			IVI A	ASQ TRAINI	NG				
	DAY 1	WEEK 1		WEEK 2		PERCENTA	GE/ NOTES		
	LIF I Build to Heavy Complex	SETS 5x	start @60%	RECORD WEIGHTS	start @65%	ECORD WEIGHTS			
	Pull + 2 Pause Below Knee Sqt Snatch (1s pause)	5X	start @60%		start @65%		every rep starts of	floor	
	BB Bench Press w/ 6s eccentric	5x3					Week 1: 70-80%		
_	Snatch Pull w/ 6s eccentric	3x3	@90%		@95%		Week 2: 75-85% of snatch		
	Shalch Pull W/ 68 eccentric	383	@90%		@95%		or shatch		
	SA DB Z-Press w/ 6s eccentric	4x3							
	DB Single Arm High Pull w/ 3s eccentric	4x6ea					*Rest 30-60sec	o/w exercises	
	2 DB Skull Crusher w/ 3 sec eccentric	2 x fail							
							*Rest 30-60sec		
	2 Plate Lateral w/ 3 sec eccentric	2 x fail					aim for 15-25 re	os	
_	DAY 2		WEEK 1		WEEK 2				
	LIFT	SETS	RECORD WEIGHTS		RECORD WEIGHTS		PERCENTA	GE/ NOTES	
	Build to Heavy Complex	5x	start @60%		start @65%		avany san atasta at	Hoor	
	Pull + 2 Pause Below Knee Sqt Clean (1s pause)						every rep starts of	1001	
	Back Squat w/ 6s eccentric	4x3					Week 1: 70-80% Week 2: 75-85%		
_	Clean Pull w/ 6s eccentric	3x3	@90%		@95%		Week 2: 75-85%		
	Clean Full W/ 05 eccentric	SAS	@90%		@95%		oi cieali		
	BB Spl St Goodmorning w/ 6s eccentric	4x2ea					*Rest 30-60sec	o/w exercises	
	2 DB RFE Squat w/ 3s eccentric	4x4ea							
	*front foot on plate								
	Pull Up w/ 5 sec eccentric	2xfail					*Rest 30-60sec	o/w exercise	
	Quad Fallout w/ 5 sec eccentric	2x10-20							
	*use rings for assistance if needed	2x10-20							
	DAY 3		WEEK 1		WEEK 2 RECORD WEIGHTS		PERCENTAGE/ NOTES		
_	Build to Heavy Complex	SETS 5x	start @60%	RECORD WEIGHTS	start @65%	ECORD WEIGHTS			
	Power Jerk + 2 Split Jerk	JA	Start @00 /u		Start @00 //				
	BB Shoulder Press w/ 6s eccentric	5x3					Week 1: 70-80%		
							Week 2: 75-85%		
	Push Press w/ 6 sec eccentric	3x3					Heavy as can long a good position	s can maintain g	
	SA Landmine Press w/ 6s eccentric	4x3					good position		
	*1/2 kneel	120							
	DB Single Arm Row w/ 3s eccentric	4x6					*Rest 30-60sec	o/w exercises	
	DB Pullover w/ 3 sec eccentric	2 x fail							
	Plate Reverse Fly w/ 3 sec eccentric	2 x fail					*Rest 30-60sec aim for 15-25 re		
								-	
	DAY 4			WEEK 1		WEEK 2		PERCENTAGE/ NOTES	
	LIFT SETS		RECORD WEIGHTS		RECORD WEIGHTS		FERGENIA	GE/ NOTES	
	Build to Heavy 2 Below Knee Block Power Snatch	5x	start @55%		start @60%				
_	Build to Heavy	5x	start @55%		start @60%				
	2 Below Knee Block Power Clean								
_	BB Front Squat w/ 6s ecc	3x4					Week 1: 70-80%		
_	BB Spl St RDL w/ 6 sec eccentric	4x2ea					Week 2: 75-85%		
							*Rest 30-60sec	o/w exercises	
	2 DB Split Squat w/ 3s eccentric *front foot on plate	4x4ea							
	Chin Up w/ 5 sec eccentric	2 x fail					*Rest 30-60sec	o/w exercise:	
					1		1		
	GHR w/ 5 sec eccentric *use PVC to assist if needed	2x10-20							