

### Week 1 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Snatch Pull	/3	/3	/3	/3	—	Use a light weight
2a) Incline Press	/8@65%	/5@75%	/3@85%	/1@95%	/MAX	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/10	—	—	—	—	
3b) Dumbbell Balance Shrugs	/12	—	—	—	—	
4a) Dips	/10	—	—	—	—	
4b) Balance Reverse Curls	/10	—	—	—	—	
5a) Dumbbell RDL to Shrug	/10	—	—	—	—	
5b) Hypers	/12	—	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/20	/20	—	—	—	Each side
9) Balance Dumbbell Side Bends	/20	/20	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Dumbbell Clean and Jerk	/5	/5	—	—	—	
2a) Bench Press	/8@65%	/5@75%	/3@85%	/1@95%	/MAX	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Reverse Lunge	/5@52%	/5@57%	/5@60%	—	—	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/30	/30	—	—	—	
7) Bench Ab Twist	/15	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Clean Pulls	/3	/3	/3	/3	—	Use a light weight
2a) Back Squat	/8@57%	/8@62%	/8@65%	—	—	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/10	—	—	—	—	
3b) Landmine Rows	/10	—	—	—	—	
4a) Physioball Curls	/12	—	—	—	—	
4b) Wrist Curls	/12	—	—	—	—	
5a) Physioball Leg Curls	/12	—	—	—	—	
5b) Reverse Hypers	/12	—	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/15	/15	—	—	—	
9) Dumbbell Side Bends	/20	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 2 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Snatch Pull	/3@55%	/3@62%	/3@67%	/3@67%	—	
2a) Incline Press	/10@70%	/8@75%	/6@80%	/4@82%	/10@72%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/10	/10	—	—	—	
3b) Dumbbell Balance Shrugs	/10	/10	—	—	—	
4a) Dips	/10	/10	—	—	—	
4b) Balance Reverse Curls	/10	/10	—	—	—	
5a) Dumbbell RDL to Shrug	/10	/10	—	—	—	
5b) Hypers	/12	/12	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/20	/20	—	—	—	Each side
9) Balance Dumbbell Side Bends	/20	/20	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Dumbbell Clean and Jerk	/5	/5	/5	—	—	
2a) Bench Press	/10@70%	/8@75%	/6@80%	/4@82%	/10@72%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Reverse Lunge	/4@55%	/4@60%	/4@62%	/4@65%	—	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/32	/32	—	—	—	
7) Bench Ab Twist	/17	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Clean Pulls	/4@62%	/4@70%	/4@75%	/4@75%	—	
2a) Back Squat	/8@60%	/8@65%	/8@67%	/8@70%	—	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/10	/10	—	—	—	
3b) Landmine Rows	/10	/10	—	—	—	
4a) Physioball Curls	/12	/12	—	—	—	
4b) Wrist Curls	/12	/12	—	—	—	
5a) Physioball Leg Curls	/15	/15	—	—	—	
5b) Reverse Hypers	/12	/12	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/15	/15	—	—	—	
9) Dumbbell Side Bends	/20	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 3 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Snatch Pull	/3@57%	/3@65%	/3@70%	/3@75%	—	
2a) Incline Press	/10@72%	/8@77%	/6@82%	/4@85%	/10@75%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/10	/10	—	—	—	
3b) Dumbbell Balance Shrugs	/12	/12	—	—	—	
4a) Dips	/10	/10	—	—	—	
4b) Balance Reverse Curls	/10	/10	—	—	—	
5a) Dumbbell RDL to Shrug	/12	/12	—	—	—	
5b) Hypers	/15	/15	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/20	/20	—	—	—	Each side
9) Balance Dumbbell Side Bends	/20	/20	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Dumbbell Clean and Jerk	/5	/5	/5	/5	—	
2a) Bench Press	/10@72%	/8@77%	/6@82%	/4@85%	/10@75%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Reverse Lunge	/3@57%	/3@62%	/3@65%	/3@67%	/3@70%	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/32	/32	—	—	—	
7) Bench Ab Twist	/17	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Clean Pulls	/4@65%	/4@72%	/4@77%	/4@82%	—	
2a) Banded Back Squat	/6@62%	/6@67%	/6@70%	/6@72%	/6@75%	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/10	/10	—	—	—	
3b) Landmine Rows	/10	/10	—	—	—	
4a) Physioball Curls	/12	/12	—	—	—	
4b) Wrist Curls	/12	/12	—	—	—	
5a) Physioball Leg Curls	/15	/15	—	—	—	
5b) Reverse Hypers	/12	/12	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/15	/15	—	—	—	
9) Dumbbell Side Bends	/20	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 4 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Snatch-Grip High Pull	/3@60%	/3@67%	/3@72%	/3@77%	—	
2a) Incline Press	/8@75%	/6@80%	/4@85%	/4@87%	/8@77%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/10	/10	—	—	—	
3b) Dumbbell Balance Shrugs	/10	/10	—	—	—	
4a) Dips	/10	/10	—	—	—	
4b) Balance Reverse Curls	/10	/10	—	—	—	
5a) Dumbbell RDL to Shrug	/12	/12	—	—	—	
5b) Hypers	/15	/15	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/22	/22	—	—	—	Each side
9) Balance Dumbbell Side Bends	/22	/22	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Jerk	/3@60%	/3@67%	/3@72%	/3@75%	—	
2a) Bench Press	/8@75%	/6@80%	/4@85%	/4@87%	/8@77%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Lateral Lunge	/3@57%	/3@62%	/3@65%	/3@67%	—	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/34	/34	—	—	—	
