

TRICEPS

TRICEPS

* Bench dips (use cleure)

Bench Press - Powerlifting ?

Board Press

* Chain handle Extension (use cable)

* Close-grip Barbell Bench Press

* Decline Close-grip Bench to Skull Crusher

* Decline Dumbbell Triceps Extension

Dumbbell Floor Press

~~Equipment Type: Dumbbell~~

* Dumbbell One-Arm Triceps Extension

~~Equipment Type: Dumbbell~~

~~Dumbbell One-Arm Triceps Extension 8.1101 out of 10~~

~~Equipment Type: Barbell~~

~~Floor Press with Chains~~

~~Incline Barbell Triceps Extension~~

~~Muscle Targeted: Triceps~~

~~Equipment Type: Barbell~~

* JM Press Muscle Targeted: Triceps

~~Equipment Type: Barbell~~

* Lying Close-grip Barbell Triceps Extension Behind The Head

~~Muscle Targeted: Triceps~~

~~Equipment Type: Barbell~~

~~Lying Close-grip Barbell Triceps Extension Behind The Head 8.9101 out of 10~~

~~Muscle Targeted: Triceps~~

~~Equipment Type: Dumbbell~~

~~Lying Dumbbell Triceps Extension 7.9101 out of 10~~

~~Equipment Type: Dumbbell~~

* One Arm Pronated Dumbbell Triceps Extension

~~Equipment Type: Dumbbell~~

* One Arm Supinated Dumbbell Triceps Extension

Pin Presses

Push-ups - Close Triceps Position

Reverse Band Bench Press

* Reverse Triceps Bench Press

~~Equipment Type: Dumbbell~~ (use overhead)

Seated Bent-Over One-Arm Dumbbell Triceps Extension

Seated Bent-Over Two-Arm Dumbbell Triceps Extension

Seated Triceps Press

* Standing Bent-Over One-Arm Dumbbell Triceps Extension

* Standing Bent-Over Two-Arm Dumbbell Triceps Extension

* Standing One-Arm Dumbbell Triceps Extension

* Standing Overhead Barbell Triceps Extension

Tate Press ?

~~Equipment Type: Kickback~~

* Weighted Bench Dip

* French Press

* 1/2 DBell clean & press

1 arm cross body DBell

* 1 DBell push press

45° band / 8-12" / rotate wrists / no shoulder/ chest movement
"punch out"

- * Alternate Hammer Curl
- * Alternate Incline Dumbbell Curl
- a * Barbell Curl
- a * Barbell Curls Lying Against An Incline ← *head against wall*
- ~~Close-grip EZ Bar Curl~~
- a * Close-grip Standing Barbell Curl
- c * Concentration Curls
- b * Cross Body Hammer Curl
- a * Drag Curl
- b * Dumbbell Alternate Bicep Curl
- ~~Dumbbell Bicep Curl~~
- ~~Dumbbell Incline Curl~~ ← *box under bench (high)*
- * Flexor Incline Dumbbell Curls
- * Hammer Curls *Single arm*
- Incline Dumbbell Curl
- * Lying High Bench Barbell Curl
- * Lying Supine Dumbbell Curl *(High bench)*
- One Arm Dumbbell Preacher Curl
- Preacher Curl
- Preacher Hammer Dumbbell Curl
- * Reverse Barbell Curl
- Reverse Plate Curls
- Seated Close-grip Concentration Barbell Curl
- Seated Dumbbell Inner Biceps Curl
- Standing Dumbbell Reverse Curl
- Standing Inner-Biceps Curl
- Standing One-Arm Dumbbell Over Incline Bench
- Two-Arm Dumbbell Preacher Curl
- a * Wide-grip Standing Barbell Curl
- Zottman Curl
- Zottman Preacher Curl
- Plane Drag Curl *(elevated bench)*

