BUILT LIKE BOND: PHASE 1

	DAY 1: LOWER		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	1 DB SL RDL (use 1 hand to balance)	2x15e					
1B	SL Machine Hamstring iso at halfway point	2x30s ea					
1C	DB Goblet Pistol Squat	2x10ea					
2A	Block Position 3 Power Clean (below knee)	5x3					
2B	Sled Push Sprint	4x10-15 yards					
2C	Spring Ankle B add db	4x30s ea					
3A	BB FR Split Squat	x6,5,4,4,4ea					
3B	2 DB Split Squat Jump (3 in a row on 1 side, then ot	5x5ea					
4A	BB Hip Thrust (shoulders elevated)	4x5					
4B	Bench Groin ISO	4x30s ea					

	DAY 2: UPPER		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	DB BO Reverse Fly drop catch	3x10e					
1B	Cable Rope OH Tricep Extension	3x20					
1C	DB Z-Press	3x15					
2A	BB Incline Bench Press 1s iso at chest	x6,5,5,4,4,4					
2B	Drop Catch Push Up	6x5					
3A	BB Seated Oh Press	x5,5,4,4,4					
3B	OH Seated Low Cable Row	5x4-6					
4A	Cable Rope Face Pull	2x25					
4B	DB Pullover	2x25					

	DAY 3: LOWER		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	1 DB SL RDL (use 1 hand to balance)	2x15e					
1B	SL Machine Hamstring iso at halfway point	2x30s ea					
1C	DB Goblet Pistol Squat	2x10ea					
2A	Hang Below Knee Power Clean	5x2					
2B	Sled Push Sprint	4x10-15 yards					
2C	Spring Ankle A add db	4x30s ea					
3A	BB FR Forward Lunge	x5,4,3,3,3e					
3B	2 DB Step Up Jump low box	5x5ea					
4A	BB RDL	4x5					
4B	SA DB Suitcase ISO (heavy)	4x20-30s ea					

	DAY 4: UPPER		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	DB BO Front Raise drop catch	3x10e					
1B	Cable Rope OH Tricep Extension	3x20					
1C	DB Z-Press	3x15					
2A	BB Incline CG Bench Press 1s iso at chest	x6,5,5,4,4,4					
2B	Drop Catch Push Up	6x5					
3A	Push Pess	x5,5,4,4,4					
3B	SA Seated Low Cable Row	5x4-6ea					
4A	2 DB High Pull	2x25					
4B	UH Grip Lat Pulldown	2x25					