

Team Note	Athlete Note
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### Group 1

DB Push Jerk	<b>Load</b>	<b>Reps</b>	<b>Rest</b>		
	1	15 lb	3	60s	<input type="checkbox"/>
	2	15 lb	3	60s	<input type="checkbox"/>
	3	15 lb	3	60s	<input type="checkbox"/>

### Group 2

A: DB One-Arm Bench Press	<b>Load</b>	<b>Reps</b>	<b>Rest</b>		
	1	25 lb	6	30s	<input type="checkbox"/>
	2	30 lb	6	30s	<input type="checkbox"/>
	3	30 lb	6	30s	<input type="checkbox"/>

  

B: Elevated Hip Extension	<b>Reps</b>	<b>Rest</b>		
	1	15	30s	<input type="checkbox"/>
	2	15	30s	<input type="checkbox"/>
	3	15	30s	<input type="checkbox"/>

### Group 3

A: DB Standing Press (alternating)	<b>Load</b>	<b>Reps</b>	<b>Rest</b>		
	1	15 lb	5	60s	<input type="checkbox"/>
	2	15 lb	5	60s	<input type="checkbox"/>
	3	15 lb	5	60s	<input type="checkbox"/>

  

B: Plate Pause Good-morning (2 sec)	<b>Reps</b>	<b>Rest</b>		
	1	8	30s	<input type="checkbox"/>
	2	8	30s	<input type="checkbox"/>
	3	8	30s	<input type="checkbox"/>

### Group 4

A: Bear Crawl	<b>Reps</b>	<b>Rest</b>		
	1	12	30s	<input type="checkbox"/>
	2	15	30s	<input type="checkbox"/>
	3	20	30s	<input type="checkbox"/>

  

B: Superman (hands pressed together)	<b>Reps</b>	<b>Rest</b>		
	1	20	60s	<input type="checkbox"/>
	2	20	60s	<input type="checkbox"/>
	3	20	60s	<input type="checkbox"/>