BICEPS

BICEPS

- a * (Press)
- a * Barbell Bench Press - Medium Grip
- a * Barbell Incline Bench Press - Medium Grip
- a * Barbell Incline Shoulder Raise
- a * Decline Barbell Bench Press
- a * Decline Dumbbell Bench Press
- a * Dumbbell Bench Press
- a * Hammer Grip Incline DB Bench Press
- a * Incline Dumbbell Bench with Palms Facing In
- b * Incline Dumbbell Press
- a * Neck Press
- a * One Arm Dumbbell Bench Press
- a * Wide-grip Barbell Bench Press
- a * Wide-grip Decline Barbell Bench Press
- a * Dips

- * Around The Worlds
- * Bent-Arm Dumbbell Pullover
- * Decline Dumbbell Flyes
- Dumbbell Flyes
- Front Raise And Pullover
- * Incline Dumbbell Flyes
- * Wide-grip Decline Barbell Pullover
- * Straight-Arm Dumbbell Pullover
- * Cable Flye (1 / 2 cm)

backmiddlelat

BACK (Middle/Lats)

- α * Bent Over Barbell Row
- * Bent Over One-Arm Long Bar Row
- * Bent Over Two-Arm Long Bar Row (w/ crosspiece)
- * Bent Over Two-Dumbbell Row (supinated grip)
- * Bent Over Two-Dumbbell Row With Palms In
- * Bent-Arm Barbell Pullover
- Gironda Sternum Chins
- Incline Bench Pull ?
- Middle Back Shrug ?
- Mixed Grip Chin
- One Arm Chin-Up
- * One-Arm Dumbbell Row
- * Reverse Grip Bent-Over Rows
- Rocky Pull-Ups/Pulldowns

FOREARMS

FOREARMS

- * Dumbbell ~~Lying~~ Pronation (or frying pan)
- * Dumbbell ~~Lying~~ Supination
- S * Farmer's Walk
- { Palms-Down Dumbbell wrist Curl Over A Bench
- { Palms-Down Wrist Curl Over A Bench
- { Palms-Up Barbell Wrist Curl Over A Bench
- * { Palms-Up Dumbbell wrist Curl Over A Bench
- { Plate Pinch
- S * Rickshaw Carry
- { Seated Dumbbell Palms-Down Wrist Curl
- { Seated Dumbbell Palms-Up Wrist Curl
- * { Seated One-Arm Dumbbell Palms-Down Wrist Curl
- { Seated One-Arm Dumbbell Palms-Up Wrist Curl
- { Seated Palm-Up Barbell wrist Curl
- { Seated Palms-Down Barbell wrist Curl
- * { Standing Olympic Plate Hand Squeeze
- { Standing Palms-Up Barbell Behind The Back Wrist Curl
- * Wrist Roller

CALVES

- a Balance Board
- b Barbell Seated calf raise
- c ~~Calf raise on a dumbbell~~
- * d Donkey Calf Raises
- e Dumbbell Seated One-Leg Calf Raise
- * f Rocking standing calf raise (Humbler)
- * g Standing Barbell Calf Raise
- * h Standing Dumbbell Calf Raise
- * i Seated Barbell Calf Raises

(use boots)

*goose step

planter

* attach + chain & weight plate

b - use 2x4 board on knees
block under feet

d - leaning forward trunk extended on block
dip belt

GLUTE

- a * Barbell Glute Bridge
- a * Barbell Hip Thrust
- * kneeling jump squat
- * kneeling squat
- a * kneeling squat pull through with sled?
- ? hip lifts
- ? clamshells
- one-legged squat
- one-legged deadlift
- hip bridges
- Cow kicks

Shoulders across bench / Bench over hips / Thrust hips / Squat through heels

HAMSTRING

- ? Clean
- * Good Morning off pins
- ? Good Morning
- ? Hang Snatch
- Hang Snatch - Below Knees
- Hang Snatch - Below Knees
- Hang Snatch - Below Knees
- Power Snatch?
- Power Snatch?
- Power Snatch?
- Reverse Band Sumo Deadlift
- * Romanian Deadlift (SLD)
- * Romanian Deadlift from deficit
- ? Snatch Deadlift
- ? Snatch Pull?
- Split Snatch?
- * Stiff-Legged Barbell Deadlift
- * Stiff-Legged Dumbbell Deadlift
- * Sumo Deadlift
- Sumo Deadlift with Chains
- Wide Stance Stiff Legs?
- e Kham boots
- glute-ham - glute raise (over bench w/ feet against foot plate "hyperext. vent")

