BUILT LIKE BOND: PHASE 3

	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 Hip Thrust (foot elevated)	2x15ea					
1B	Machine HS Curl	2x20					
1C	DB Goblet RFE Squat	2x15ea					
2A	Back Squat Jump (full depth)	4x5					
2B	Skater Jumps for distance	4x5ea					
2C	Backwards Run	4x10yd					
3A	BB FR Reverse Lunge	5x4-6ea					
3B	Contract Relax Lunge	5x5ea					
4A	Nordic iso at halfway	3x20-30s					
4B	Machine Knee Extension	3x20-20					

	DAY 2: UPPER		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Seated Reverse Fly Machine	3x20					
1B	Cable Tricep Pushdown	3x25					
1C	BB Bradford Press	3x10ea					
2A	Smith Machine Bench Press	6x3-5					
2B	Plate Plyo Push Up	6x3ea					
3A	2 DB Chest Supported Row	4x4-6					
3B	Smith Machine Bench Press Throw	4x5					
4A	Dips	2x amrap					
4B	Pull Ups	2x amrap					

	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 Hip Thrust (foot elevated)	2x15ea					
1B	Machine HS Curl	2x20					
1C	DB Goblet RFE Squat	2x15ea					
2A	Hang Clean High Pull (light/rhythym)	4x5					
2B	Triple Jump	4x2					
2C	Backward Run	4x10yd					
3A	BB Deadlift	5x4-6					
3B	Band Broad Jump	5x5					
4A	BB Front Rack Step Up@20in	3x6-8ea					
4B	Seated Calf Raise	3x15-20					

	DAY 4: UPPER		WEEK 1	WEEK 2	WEEK 3	WEEK 4	PERCENTAGE/ NOTES
	LIFT	SETS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	RECORD WEIGHTS	
1A	Seated Reverse Fly Machine	3x20					
1B	Cable Tricep Pushdown	3x25					
1C	BB Bradford Press	3x10ea					
2A	Smith Machine CG BP 1s iso at bottom	6x3-5					
2B	Plate Plyo Push Up	6x3ea					
3A	DB SA Row	4x4-6ea					
3B	Smith Machine Close Grip BP Throw	5x5					
4A	Push Ups (feet elevated)	2x amrap					
4B	CHin Ups	2x amrap					