0		000	EDUCATE MOTIVATE, DO	DUNATE		000	000
Day 1	Phase 2	Date					
A1) And	derson Squat- week 1- 6	x 1, week 2		Deadlift- w	eek 3- 7 x 1	, week 4- 3 x	(1
	Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
	4						
A2) Ne	utral Pull-ups Eccentric	•	•	•		` '	• •
	Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
D4\ C - I	4	2 0	2 2 6	1 2 2 40			
B1) G0	blet Bulgarians- week 1-						Cat C
	Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
B3) Duc	sh-ups on DBs- week 1-:	L S v fail waa	<u> </u>	NOOK 3- 3 V	fail wook 1-	 .1 v fail	
DZ) rus	Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
	4						
C1) Slid	le Board Leg Curls- weel	ــــــــــا 1- 3 x 8. w	eek 2- 3 x 6.	week 3- 3 x	10. week 4-	2 x 8	
,	Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
	4						
C2) Rac	ck/Farmer Walk Combo-	week 1- 3	40ft, week 2	2- 3 x 30 ft,	week 4- 3 x	50 ft, week	4- 2 x 40ft
	Week Sets Reps	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
	1						
	2						
	3						
	4						

Notes

For max effort work use heavy singles but don't go past 95% effort. Stay between 85-95%

Day 2 Phase 2 Date  A1) One Board Press or Rack Dead Bench- wk 1- 6 x 1, wk 2- 4 x 1 Incline Press- wk 3- 5 x 3, wk 4- 3 x 3    Week Sets Reps	00	00		00	0	Enuc	ATE, MOTTVATE, DOMINAT		0000	000	000	
Week   Sets   Reps   Set 1   Set 2   Set 3   Set 4   Set 5   Set 6	Day 2	Phase 2	2			Date						
A2) DB Reverse Lunges- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8  Week Sets Reps Set 1 Set 2 Set 3 Set 4 Set 5 Set 6  B1	A1) One	Board P	ress o	r Rack	Dead	d Bench- wk	1-6 x 1, wk	2-4x1 In	cline Press-	wk 3- 5 x 3,	wk 4- 3 x 3	
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A2) DB Reverse Lunges- week 1- 3 x 8, week 2- 3 x 6, week 3- 3 x 10, week 4- 2 x 8    Week												
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Notes

For max effort work use heavy singles but don't go past 95% effort. Stay between 85-95%

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Notes

For speed work the goal is form and force production move the barbell as fast as possible w/ good form