Crunch - Hands overhead
 Crunches
 Decline Crunch
 Decline Oblique Crunch
 Decline Reverse Crunch
 Gortilla Chin/Crunch
 Oblique Crunches
 Reverse Crunch
 Tuck Crunch

Weighted Sit-Ups
 Side Jackknife
 Seated Barbell Twist
 Seated Flat Bench Leg Pull-In
 Seated Leg Tucks
 *Flat Bench Lying Leg Raise
 *Frog Sit-Ups
 Hanging Leg Raise
 ? Hanging Pike
 ? Jackknife Sit-Up
 ? Janda Sit-Up
 ? Leg Pull-In
 ? Plate Twist
 ? Press Sit-Up
 ? Ab Roller
 Air Bike
 Alternate Heel Touchers
 Barbell Ab Rollout
 Barbell Side Bend
 Bent-knee Hip Raise
 Butt-Ups
 Kernage-bar side bend (Barbell one side weighted between)

traps

TRAPS
 a * Barbell Shrug Behind The Back
 a * Clean Shrug
 b * Dumbbell Shrug
 b * Snatch Shrug
 Standing Dumbbell Upright Row
 b * Upright Row
 High Pull ?

LOWER BACK
 Atlas Stones
 a * Barbell Deadlift (Grip to front, legs under)
 Deadlift with Chains
 ? Deficit Deadlift
 ? Pommel Deadlift
 * Hyperextensions (Back Extensions) bar underneath/through rack + dip bars in place / weight plate
 b * Rack pull
 * Leg/object Load
 * Seated/standing Good Mornings
 * Stiff Leg Barbell Good Mornings
 * Stability Ball Supermans (in seated rack w/ Barbell for stability)
 * Reverse Back Extensions (Off bench) Glute-ham exc.
 * Hise Shings (squat rack/postion - squat w/ Barbell on back)
 * Monkey rows (lighter Dells for ampt) "beat over" standing/seated
 Good mornings (set up similar to rack pull)

conditionals/partials = hyper ext.

WEIGHTS

1500-1900 x 3-4/week ~ m/T/Th/F; 800-1100 x 3-4/week ~ m/T/Th/F; 400-600 x 3-4/week ~ m/T/Th/F; 200-300 x 3-4/week ~ m/T/Th/F

- ① emphasize
- ② lower
- ③ upper body
- ④ spine/trunk/neck

①	②	③	④
Steps (1 leg) Squats Squat → TRM Calves	C & S water walks push press side bends Neck	Deadlift Rows (B&B) Row (DBell) Deadlift hyper-ext. hurdle oblique/lat	Chinks Squats Press water walks water walks calves C&B

4 weeks on 1 week: lighter + higher reps

4 weeks on 1 week off (9th)

Cardio: 5LD 30 min - 1 mile
Sun - Fri. (elliptical → rowing)
Sabbath

RWR: 3x/week min (M/T/Th)
push weights

pull up → chinks → leg
3-4 x 5-10 → water
hurdle ← dips/kick pullup (side of swim hang)

