

Weights Phase 1

Tuesday 1	W/U x 6	8 reps	8 reps	8 reps
Cleans				
Hex Bar Dead Lift				
BB Rows				
Reverse fly				
Shrug				
Hammer Curl				

Thursday 2	W/U x 6	8 reps	8 reps	8 reps
Bench Press				
Split Press				
DB Incline				
Shoulder Matrix				
French Press				
Wrist Curl				

Monday 3	W/U x 6	8 reps	8 reps	8 reps
Cleans				
Squat				
BB Rows				
Reverse fly				
Shrug				
Hammer Curl				

Tuesday 4	W/U x 6	8 reps	8 reps	8 reps
Bench Press				
Split Press				
DB Incline				
Shoulder Matrix				
French Press				
Wrist Curl				

Thursday 5	W/U x 6	8 reps	8 reps	8 reps
Cleans				
Hex Bar Dead Lift				
BB Rows				
Reverse fly				
Shrug				
Hammer Curl				

Friday 6	W/U x 6	6 reps	6 reps	6 reps
Bench Press				
Split Press				
DB Incline				
Shoulder Matrix				
French Press				
Wrist Curl				

Monday 7	W/U x 6	6 reps	6 reps	6 reps
Cleans				
Hex Bar Dead Lift				
BB Rows				
Reverse fly				
Shrug				
Hammer Curl				

Tuesday 8	W/U x 6	6 reps	6 reps	6 reps
Bench Press				
Split Press				
DB Incline				
Shoulder Matrix				
French Press				
Wrist Curl				

Thursday 9	W/U x 6	5 reps	5 reps	5 reps	5 reps
Cleans					
Squat					
BB Rows					
Reverse fly					
Shrug					
Hammer Curl					

Friday 10	W/U x 6	5 reps	5 reps	5 reps	5 reps
Bench Press					
Split Press					
DB Incline					
Shoulder Matrix					
French Press					
Wrist Curl					

Monday 11	W/U x 6	5 reps	5 reps	5 reps	5 reps
Cleans					
Hex Bar Dead Lift					
BB Rows					
Reverse fly					
Shrug					
Hammer Curl					

Tuesday 12	W/U x 6	4 reps	4 reps	4 reps
BP				
squat				
Push Press				
BB Row				

Thursday 13	W/U x 6	3 reps	3 reps
Hex Bar Dead Lift			
DB Incline			
DB High Pull			

Friday 14	W/U x 4	2 reps	2 reps
BP			
squat			

Monday 15	8 reps
BP	50%
squat	50%

Phase 1 Core	Failure	Failure		
Killer Core				
Leg Raise		20 reps	20 reps	
Seated Med Ball Toss		10 ea.	10 ea.	

weight