

**WEEK 1**  
**5/24-5/28**

**MONDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Bench Press		x 10		x 10		x 10		x 10
DB Adducted Incline		x 10		x 10		x 10		
BB Shoulder Press		x 10		x 10		x 10		
BO Lat Raise		x 10		x 10		x 10		
Tricep Choice		x 10		x 10		x 10		
Core		15's		15's		15's		15's
SAQ	SEE SAQ CIRCUITS							

**TUESDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Overhead Squat		x 6		x 6		x 6		
Squat		x 10		x 10		x 10		
Barbell Lunge		x 5		x 5		x 5		
1 Arm Row		x 10		x 10		x 10		
Lat Pulldown		x 10		x 10		x 10		
Bicep Choice		x 10		x 10		x 10		
SAQ	SEE SAQ CIRCUITS							

**THURSDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Push Jerk		x 5		x 5		x 5		x 5
Incline CG Press		x 10		x 10		x 10		
Push ups		AMAP		AMAP		AMAP		
Seated Shoulder Press		x 10		x 10		x 10		
Plate Raise		x 10		x 10		x 10		
Skull Crusher		x 8		x 8		x 8		
SAQ	SEE SAQ CIRCUITS							

**FRIDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Front Squat		x 6		x 6		x 6		
Power Clean		x 5		x 5		x 5		x 5
Deadlift		x 10		x 10		x 10		
Leg Curl		x 10		x 10		x 10		
Seated Row		x 10		x 10		x 10		
Bent Over Row		x 10		x 10		x 10		
Bicep Choice		x 10		x 10		x 10		
Core		30 sec		30 sec		30 sec		30 sec
SAQ	SEE SAQ CIRCUITS							

**"The price you are willing to pay will determine the prize that you receive."**

**WEEK 2**  
**5/31-6/4**

**MONDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	
Bench Press		x 10		x 10		x 10		
DB Incline		x 10		x 10		x 10		
Shoulder Complex #1		x 6		x 6		x 6		
Tricep Complex #1		x 6		x 6		x 6		
Core		15's		15's		15's		
SAQ	SEE SAQ CIRCUITS							

**TUESDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	
Overhead Squat		x 6		x 6		x 6		
Squat		x 10		x 10		x 10		
Clean Complex #3		x 6		x 6		x 6		
Back Complex #1		x 8		x 8		x 8		
Bicep Choice		x 10		x 10		x 10		
SAQ	SEE SAQ CIRCUITS							

**THURSDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	
Push Jerk		x 5		x 5		x 5		
Incline Close Grip Bench		x 10		x 10		x 10		
Cable Fly		x 10		x 10		x 10		
Shoulder Complex #2		x 8		x 8		x 8		
Tricep Complex #2		x 8		x 8		x 8		
SAQ	SEE SAQ CIRCUITS							

**FRIDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	
Front Squat		x 6		x 6		x 6		
Clean Complex #2		x 5		x 5		x 5		
RDL		x 10		x 10		x 10		
Barbell Complex #1		x 8		x 8		x 8		
Core		30 sec		30 sec		30 sec		
SAQ	SEE SAQ CIRCUITS							

**"If you can accept losing, you can't win. If you can walk, you can run. No one is ever hurt."**

**WEEK 3**  
**6/7-6/11**

**MONDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Bench Press		x 10		x 10		x 10		x 10
DB Incline		x 10		x 10		x 10		
Shoulder Complex #1		x 6		x 6		x 6		x6
Tricep Complex #1		x 6		x 6		x 6		x6
Core		15's		15's		15's		15's
SAQ	SEE SAQ CIRCUITS							

**TUESDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Overhead Squat		x 6		x 6		x 6		
Squat		x 10		x 10		x 10		
Clean Complex #3		x 6		x 6		x 6		x6
Back Complex #1		x 8		x 8		x 8		
Bicep Choice		x 10		x 10		x 10		
SAQ	SEE SAQ CIRCUITS							

**THURSDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Push Jerk		x 5		x 5		x 5		x 5
Incline Close Grip Bench		x 10		x 10		x 10		
Cable Fly		x 10		x 10		x 10		
Shoulder Complex #2		x 8		x 8		x 8		x 8
Tricep Complex #2		x 8		x 8		x 8		x 8
SAQ	SEE SAQ CIRCUITS							

**FRIDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Front Squat		x 6		x 6		x 6		
Clean Complex #2		x 5		x 5		x 5		x 5
RDL		x 10		x 10		x 10		
Barbell Complex #1		x 8		x 8		x 8		x 8
Core		30 sec		30 sec		30 sec		30 sec
SAQ	SEE SAQ CIRCUITS							

**"Life is 10% what happens to you and 90% how you respond to it." Lou Holtz**

**WEEK 4**  
**6/14-6/18**

**MONDAY**

	Set #1		Set #2		Set #3		Set #4
	WT	REP	WT	REP	WT	REP	WT
Bench Press		x 8		x 8		x 8	
DB Incline		x 8		x 8		x 8	
Power Shrug		x 8		x 8		x 8	
BB Shoulder Press		x 8		x 8		x 8	
Tricep Choice		x 10		x 10		x 10	
Core		15's		15's		15's	
SAQ	SEE SAQ CIRCUITS						

**TUESDAY**

	Set #1		Set #2		Set #3		Set #4
	WT	REP	WT	REP	WT	REP	WT
Overhead Squat		x 6		x 6		x 6	
Squat		x 8		x 8		x 8	
Walking Lunge		x 5		x 5		x 5	
PM Glute Ham		x 6		x 6		x 6	
1 Arm Row		x 10		x 10		x 10	
RG Lat Pulldown		x 10		x 10		x 10	
SAQ	SEE SAQ CIRCUITS						

**THURSDAY**

	Set #1		Set #2		Set #3		Set #4
	WT	REP	WT	REP	WT	REP	WT
Push Jerk		x 5		x 5		x 5	
Incline Bench		x 8		x 8		x 8	
DB Adducted Bench		x 10		x 10		x 10	
Upright Row		x 10		x 10		x 10	
Lateral Raise		x 8		x 8		x 8	
Depth Push Up		x 6		x 6		x 6	
Tricep Choice		x 10		x 10		x 10	
SAQ	SEE SAQ CIRCUITS						

**FRIDAY**

	Set #1		Set #2		Set #3		Set #4
	WT	REP	WT	REP	WT	REP	WT
Clean High Pull		x 6		x 6		x 6	
Power Clean		x 5		x 5		x 5	
Front Squat		x 6		x 6		x 6	
Pull Up		AMAP		AMAP		AMAP	
RDL		x 8		x 8		x 8	
Back Extension		x 6		x 6		x 6	
Core		30 sec		30 sec		30 sec	
SAQ	SEE SAQ CIRCUITS						

**"Luck is what happens when preparation meets opportunity." Darrell Royal**

**WEEK 5**  
**6/21-6/25**

**MONDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Bench Press		x 6		x 6		x 6		x 6
DB Incline		x 6		x 6		x 6		
Standing Punch Pass		x 8		x 8		x 8		
Standing BN Press		x 10		x 10		x 10		
Front Raise		x 8		x 8		x 8		
Tricep Choice		x 10		x 10		x 10		
Core		15's		15's		15's		15's
SAQ	SEE SAQ CIRCUITS							

**TUESDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Overhead Squat		X 6		X 6		X 6		x 6
Squat		x 5		x 5		x 5		x 5
Reverse Lunge		x 5		x 5		x 5		
RDL		x 8		x 8		x 8		
Chin Up		AMAP		AMAP		AMAP		
Single Arm Seated Row		x 8		x 8		x 8		
SAQ	SEE SAQ CIRCUITS							

**THURSDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Push Jerk		x 5		x 5		x 5		x 5
Incline Bench		x 6		x 6		x 6		x 6
Stability Ball Push Up		AMAP		AMAP		AMAP		
BO Lat Raise		x 8		x 8		x 8		
Circular Lateral Raise		x 8		x 8		x 8		
Tricep Choice		x 10		x 10		x 10		x 10
SAQ	SEE SAQ CIRCUITS							

**FRIDAY**

	Set #1		Set #2		Set #3		Set #4	
	WT	REP	WT	REP	WT	REP	WT	REP
Front Squat		x 5		x 5		x 5		x 5
Power Clean		x 4		x 4		x 4		x 4
Single Leg Squat		x 6		x 6		x 6		
Leg Curl		x 8		x 8		x 8		
Lat Pulldown		x 8		x 8		x 8		
Bent Over Row		x 8		x 8		x 8		
Core		30 sec		30 sec		30 sec		30 sec
SAQ	SEE SAQ CIRCUITS							

**"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." Tom Landry**