DEADS CHINKS/SIDS SQUATS/PRESS farmer's walk water walk	DEADS CHINKS/SIDS SQUATS/PRESS farmer's walk water walk	DEADS CHINKS/SIDS SQUATS/PRESS farmer's walk water walk	DEADS CHINKS/SIDS SQUATS/PRESS farmer's walk water walk
CLEAN & PRESS PUSH PRESS/JERK WATER WALKS SHRUGS → SIDE BENDS NECK (ext/lex)	PULL PRESS/JERK PUSH PRESS → STAIRS SIDE BEND STANDING PRESS WATER WALKS NECK	PULL PRESS/JERK PUSH PRESS → TRM SIDE BENDS STANDING PRESS WATER WALKS NECK	CLEAN & PRESS PUSH PRESS/JERK WATER WALKS SHRUGS → SIDE BENDS NECK (ext/lex)
STEPS SQUAT STEP-UPS (1 leg) CALVES	STEP-UPS SIDE BEND STANDING PRESS WATER WALKS NECK	STEP-UPS SIDE BENDS STANDING PRESS WATER WALKS NECK	STEPS SQUATS CALVES
STEP-UPS (1 leg) SQUATS PUSH PRESS WATER WALKS NECK	STEP-UPS (1 leg) SQUATS PUSH PRESS WATER WALKS NECK	STEP-UPS (1 leg) SQUATS → TRM SIDE BENDS STANDING PRESS WATER WALKS NECK	STEP-UPS (1 leg) SQUATS → TRM SIDE BENDS PUSH PRESS WATER WALKS NECK

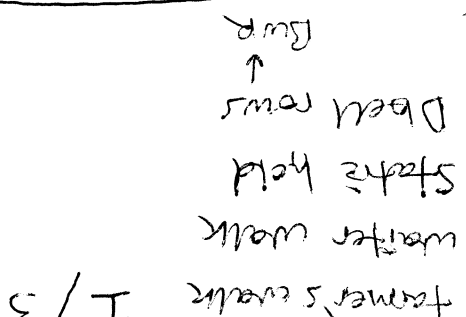
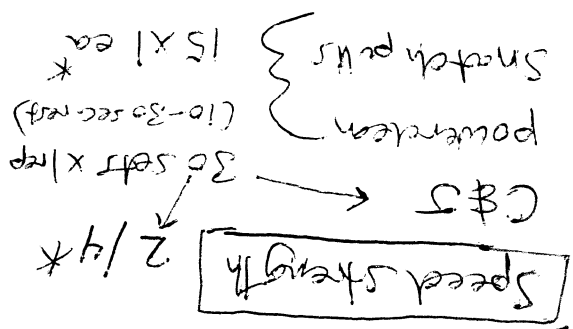
Weights : (7/8 weeks 1 off = cycle)

1 [Supersets: 1st week]	2	3	4
Squats — 5x3 (high bar) Bbell Rows — 5x5 (prone/supinate) Squats — 4-6x1 (front) overhead — 5x3 pre-ers calves — 4x10 (x2)	Deadlift (PL) — 5x3 Deadlift (w/rod) — 5x3 — strength focus — needs to get better Side Bends — 4x5 Twists (light) — 3x10 Shrugs (Bbell/Dbell) — 5x5 Static holds — 3-4x10 Neck (front/side/back) — 3x10	Squats — 5x3 (high bar) push jerk — 4-5x3 Squats — 8x1 (LRM) Farmer's — x3 walk Dbell Rows — 5x5 (x2) Bbell curls — 4x5 (med/wide)	high pulls — (from floor) cleans — Clean-style — Decals Dbell press — (neutral grip)
front squat — 5x3 Zercher — 5x3 LRM squat — 6-8x1 farmer's — x3 walk neck — 3x10 (front/side/back)	clean — 5x3 snatch pulls — 5x3 (from hang) Dbell press — 4-5x3 (x2) waiter walks — x3 (Bbell) alt-curls — 3-4x5 (x2)	Somo Decals — 5x3 SLDs — 5x3-5 Spider lifts — 5x3 (from floor) Snatch Rows — 4-5 x5 Reverse Bbell curls — 4-5 x5	Step-ups — Squats — (4th) Zercher — front squat — (LRM) farmer's — walk neck (front/side/back) —
high pulls — Rows — (Bbell) Shrugs — Rows — (Dbell) curls — (Bbell) chin's — (w/weight) twists (weighted) static holds —	power cleans — Deadlift (PL) — Deadlift (sumo) — SLDs — Dbell Snugs Static holds — 20sec Neck (front/side/back)	clean & press — push press — Dbell press — waiter walks — side bends — twists —	Step-ups — Squats — (4th) Zercher — front squat — (LRM) farmer's — walk neck (front/side/back) —