7) Bench Ab Twist	/19	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) High Pull	/3@67%	/3@75%	/3@80%	/3@85%	—	
2a) Banded Back Squat	/6@65%	/6@70%	/6@72%	/6@75%	/6@77%	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/10	/10	—	—	—	
3b) Landmine Rows	/8	/8	—	—	—	
4a) Physioball Curls	/10	/10	—	—	—	
4b) Wrist Curls	/10	/10	—	—	—	
5a) Physioball Leg Curls	/15	/15	—	—	—	
5b) Reverse Hypers	/15	/15	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/17	/17	—	—	—	
9) Dumbbell Side Bends	/22	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 5 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Snatch-Grip High Pull	/3@62%	/3@70%	/3@75%	/3@80%	—	
2a) Incline Press	/8@77%	/6@82%	/4@87%	/4@90%	/8@80%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/8	/8	—	—	—	
3b) Dumbbell Balance Shrugs	/8	/8	—	—	—	
4a) Weighted Dips	/10	/10	—	—	—	
4b) Balance Reverse Curls	/10	/10	—	—	—	
5a) Dumbbell RDL to Shrug	/12	/12	—	—	—	
5b) Hypers	/17	/17	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/22	/22	—	—	—	Each side
9) Balance Dumbbell Side Bends	/22	/22	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Jerk	/3@62%	/3@70%	/3@75%	/3@77%	—	
2a) Bench Press	/8@77%	/6@82%	/4@87%	/4@90%	/8@80%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Lateral Lunge	/4@60%	/4@65%	/4@67%	/4@70%	/4@72%	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/36	/36	—	—	—	
7) Bench Ab Twist	/21	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) High Pull	/3@70%	/3@77%	/3@82%	/3@87%	—	
2a) Banded Back Squat	/6@67%	/6@72%	/6@75%	/6@77%	/6@80%	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/10	/10	—	—	—	
3b) Landmine Rows	/8	/8	—	—	—	
4a) Physioball Curls	/10	/10	—	—	—	
4b) Wrist Curls	/10	/10	—	—	—	
5a) Physioball Leg Curls	/17	/17	—	—	—	
5b) Reverse Hypers	/15	/15	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/17	/17	—	—	—	
9) Dumbbell Side Bends	/22	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 6 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Power Snatch	/3@65%	/3@72%	/3@77%	/3@82%	—	
2a) Incline Press	/6@80%	/4@85%	/2@90%	/2@92%	/6@82%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/8	/8	—	—	—	
3b) Dumbbell Balance Shrugs	/8	/8	—	—	—	
4a) Weighted Dips	/10	/10	—	—	—	
4b) Balance Reverse Curls	/10	/10	—	—	—	
5a) Dumbbell RDL to Shrug	/15	/15	—	—	—	
5b) Hypers	/17	/17	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/22	/22	—	—	—	Each side
9) Balance Dumbbell Side Bends	/22	/22	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Clean and Jerk	/3@65%	/3@72%	/3@77%	/3@80%	—	
2a) Bench Press	/6@80%	/4@85%	/2@90%	/2@92%	/6@82%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Lateral Lunge	/3@62%	/3@67%	/3@70%	/3@72%	/3@75%	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/36	/36	—	—	—	
7) Bench Ab Twist	/21	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Power Clean	/3@72%	/3@80%	/3@85%	/3@90%	—	
2a) Back Squat	/4@70%	/4@75%	/4@77%	/4@80%	/4@82%	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/10	/10	—	—	—	
3b) Landmine Rows	/8	/8	—	—	—	
4a) Physioball Curls	/10	/10	—	—	—	
4b) Wrist Curls	/10	/10	—	—	—	
5a) Physioball Leg Curls	/17	/17	—	—	—	
5b) Reverse Hypers	/17	/17	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/17	/17	—	—	—	
9) Dumbbell Side Bends	/22	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 7 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Power Snatch	/2@67%	/2@75%	/2@80%	/2@85%	—	
2a) Incline Press	/6@82%	/4@87%	/2@92%	/2@95%	/6@85%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/8	/8	—	—	—	
3b) Dumbbell Balance Shrugs	/8	/8	—	—	—	
4a) Weighted Dips	/8	/8	—	—	—	
4b) Balance Reverse Curls	/8	/8	—	—	—	
5a) Dumbbell RDL to Shrug	/15	/15	—	—	—	
5b) Hypers	/17	/17	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/24	/24	—	—	—	Each side
9) Balance Dumbbell Side Bends	/24	/24	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Clean and Jerk	/2@57%	/2@75%	/2@80%	/2@82%	—	
2a) Bench Press	/6@82%	/4@87%	/2@92%	/2@95%	/6@85%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Step-Down Lunge	/10@65%	/10@70%	/10@72%	/10@75%	—	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/38	/38	—	—	—	
7) Bench Ab Twist	/23	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Power Clean	/2@75%	/2@82%	/2@87%	/2@85%	—	
2a) Back Squat	/4@72%	/4@77%	/4@80%	/4@82%	/4@85%	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/8	/8	—	—	—	
3b) Landmine Rows	/6	/6	—	—	—	
4a) Physioball Curls	/8	/8	—	—	—	
4b) Wrist Curls	/8	/8	—	—	—	
5a) Physioball Leg Curls	/17	/17	—	—	—	
5b) Reverse Hypers	/17	/17	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/19	/19	—	—	—	
9) Dumbbell Side Bends	/24	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.

