## Weights Phase 1

Tuesday 1	\M/II v 6	9 rons	8 reps	0 rons	Tuesday 8	W/IIv6	6 rons	6 rons	6 rons	
Cleans	W/U x 6	<u> 8 герз</u>	в герѕ	8 reps	Bench Press	W/U x 6	бтерѕ	6 reps	6 reps	Ī
Hex Bar Dead Lift					Split Press					l
BB Rows					DB Incline	+				ł
Reverse fly					Shoulder Matrix					
					French Press					ł
Shrug										
Hammer Curl	<u> </u>				Wrist Curl	<u> </u>				<u>l</u>
Thursday 2	W/U x 6	8 reps	8 reps	8 reps	Thursday 9	W/U x 6	5 reps	5 reps	5 reps	5 rep
Bench Press					Cleans					
Split Press					Squat					
DB Incline					BB Rows					
Shoulder Matrix					Reverse fly					
French Press					Shrug					
Wrist Curl					Hammer Curl					
Monday 2	\\\/\L\\	O rons	O rons	0 *000	Friday 10	WILLE	C rons	F rons	F rons	F ***
Monday 3 Cleans	W/U x 6	8 reps	8 reps	8 reps	Bench Press	W/U x 6	5 reps	5 reps	5 reps	5 rep
Squat BB Rows	1				Split Press DB Incline					
Reverse fly					Shoulder Matrix					
Shrug	-				French Press					
Hammer Curl					Wrist Curl					
Tuesday 4	W/U x 6	8 reps	8 reps	8 reps	Monday 11	W/U x 6	5 reps	5 reps	5 reps	5 rep
Bench Press					Cleans					
Split Press					Hex Bar Dead Lift					
DB Incline					BB Rows					
Shoulder Matrix					Reverse fly					
French Press					Shrug					
Wrist Curl					Hammer Curl					
Thursday 5	W/U x 6	8 reps	8 reps	8 reps	Tuesday 12	W/U x 6	4 reps	4 reps	4 reps	
Cleans	1	Отерз	0.000	Отерз	BP	1	11005	11003	11005	Ī
Hex Bar Dead Lift					squat	<del>†</del>				
BB Rows					Push Press					Ì
Reverse fly					BB Row	+				ł
Shrug					DD NOW					ļ
Hammer Curl					Thursday 13	W/U x 6	3 reps	3 reps		
riammer can					Hex Bar Dead Lift	11,0 % 0	0.000	0.000		
Friday 6	W/U x 6	6 reps	6 reps	6 reps	DB Incline					
Bench Press					DB High Pull					
Split Press									•	
DB Incline					Friday 14	W/U x 4	2 reps	2 reps		
Shoulder Matrix					BP			·		
French Press					squat					
Wrist Curl					<u> </u>				ı	
,	<del>.</del>		-		Monday 15	8 reps				
Monday 7	W/U x 6	6 reps	6 reps	6 reps	BP	50%				
Cleans					squat	50%				
Hex Bar Dead Lift					<u> </u>					
BB Rows					Phase 1 Core	Failure	Failure			
Reverse fly					Killer Core					Ī
Shrug					Leg Raise		20 reps	20 reps		
Hammer Curl					Seated Med Ball To	SS	10 ea.	10 ea.		weigh
ammer carr			<u> </u>		Scatca Hica Ball 10		_5 cu.	_5 ca.	<u> </u>	