- (a) front squat 5x3
 Zercher squat 5x3
 LRM squat 6-8x1
 farmer's walk 3 circuits
 neck (front/side/back) 3x10
- (b) clean 5x3
 Snatch pulls 5x3
 Dbell press 4-5x3 (x2)
 waiter walks (Bbell) 3 circuits
 alt-curls 3-4x5 (x2)

- (c) Somo decal 5x3
 SLDs 5x3-5
 Spider lifts 5x3
 (from floor)
 Snatch Rows 4-5x5
 Reverse Bbell curls 4-5x5
- (d) jumps (chore-foot) 3 min
 twists (no weight)
 bodyweight resistance:
 pull-ups (neutral/wide)
 chin-ups
 front pull-ups
 squats + cardio (20-25 min)

- (3) clean & press 4-5x3
 push press — 5x3
 Dbell press — 4-5x3 (x2)
 waiter walks — x3
 side bends — 4-5x5 to
 5-10x3-3x10
- (4) step-ups — 5x3
 Squats — 5x3
 Hack squat — 5x3
 Jefferson pulls
 front squat 8
 (LRM)



OUT

(A) 5x3
5x5
4-6x1
5x3
4x10(x2)
4x5
4-5x3
8x1
3-4 sets
5x5(x2)
4x5

(A/C)

(A) superset
Deadlift (Creg) 5x3
Deadlift (w.o.c) 5x3
Side bends ^{with weights} 4x5
twists (light) 3 sets
(x10-15 rep)
Shrugs (Bbell/Dbell) 5x5
Statice holds 3-4 sets
(x10 sec)
neck (front/back/side) 3x10

4th week

high pulls - 4-6x1-3
Rows (Bbell) - 5x5
Shrugs - 5x5
Rows (Dbell) - 5x5
curls (Bbell) - 5x5
Chins (weight) - 5x5
twists (weight) - 3x10-15
Statice holds - 4x10 sec

2

power cleans - 4-5x3
Deadlift - 5x3
Deadlift (sumo) - 5x3
SLDs - 5x3
Dbell shrugs - 5x5
Statice holds - 20 sec.
neck - x10/ea.
(front/back/side)

1st/2nd week

1

Squats - 5x3
(high bar)
Bbell Rows - 5x5
(prone/supinate)
Squats - 4-6x1
Overhead - 5x3
press
waiker/walks - x4
calves - 4x10(x2)

2

Deadlift - 5x3
Deadlift (w.o.c) - 5x3
SIDE BEMS - 4x5
twists (weight) - 3x10-15
Shrugs (Bbell/Dbell) - 5x5
Statice holds - 3-4 x10 sec
neck (front/back/side) - 3x10

3

Squats - 5x3
(high bar)
push jerks - 4-5x3
Squats - 8x1
(IRM)
farmer's walk - x3
Dbell Rows - 5x5(x2)
Bbell curls - 4x5

4

high pulls - 4-5x3
(from floor)
Cleans - 4-5x3
clean style - 5x3
Deads
winter walk
Dbell press - 4-5x3
(chest)

(4th)

2

power cleans - 4-5x3
Deadlift (PL) - 5x3
Deadlift (sumo) - 5x3
SLDs - 5x3
Dbell shrugs 5x5
Statice holds - 20 sec.
neck (front/side/back) - x10

1

high pulls - 4-6x1-3
Rows (Bbell) - 5x5
Shrugs - 5x5
Rows (Dbell) - 5x5
curls (Bbell) - 5x5
Chins (weight) - 5x5
twists (weight) - 3x10-15
Statice holds - 4x10 sec

1/2

1 Squats - 5x3 (high bar)
Bbell Rows - 5x5 (prone/supinate)
Squats - 4-6x1
overhead - 5x3
press
calves - 4x10(x2)

2 Deadlift - 5x3
Deadlift - 5x3 (w.o.c)
SIDE BENDS - 4x5
twists (light) - 3x10-15
Shrugs - 5x5 (Bbell/Dbell)
Static holds - 3-4 10sec.
neck (front/back/side) - 3x10

