				ASQ TRAINI		i		
DAY 1		WEEK 1			WEEK 2		WEEK 3	PERCENTAGE/ NOTES
LIFT	SETS	RECORD WEIGHTS		RE	RECORD WEIGHTS		RECORD WEIGHTS	PERCENTAGE/ NOTES
Build to Heavy Complex	5x	start @55%		start @60%		start @65%		
Pull + Pause AK Snatch + Pause BK Snatch (2s)								
Snatch Pull w/ 6s ecc *DL 1st rep then 6s	3x5	@60-70		@65-75		@70-80		off snatch
ecc down, drive back up into snt pull before bar tou	ches ground, re	peat 3x						
BB Bench Press w/ 6s ecc	5x3	@60-70		@65-75		@70+		
BB Z-Press w/ 3s ecc		4x4		4x5		4x6		
								*Rest 30-60sec b/w exercise
Wtd Pull Up w/ 3s ecc		4x4		4x5		4x6		
DB Pullover iso bottom position	x120-180s	- accumulate this m	uch time in iso at weakest	poistion				
		in as few sets as po	ssible					*Rest 30-60sec b/w exercise
Prone Bench Y Raise iso top position	x120-180s							
DAY 2		WEEK 1			WEEK 2		WEEK 2	
LIFT SETS		RECORD WEIGHTS		RE	RECORD WEIGHTS		RECORD WEIGHTS	PERCENTAGE/ NOTE
Build to Heavy Complex	5x	start @55%		start @60%		start @65%		
Pull + Pause AK Clean + Pause BK Clean (2s)								
Floating Clean Pull w/ 6s ecc *DL 1st rep then 6s	4x3	@60-70		@65-75		@70-80		of clean
ecc down, drive back up into cln pull before bar tou		-				6,000		
BB Split Squat w/ 6s ecc *front foot on late for	4x3ea							
more depth and even wt distribution b/w each leg	4,568	front shin vertical hi	ps stay under shoulder on	descent				
BB Hip Thrust w/ 3s ecc		4x4	pa alay under anoulder on	4x5		4x6		*Rest 30-60sec b/w exercis
*shoulder elev on bench		7.7		470		470		itest 50-00sec b/w exercise
KB Goblet Cyclist Squat w/ 3s ecc		4x4		4x5		4x6		
RB Gobiet Cyclist Squat w/ 3s ecc		4X4		4x5		4x0		
Qud Fallout iso bottom position	x120-180s	accumulate this m	uch time in iso at weakest	neistion				*Rest 30-60sec b/w exercise
	x120-1605			poistion				Rest 50-60sec b/w exercise
Prone Band HS Curl iso heel tobut position	x120-180s	in as few sets as po	Issible					
Prone Band HS Curl iso neel tobut position	x120-180s							
5.0/0								
DAY 3		WEEK 1 RECORD WEIGHTS			WEEK 2 RECORD WEIGHTS		WEEK 2	PERCENTAGE/ NOTES
			ECORD WEIGHTS		CORD WEIGHTS		RECORD WEIGHTS	
Build to Heavy Complex	5x	start @55%		start @60%		start @65%		
2 Power Jerks + 1 Split Jerk w/ 1s iso in dip & catch								
BB Push Press w/ 6s ecc	4x3		•					
		be sure to maintain	6s ecc					
BB Sn Gr RDL w 6s ecc	4x3							
*lock in upper back, reach hips back on descent								
GHR w/ 3s ecc		4x4		4x5		4x6		
*add wt if able								
BB Chest Supported Row w/ 3s ecc		4x4		4x5		4x6		*Rest 30-60sec b/w exercis
Split Squat Left iso bottom position	x120-180s	- accumulate this much time in iso at weakest poistion		poistion				
		in as few sets as po	ossible					*Rest 30-60sec b/w exercise
Split Squat right iso bottom position	x120-180s							
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