



Week 4			Week 5			Week 6		
Day 1			Day 1			Day 1		
P Snatch	NV3	75% push 3's	P Snatch	NV3	70%	P Snatch	NV2	80%
P Clean	NV3	70% push 3's	P Clean	NV3	70%	PCJ	NV2	80%
CI Pull Blk	LV5	115%	CI Pull Blk	LV5	110%	S Pull	NV3	110%
P Press	LV3	50%	P Press	LV3	55%	F Squat	NV3	90%
B Squat	NV3	90% push 3's	B Squat	NV3	80%	Press b Nk	LV5	35%
Ab Grp 1			Ab Grp 1			Ab Grp 1		
Flex Grp 1			Flex Grp 1			Flex Grp 1		
Day 2			Day 2			Day 2		
O Squat	NV3	70%	O Squat	NV2	85%	S Bal	NV3	80%
Clean	NV3	70%	Clean	NV2	80%	Jerk f Rk	NV3	75%
Jerk f Rk	NV3	70%	Jerk f Rk	NV2	80%	C Pull Blk	LV5	110%
F Squat	NV3	80%	F Squat	NV3	90%	B Squat	NV3	90%
S Press	LV5	35%	S Press	LV5	35% push 5's	Press SP	LV5	35%
Ab Grp 2			Ab Grp 2			Ab Grp 2		
Flex Grp 2			Flex Grp 2			Flex Grp 2		
Day 3			Day 3			Day 3		
S Drop	NV3	60%	Snatch	NV2	75%	O Squat	NV3	70%
Jerk f Rk	SV3	70%	PCJ	NV2	75%	P Clean	NV3	70%
G Morn	LV5	50%	C Pull	LV3	110%	P Press	NV3	50%
Sp Squat	SV3	60%	Sp Squat	SV3	60%	G Morn	NV3	50%
B Squat	LV3	80%	Press	LV5	35%	Press b Nk	LV5	35%
Ab Grp 3			Ab Grp 3			Ab Grp 3		
Flex Grp 3			Flex Grp 3			Flex Grp 3		
Day 4			Day 4			Day 4		
Snatch	NV2	70% push 2's	S Drop	NV3	60% push 3's	Snatch	NV3	80%
PCJ	NV2	75% push 2's	G Morn	LV5	50%	CJ	NV2	80%
C Pull	NV3	110% push 3's	Jerk Bal	SV3	60%	C Pull	NV3	110%
H F Squat	NV3	90% push 3's	B Squat	LV5	80%	F Squat	NV2	95%
Press	LV5	40%				S Press	LV5	40%
Ab Grp 4			Ab Grp 4			Ab Grp 4		
Flex Grp 4			Flex Grp 4			Flex Grp 4		