3 Squats - 5x3 (high bar)
push jerks - 4-5x3
Squats - 8x1 (1 RM)
Farmer's walk - X3
Dbell Rows - 5x5 (x2)
Bbell curls - 4x5 (med./wide)

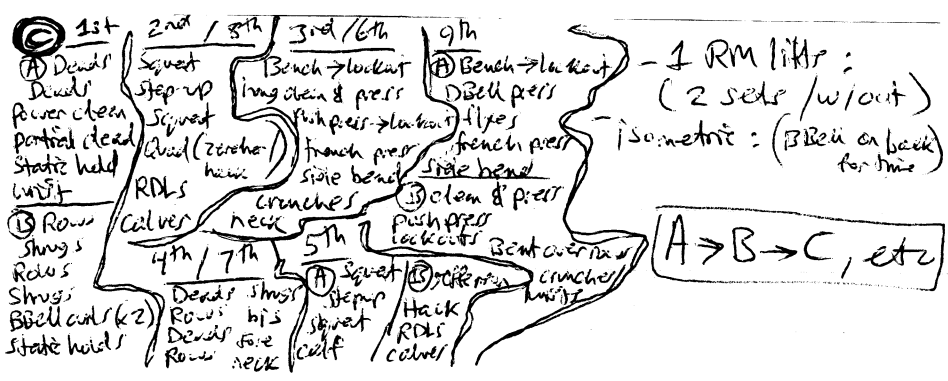
4 high pulls - 4-5x3 (from floor)
cleans - 4-5x3
clean-style - 5x3
Decals
Dbell press - 4-5x3 (neutral grip) (x2)

WORKOUT - WEEKS 1 & 2

1st days: between 2 (1) 2 (2)
*alt. w/ other routines

<p>(A)</p> <p>pull ups ↓ dips ↓ elliptical (20 min)</p>	<p>(B)</p> <p>neck pulls ↓ chin ups ↓ kippys - ext. (weight) 10-20 hike (set form)</p>	<p>2x15</p> <p>neck (front/side)</p> <p>Shrugs 5x5 static holds (10 sec)</p>	<p>push press/overhead 6-8 x 5 static holds (used)</p> <p>3x5 (x2) Bbell Rows 6x5</p>	<p>5x5 (x2) 10x3 5x3 (x2)</p>
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WORKOUT (weights)



WORKOUT week 4

4 high pulls - 4-6x1-3
Rows (Bbell) - 5x5
Shrugs - 5x5
Rows (Dbell) - 5x5
Curls (Bbell) - 5x5
Chins (weight) - 5x5
twists (weight) - 3x10-15
static holds - 4x10 sec.

1 power cleans - 4-5x3
Deadlift (PL) - 5x3
Deadlift (Sumo) - 5x3
SLDs - 5x5
Dbell shrugs - 5x5
static holds - 20sec.
neck (front/side/back) - x10/ea.

1 Squats - 5x3 (high bar)
Bbell Rows - 5x5 (prone/supinate)
Squats - 4-6x1 (front)
Overhead - 5x3
press
calves - 4x10(x2)

2 PL
Deadlift - 5x3
Deadlift - 5x3 (w.o.c)
Side Bends - 4x5
twists (light) - 3x10-15
Shrugs - 5x5 (Bbell/Dbell)
Static holds - 3-4x10 sec.
neck (front/back/side) - 3x10

3 Squats - 5x3 (high bar)
push jerk - 4-5x3
Squats - 8x1 (1 RM)
farmer's walk
Dbell Rows - 5x5 (x2)
Bbell curls - 4x5 (med./wide)

4 high pulls - 4-5x3 (from floor)
cleans - 4-5x3
clean-style - 5x3
Decals
Dbell press - 4-5x3(x2) (neutral grip)

Upper "pulling"	Lower "pulling"	Upper "pushing"	Lower "pushing"
<p>high pulls Rows (B/DBell) Shrugs (B/DBell) Rows (B/DBell) twists (B/DBell)</p>	<p>power cleans DL x 2 RDL/Hacks/Jeff DBell swing static holds neck</p>	<p>Clean & press push press/shoulder press push press Dips/DBell press french press lockouts</p>	<p>Squats (1 RM) Step-ups (B/DBell) Squats x 2 zoocher/stepups (B/O front) squat (1 RM) neck</p>

