

Phase 2	Day 1			
WEEK	1	2	3	4
Exercise				
Warm-up	4 sets of abs and low back			
Hang Clean	4	4	4	4
	4	4	4	3
Last set into front squat	4	4	3	3
	4	3	3	3
Back squat	6	4	7	5
	6+6	4+8	7+4	5+6
complex with squat jumps	6+6	4+8	7+4	5+6
	6+6	4+8	7+4	5+6
DB Bench Press	8	7	4	5
	8	7	4	5
	8	7	4	5
	8	7	4	5
SB single leg Hamstring Curl	8ea	8ea	10ea	12ea
	8ea	8ea	10ea	12ea
	8ea	8ea	10ea	12ea
pair with DB upright row	8ea	8ea	10ea	12ea
	8	6	7	5
	8	6	7	5
	8	6	7	5
	8	6	7	5
SA DB bent Over row	8	6	7	5
	8	6	7	5
	8	6	7	5
pair with Barbell Overhead squat	8	6	7	5
	5	6	7	8
	5	6	7	8
	5	6	7	8

Day 2				
WEEK	1	2	3	4
Exercise				
Warm-up	4 sets of abs and low back			
Weighted Jump Squat	4	4	4	4
	4	4	4	3
	4	4	3	3
	4	3	3	3
Front squat	6	4	7	5
	6	4	7	5
	6	4	7	5
	6	4	7	5
Incline alt DB Bench Press	6	7	4	5
	6	7	4	5
	6	7	4	5
pair with Standing SL Calf raise	6	7	4	5
	12	10	12	10
	12	10	12	10
	12	10	12	10
DB Shoulder Shrug	8	6	5	6
	8	6	5	6
	8	6	5	6
pair with DB RDL	8	6	5	6
	8	6	5	6
	8	6	5	6
Single-arm Seated cable row	10	8	6	8
	10	8	6	8
pair with Pitcher Squat	10	8	6	8
	6	8	7	5
	6	8	7	5
	6	8	7	5

Day 3				
Quick and easy lift				
WEEK	1	2	3	4
Exercise				
Warm-up	4 sets of abs and low back			
Weighted squat jump	4	4	4	4
	4	4	4	3
	4	4	3	3
	4	3	3	3
DB Hang Clean into Front Squat	8	6	4	7
	8	6	4	7
	8	6	4	7
	8	6	4	7
SB DB Chest fly's	8	6	4	7
	8	6	4	7
	8	6	4	7
Pair with Single leg RDL's	8ea	8ea	8ea	10ea
	8ea	8ea	8ea	10ea
	8ea	8ea	10ea	10ea
Med ball Slams	10	12	12	15
	10	12	12	15
	10	12	12	15
DB rotational Row	8	6	8	6
	8	6	8	6
	8	6	8	6