

	Day 1			Day 2			Day 3				
WEEK	1	2	3	WEEK	1	2	3	Week	1	2	3
Exercise				Exercise				Exercise	4 sets of		
Warm-up	4 sets of abs and low back			Warm-up	4 sets of abs and low back			Warm-up	abs and low back		
Hang Clean	4	3	4	Weighted Jump Squats (do not Go over 30% of 1RM)	6	5	4	Single arm DB snatch or barbell snatch	6	5	4
	4	3	4		6	5	4		6	5	4
	4	3	4		6	5	4		6	5	4
	4	3	4		6	5	4		6	5	4
Back squat complex with Squat Jumps	4	6	8	Front squat complex with Single legged Jumps	8	6	4	Dead lift (maintain perfect back form)	8	6	5
	4+4ea	6+3ea	3+4ea		8+4ea	6+3ea	4+4ea		8	6	5
	4+4ea	6+3ea	3+4ea		8+4ea	6+3ea	4+4ea		8	6	5
	4+4ea	6+3ea	3+4ea		8+4ea	6+3ea	4+4ea		8	6	5
DB Alt Bench Press complex with clap push ups	6	8	7	SB Incline DB Bench Press pair with DB RDL	8	4	7	SB DB Incline Press Paired with Lateral Lunges	7	5	8
	6+6	8+8	7+5		8	4	7		7	5	8
	6+6	8+8	7+5		8	4	7		7	5	8
	6+6	8+8	7+5		8	4	7		7	5	8
SB hamstring Single legged	12ea	15ea	15ea		8	6	12		8ea	6ea	6ea
	12ea	15ea	15ea		8	6	12		8ea	6ea	6ea
	12ea	15ea	15ea		8	6	12		8ea	6ea	6ea
pair with	12ea	15ea	15ea	DB Shoulder Shrug pair with Single-arm standing cable row	8	6	5	Standing DB Shoulder press Paired with DB single arm Upperback row	8	6	5
Pull-ups	failure	failure	failure		8	6	5		8	6	5
	failure	failure	failure		8	6	9		8	6	5
	failre	failure	failure		8	6	9		8ea	5ea	8ea
Pitcher Squat pair with DB Uppercuts use your whole body	12	8	10	Single-arm 1 arm only DB rot bench press pair with Overhead Split squat with barbell	8	6	9	Overhead Squat Paired with DB Bicep curl	8ea	5ea	8ea
	12	8	10		8	6	9		8ea	5ea	8ea
	12	8	10		10	8	6		10	8	12
	12	8	10		10	8	6		10	8	12
	12	8	6		10	8	6		10	8	12
	12	8	6		10ea	8ea	7ea		10ea	8ea	12
	12	8	6		10ea	8ea	7ea		10ea	8ea	12
	12	8	6	10ea	8ea	7ea	10ea	8ea	12		

TRAIN TO BE A MORE POWERFUL AND STRONGER ATHLETE