff Leg Dead Lift	10 x _____	8 x _____	8 x _____		
Glute/Ham	10 x _____	10 x _____	10 x _____		
Incline Barbell Press	12 x _____	10 x _____	10 x _____	8 x _____	
Close-Grip Bench	12 x _____	10 x _____	10 x _____	8 x _____	
Manual Neck	7x7x7x7	7x7x7x7			
Abdominal Circuit #4					

1 minute rest interval 2 minute rest interval on Olympic lifts

Bar Complex 1

Use Bar Only

1. High Pull X 5
2. Hang Clean Sink Into Front Squat X 5
3. Hang Snatch Sink Into Overhead Squat X 5
4. Good Morning X 5
5. Back Squat/Behind Neck Push Jerk X 5
6. Bent Over Row X 5

Bar Complex 2

Use Bar Only

1. Jump Shrug X 5
2. Hang Clean Push Jerk X 5
3. Hang Snatch Into Overhead Squat x 5
4. Good Morning X 5
5. Back Squat/Behind Neck Push Jerk X 5
6. Bent Over Row X 5

Abdominal Circuit

Circuit #1

Partner Leg Pushdown	1 X 15
Steering Wheel Abs	2 X 10
Decline Medicine Ball Toss	1 X 15
Partner Leg Pushdown sides	1 X 20
Elbows/Toes-Right Side	35 Seconds
Lift leg 10 inches	
Elbows/Toes-Left Side	35 Seconds
Lift leg 10 inches	
Elbows/Toes	40 Seconds
Lift one leg up for 20 seconds & switch	

Circuit #2

Decline Medicine Ball Toss	1 X 5
Abdominal Wheel	1 X 12
Swiss Ball Crunches	1 X 35
Lift up one leg	
Steering Wheel Abs	1 X 15
One-Legged Crunches	2 X 10 Each Leg

Circuit #3

Steering Wheel Abs	2 X 15
Swiss Ball Crunches (sides)	1 X 35
Partner Leg Pushdown	1 X 15
Elbows/Toes	75 Seconds

Circuit #4

Decline Medicine Ball Toss	1 X 20
Abdominal Wheel	2 X 8
Partner Leg Pushdown	1 X 15
Swiss Ball Crunches	1 X 35
Lift one leg up	

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ATHLETICS



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