



Team Note

Athlete Note

Group 1

BB Hang High Pull [Clean-Grip]	Load	Reps	Rest	
	55 lb	5	180s	<input type="checkbox"/>
	60 lb	5	180s	<input type="checkbox"/>
	60 lb	5	180s	<input type="checkbox"/>
	65 lb	5	180s	<input type="checkbox"/>
	65 lb	5	180s	<input type="checkbox"/>

Group 2

A: BB Bench Press [Close-Grip]	Load	Reps	Rest	
	55 lb	5	180s	<input type="checkbox"/>
	60 lb	5	180s	<input type="checkbox"/>
	65 lb	5	180s	<input type="checkbox"/>
	65 lb	5	180s	<input type="checkbox"/>
	65 lb	5	180s	<input type="checkbox"/>

  

B: Single-Leg Elevated Hip Extension	Reps	Rest	
	6-10	60s	<input type="checkbox"/>
	6-10	60s	<input type="checkbox"/>
	6-10	60s	<input type="checkbox"/>
	6-10	60s	<input type="checkbox"/>

Group 3

A: Plate Pull to Twist to Press	Reps	Rest	
	6	60s	<input type="checkbox"/>
	8	60s	<input type="checkbox"/>
	10	60s	<input type="checkbox"/>

  

B: BB Hip Thrust	Load	Reps	Rest	
	50 lb	5	30s	<input type="checkbox"/>
	50 lb	5	30s	<input type="checkbox"/>
	55 lb	5	30s	<input type="checkbox"/>
	55 lb	5	30s	<input type="checkbox"/>
	60 lb	5	30s	<input type="checkbox"/>

Group 4

A: Plate Reverse Fly	Reps	Rest	
	6	30s	<input type="checkbox"/>
	8	30s	<input type="checkbox"/>
	10	30s	<input type="checkbox"/>

  

B: Wall Angel	Reps	Rest	
	10-15	30s	<input type="checkbox"/>
	10-15	30s	<input type="checkbox"/>
	10-15	30s	<input type="checkbox"/>
	10-15	30s	<input type="checkbox"/>

