1450						IVIAS		9				
		DAY 1			WEEK 1		WEEK 2		WEEK 3		WEEK 4	PERCENTAGE/ NOTES
_	LIFT		SETS	RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		
	Snatch Every 2 minute x 6 (build to heavy set)			3 BK Block PS (hands can't leave bar during set, a controlled manner to increase cycling capacity		3 BK Block PS (hands can't leave bar during 2 PS (hands can't leave bar during   set, a controlled manner to increase cycling capacity set, a controlled manner to increase cycling capacity		v				
_												
۱.	Shoulder Press			6@65, 4@72.5, 2@80 6@65+, 4@ 72.5+, 2@80+ 3x5e		6@67.5, 4@75, 2@82.5 6@67.5+, 4@ 75+, 2@82.5+ 3x4e		5@70, 3@77.5, 1@85% 5@70+, 3@77.5+, 1@85+ 3x4e		5@72.5, 3@80, 1@87.5% 5@72.5+, 3@80+, 1@87.5+ 3x3e		push hard week 2 & 4 on open se
۹.	Split Stance SA Landmine Press											
												*Rest 30-60sec b/w exercise
3	BO Landmine Row			3x5		3x4		3x4		3x3		
	*straddle bar											
;	Ring Dips		2xamrap									
												*Rest 30-60sec b/w exercise
)	DB Face Pull		2x20									
	https://www.youtube.com/watch?v=CaTs8K-f2NE											
	DAY 2			WEEK 1		WEEK 2		WEEK 2		WEEK 4		PERCENTAGE/ NOTE:
	LIFT		SETS	RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		
۱.	Clean		5x	3 BK Block PC (hands can't leave bar during		3 BK Block PC (hands can't leave bar during		2 PC (hands can't leave bar during		2 PC (hands can't leave bar during		l
_	Every 2 minute x 6	(build to heavy set)		set, a controlled m	set, a controlled manner to increase cycling capacity		set, a controlled manner to increase cycling capac		city set, a controlled manner to increase cycling capacity		d manner to increase cycling capacity	ļ
	BB Deadlift	B Deadlift		6@65, 4@72.5, 2@80		6@67.5, 4@75, 2@82.5		5@70, 3@77.5, 1@85%		5@72.5, 3@80, 1@87.5%		of clean
				6@65+, 4@ 72.5+, 2@80+		6@67.5+, 4@ 75+, 2@82.5+		5@70+, 3@77.5+, 1@85+		5@72.5+, 3@80+, 1@87.5+		
٩	BB SL Hip Thrust	B SL Hip Thrust		3x5e		3x4e		3x4e		3x3e		*Rest 30-60sec b/w exercise
	*Feet elevated on p	plate										
3	2 DB High Step Up			3x5e		3x4e		3x4e		3x3e		
	*no push off bottom foot											
2	Bench Groin Plank		2x30s ea									*Rest 30-60sec b/w exercise
	https://www.youtube.com/watch?v=4KljGqkEN3I											
)	Bench Glute Plank		2x30s ea									
	https://www.youtub	e.com/watch?v=yB1FvhJPVp	<u>N</u>									
	DAY 3			WEEK 1		WEEK 2		WEEK 2		WEEK 4		PERCENTAGE/ NOTES
	LIFT		SETS	1	RECORD WEIGHTS	RECORD WEIGHTS		RECORD WEIGHTS		RECORD WEIGHTS		FERGENTAGE/ NUTES
1	Snatch Grip Jerk +	OHS	5x	Build to heavy 1 +	3	Build to heavy 1 +	3	Build to heavy	1+2	Build to heavy	1+2	
	Every 2 min x 6											
1	Floor Press			7,5,3		7,5,3		6,4,2		6,4,2		
3	BB BR Reverse Lu	nge		7,5,3ea		7,5,3ea		6,4,2ea		6,4,2ea		
_												
A	SL GHR slow lower	r		3x3-5ea		3x3-5ea		3x3-5ea		3x3-5ea		
	*use PVC											
5	Wtd Pull Up			3x5		3x4		3x4		3x4		*Rest 30-60sec b/w exercis
;	BB Shrugs		2x20									
)	Slow Back Extension	on	2x20									*Rest 30-60sec b/w exercis
	*get blood flow into low back for recovery											