



Name: _____

Week: **Five (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:

Do what others won't- so you can have what others can't.