WORKOUT SCHEDULE

8 weeks on 1 week off (2 cycles)

1st/2nd week

1 Squats - 8 x 1RM
 Overhead press - 5x3
 Farmer's walk - 4 x 1RM
 Calf raises - 4 x 10 (x2)

2 Deadlift - 5x3
 Deadlift (high bar) - 5x3
 Bell Rows (propate/squat) - 5x3
 Shngs (w.o.g) - 5x3

3 Squats - 8 (1RM)
 Squats - 8
 State holds - 3-4 x 10 sec
 neck (front/side/back) - 3x10

4 High pulls - 4-6 x 1-3
 Clean - 5x3
 Snatch pulls - 5x3
 Snatch pulls (from hang) - 5x3
 Bell press - 4-5x3
 Press 1RM - 4-5x3
 farmer's walk - 3x10
 neck (front/squat/back) - 3x10

3rd week

1 front squat - 5x3
 Squat - 5x3
 1RM squat - 6-8
 farmer's walk - 3x3
 neck (front/squat/back) - 3x10

2 Clean - 5x3
 Clean - 5x3
 Snatch pulls - 5x3
 Bell press - 4-5x3
 Press 1RM - 4-5x3
 farmer's walk - 3x3
 neck (front/squat/back) - 3x10

3 Sumo deads - 5x3
 Sumo deads - 5x3
 SLDs - 5x3-5
 Jefferson - 5x3
 Hack pulls * - 5x3
 Snatch - 4-5x3
 Rows - 4-5x3
 farmer's walk - 3x3
 neck (front/squat/back) - 3x10

4 ~~Jefferson~~ - 5x3
 Hack pulls * - 5x3
 Snatch - 4-5x3
 Rows - 4-5x3
 farmer's walk - 3x3
 neck (front/squat/back) - 3x10

4th week

1 high pulls - 4-6 x 1-3
 Rows (DBell) - 5x5
 Shngs - 5x5
 Rows (DBell) - 5x5
 Curls (DBell) - 5x5
 curls (weight) - 5x5
 hds - 20 sec
 State holds - 4 x 10 sec
 neck - 4 x 10/ea.
 neck (front/side/back) - 4 x 10/ea.

2 power - 4-5x3
 power - 4-5x3
 Deadlift - 5x3
 Deadlift - 5x3
 (same)
 SLDs - 5x3
 DBell shngs - 5x5
 State holds - 3x10-15
 farmer's walk - 3x3
 neck (front/side/back) - 4 x 10/ea.

3 Clean & press - 4-5x3
 Clean & press - 4-5x3
 push press - 5x3
 DBell press - 4-5x3 (x2)
 weather walks - 3x3
 State bends - 4-5 x 5-10
 farmer's walk - 3x3
 neck (front/side/back) - 4 x 10/ea.

4 Step-ups 5x3
 Squats - 5x3
 Hack squat - 5x3
 Jefferson pull *
 front squat - 8 (1RM)
 farmer's walk - 3x3
 neck (front/side/back) - 4 x 10/ea.

9th week = fast wed. + Sat. (36 hrs. ea.)

Cardio only + BUR
 Max relax both
 Steps when

BUR: pullups (curse) → med → chumps → dips → squats → squats (3x) 5-10
 dips → squats → squats (3x) 5-10
 pullups (front) → squats (5x) 10
 cardio: 20-30 min
 M/T/TH/F = elliptical
 Exercise:

↑ months * vertical (grip width = extreme stretch)
 ↓ months * vertical (grip width = extreme stretch)
 I repeat (off-grip)

Walking lunges (DBell / DBell)

QUADS

ax Bulgarian split squat

ax Backward Drag

ax Barbell Full squat

bx Barbell Hack squat

bx Barbell Lunge / reverse lunge

ax Barbell side split squat

ax Barbell squat

ax Barbell squat to a bench

ax Barbell step ups

ax Barbell sled drags ?

