EXTRA LIFT

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Day 1							**Day 2**						
Warmup	Roller x5min D-Flex x5min						**Warmup**	Roller x5min Ladder x5min					
Power Clean	x5	x5	x4	x4	x3	x3	**Clean Pull**	x5	x5	x4	x4	x3	x3
	x5	x5	x4	x4	x3	x3		x5	x5	x4	x4	x3	x3
	x5	x5	x4	x4	x3	x3		x5	x5	x4	x4	x3	x3
paired w/	x5	x5	x4	x4	x3	x3	*paired w/*	x5	x5	x4	x4	x3	x3
External Rotation	3x8	3x8	3x8	3x10	3x10	3x10	Y-T	3x8	3x8	3x8	3x10	3x10	3x10
Back Squat	x8	x8	x6	x6	x4	x4	**Bench**	x8	x8	x6	x6	x4	x4
	x8	x8	x6	x6	x4	x4		x8	x8	x6	x6	x4	x4
	x8	x8	x6	x6	x4	x4		x8	x8	x6	x6	x4	x4
	x8	x8	x6	x6	x4	x4		x8	x8	x6	x6	x4	x4
paired w/							*paired w/*						
DB Scap and Row	x8	x8	x8	x5	x5	x5	**SL RDL**	x8e	x8e	x8e	x5e	x5e	x5e
	x8	x8	x8	x5	x5	x5		x8e	x8e	x8e	x5e	x5e	x5e
	x8	x8	x8	x5	x5	x5		x8e	x8e	x8e	x5e	x5e	x5e
	x8	x8	x8	x5	x5	x5							
Split Squat Squat	x8e	x8e	x8e	x5e	x5e	x5e	**Curl to Press**	x8	x8	x8	x5	x5	x5
	x8e	x8e	x8e	x5e	x5e	x5e		x8	x8	x8	x5	x5	x5
tripled w/	x8e	x8e	x8e	x5e	x5e	x5e	*tripled w/*	x8	x8	x8	x5	x5	x5
Chinups	x8	x8	x5	x5	x3	x3	**PB Hip Ups**	x8	x8	x10	x10	x12	x12
	x8	x8	x5	x5	x3	x3		x8	x8	x10	x10	x12	x12
tripled w/	x8	x8	x5	x5	x3	x3	*tripled w/*	x8	x8	x10	x10	x12	x12
Band Walk	x18	x18	x20	x20	x22	x22	**Neider Press**	x8	x8	x8	x6	x6	x6
	x18	x18	x20	x20	x22	x22		x8	x8	x8	x6	x6	x6
	x18	x18	x20	x20	x22	x22		x8	x8	x8	x6	x6	x6
Biceps Bonanza	**Your Choice**						**Grip and Rip It**	**Your Choice**					
Core - 6min abs	Atomics; SL Situps; Oblique Bridges R/L; Supermen; Rockies; Deadfish; Knee-up Crunch; Russian Twist; Front Bridge 1:00						**MB Abs**	OH Throws w/ Step 3x8e; Side Twist 3x8e 1 Arm Chest Pass; Kickups 2x5					

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	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6		Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Day 3							**Day 4**						
Warmup	Roller x5min D-Flex x5min						**Warmup**	Roller x5min Ladder x5min					
P. Clean Progression	x3e	x3e	x3e	x2e	x2e	x2e	**Hang Clean**	x5	x5	x4	x4	x3	x3
Deadlift/ Clean Pul/	x3e	x3e	x3e	x2e	x2e	x2e		x5	x5	x4	x4	x3	x3
Power Clean	x3e	x3e	x3e	x2e	x2e	x2e		x5	x5	x4	x4	x3	x3
	x3e	x3e	x3e	x2e	x2e	x2e		x5	x5	x4	x4	x3	x3
External Rotation	3x8	3x8	3x8	3x10	3x10	3x10	Y-T	3x8	3x8	3x8	3x10	3x10	3x10
Front Squat	x8	x8	x6	x6	x4	x4	**Incline Bench**	x8	x8	x6	x6	x4	x4
	x8	x8	x6	x6	x4	x4		x8	x8	x6	x6	x4	x4
	x8	x8	x6	x6	x4	x4		x8	x8	x6	x6	x4	x4
	x8	x8	x6	x6	x4	x4		x8	x8	x6	x6	x4	x4
Paired w/							*paired w/*						
Rotational Row	x8	x8	x8	x5	x5	x5	**RDL**	x8e	x8e	x8e	x5e	x5e	x5e
	x8	x8	x8	x5	x5	x5		x8e	x8e	x8e	x5e	x5e	x5e
	x8	x8	x8	x5	x5	x5		x8e	x8e	x8e	x5e	x5e	x5e
	x8	x8	x8	x5	x5	x5							
Step-Up	x5e	x5e	x5e	x8e	x8e	x8e	**Ice Skaters**	x5e	x5e	x6e	x6e	x7e	x7e
	x5e	x5e	x5e	x8e	x8e	x8e		x5e	x5e	x6e	x6e	x7e	x7e
	x5e	x5e	x5e	x8e	x8e	x8e	*tripled w/*	x5e	x5e	x6e	x6e	x7e	x7e
Military Press	x8	x8	x8	x5	x5	x5	**DB Bench**	x8	x8	x8	x5	x5	x5
	x8	x8	x8	x5	x5	x5		x8	x8	x8	x5	x5	x5
	x8	x8	x8	x5	x5	x5	*tripled w/*	x8	x8	x8	x5	x5	x5
PB Leg Curl	x8	x8	x10	x10	x12	x12	**Inverted Row**	x8	x8	x8			
	x8	x8	x10	x10	x12	x12		x8	x8	x8			
	x8	x8	x10	x10	x12	x12		x8	x8	x8			
Tri's Locked n Loaded	**Your Choice**						**Grip and Rip It**	**Your Choice**					
Core - 6min abs	Atomics; SL Situps; Oblique Bridges R/L; Supermen; Rockies; Deadfish; Knee-up Crunch; Russian Twist; Front Bridge 1:00						**MB Abs**	OH Throws w/ Step 3x8e; Side Twist 3x8e 1 Arm Chest Pass; Kickups 2x5					