



Name: _____

Week: **Twelve (Max Week)**

MONDAY

	Set 1 Weight x Reps	Set 2 Weight x Reps	Set 3 Weight x Reps	Set 4 Weight x Reps	Set 5 Weight x Reps
Box Squat	_____x5	_____x4	_____x3	_____x1	
Hang Clean	_____x5	_____x3	_____x1		
Band Bench Press	_____x5	_____x4	_____x3	_____x1	
Lat Pull down	_____x12	_____x15	_____x15		
Shoulders	Dumbbell overhead press 3x15				
Arms	Incline DB curl/ V-Bar Triceps Pushdowns				
Core Training/ Warm Down/ Recovery	Core: heel raises (legs straight) 6 inch holds (x30 sec) x5, Planks (x3)				

TUESDAY: Speed/Agility/Plyometrics

WEDNESDAY

	Set 1 Weight x Reps	Set 2 Weight x Reps	Set 3 Weight x Reps	Set 4 Weight x Reps	Set 5 Weight x Reps
Straight Leg Deadlift	_____x10	_____x8	_____x6		
Deadlift	_____x5	_____x3	_____x1		
Incline Bench	_____x5	_____x3	_____x1		
DB Row	_____x10	_____x12	_____x15		
Shoulders	Band Shoulder Pull Ups (step on band, pull toward forehead) 3x10				
Arms	Standing DB curl x8-12, Triceps Dip x8-12 (3x)				
Core Training/ Warm Down/ Recovery	Core: Crunches (Burnout), Side Planks (45 sec)				

THURSDAY: Speed/Agility/Plyometrics

Friday

	Set 1 Weight x Reps	Set 2 Weight x Reps	Set 3 Weight x Reps	Set 4 Weight x Reps	Set 5 Weight x Reps
Squat (onto med ball!)	_____x5	_____x4	_____x3	_____x1	
Power Clean	_____x5	_____x3	_____x1		
Bench Press	_____x5	_____x4	_____x3	_____x1	
Machine low Row	_____x10	_____x12	_____x15		
Shoulders	DB Side Raises				
Arms	BB Bicep 21's (7-7-7), Triceps push downs or skull crushes 3x12				
Core Training/ Warm Down/ Recovery	Core: Choose your favorite				

Quote of the Week:

Don't look back. Something might be gaining on you.

-- Satchel Paige