### Week 8 Day 1

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Power Snatch	/2@70%	/2@77%	/2@82%	/2@87%	—	
2a) Incline Press	/4@85%	/2@90%	/1@95%	/1@97%	/4@87%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3a) Military Press	/8	—	—	—	—	
3b) Dumbbell Balance Shrugs	/8	—	—	—	—	
4a) Weighted Dips	/8	—	—	—	—	
4b) Balance Reverse Curls	/8	—	—	—	—	
5a) Dumbbell RDL to Shrug	/15	—	—	—	—	
5b) Hypers	/20	—	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Ups	/50	/50	—	—	—	
8) Med Ball Russian Twist	/24	/24	—	—	—	Each side
9) Balance Dumbbell Side Bends	/24	/24	—	—	—	Each side

### Day 2

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Clean and Jerk	/2@70%	/2@77%	/2@82%	/2@85%	—	
2a) Bench Press	/4@85%	/2@90%	/1@95%	/1@97%	/4@87%	
2b) Med Ball Chest Pass	/5	/5	/5	/5	/5	
3) Step-Down Lunge	/8@67%	/8@72%	/8@75%	/8@77%	—	Each leg
4a) Challenge: Squat Press	/18	/12	/6	—	—	Record your time
4b) Challenge: Pull-Ups	/18	/12	/6	—	—	Record your time
5) Crunches	/50	/50	—	—	—	
6) Plyo Sit-Ups	/40	/40	—	—	—	
7) Bench Ab Twist	/25	—	—	—	—	Each side

### Day 3

Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Notes
1) Power Clean	/2@77%	/2@85%	/2@90%	/2@95%	—	
2a) Back Squat	/4@75%	/4@80%	/4@82%	/4@85%	/4@87%	
2b) Hurdle Jumps	/3	/3	/3	/3	—	
3a) Pull-Ups	/8	—	—	—	—	
3b) Landmine Rows	/6	—	—	—	—	
4a) Physioball Curls	/8	—	—	—	—	
4b) Wrist Curls	/8	—	—	—	—	
5a) Physioball Leg Curls	/20	—	—	—	—	
5b) Reverse Hypers	/20	—	—	—	—	
6) 4-Way Neck	/6	—	—	—	—	Each way
7) V-Up	/50	/50	—	—	—	
8) Plyo Sit-Up	/19	/19	—	—	—	
9) Dumbbell Side Bends	/24	—	—	—	—	Each side

#### Notes:

- Perform grouped exercises in superset fashion with no rest between exercises.
- Rest as needed between each set, but no more than two minutes.
- Perform balance exercises on an airex or stability pad.