Box squat

Box squat with bands

Box squat with chains

Car Deadlift ?

Clean from blocks

Clean pull ?

Conan's wheel

bx Dumbbell lunges

DBell leg exts

Dumbbell Rear Lunge ?

Dumbbell squat

Dumbbell squat to a bench

Dumbbell step ups

Frankenstein squat

Freehand Jump squat

Front Barbell squat

Front Barbell squat to a bench

ax Front squat (clean grip)

Hang clean ?

Heavy snatch balance

Jefferson squats (w/ barbell) / ~~squats~~ / box - return

Jerk dip squat ?

Narrow stance squats

Olympic squat

One arm side deadlift

Overhead squat

Power Clean from blocks ?

Power Jerk ?

Power Snatch from blocks ?

Reverse Band Power Squat

Rickshaw Deadlift ?

Sandbag Load

Snatch

Snatch Balance

Snatch from blocks

Speed Squats

Split Clean

Split Jerk

Squat Jerk

Barbell squat

Squat with chains

Tire flip

Weighted Sissy Squat ?

ax Wide Stance Barbell Squat

S*Yoke Walk

ax Zercher squats (full range)

Zercher squats (w/ dumbbell) / (DBell)

*DBell leg ext.

4-5 exercises

DBells

DBells

DBells

DBells

DBells

DBells

DBells

DBells

Page 1 Training permutations

place hands / place hands / place hands /

squats

squats

squats

squats

squats

squats

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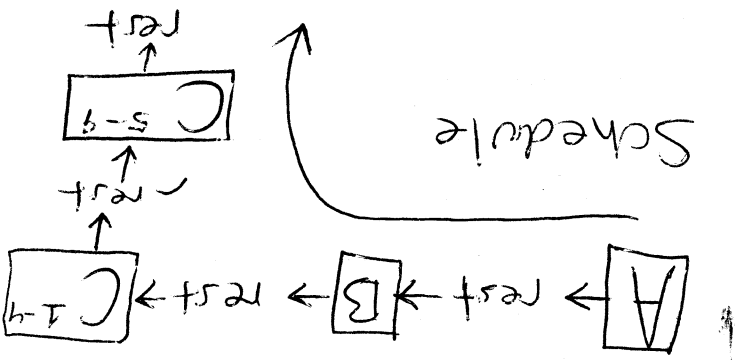
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Schedule



Station A

- 1st: Clean & press, Debell press, high pull, push press, bench press, side bend, truster, crunches, neck
- 2nd: Power cleans, high pull, Debell press, push press, Debell press, front squats, RDLs, traps, neck
- 3rd: Squats (x2), Zercher, hammers, Zercher, front squat, neck
- 4th: Bench, french press, side bends, hang clean & press, push press, neutral press, bent over rows, neck
- 5th: Deads, Rows, Deads, Rows, traps, neck
- 6th: Squats, Zercher, front squat, front squats, RDLs, neck
- 7th: Bench, hanging clean & press, push press, neutral press, high pull, side bend, crunches, neck

Station B

- 1st: Step-ups, Squats (x2), hammers, RDLs, calver
- 2nd/5th: Weighted pickups, Deads, Rows, high pulls, power clean, Zercher, static holds, curls, Shngs, Rows, french press, side bend, crunches / truster
- 3rd/6th: Deads, Rows, high pulls, power clean, Zercher, static holds, curls, Shngs, Rows, french press, side bend, crunches / truster

Station C

- 1st: Deads (x2), Rows, Shngs, power clean, partial dead, static hold, wnt
- 2nd/8th: Squat, Step-up, Squat, Squat (Zercher), RDLs, calver
- 3rd/6th: Bench -> lockout, hang clean & press, push press -> lockout, Deads, Rows, Deads, Rows, Shngs, for, neck
- 4th/7th: Deads, Rows, Deads, Rows, Shngs, for, neck
- 5th: Squat, step up, squat, calf, Jefferson, hams, RDLs, calver
- 9th: Bench -> lockout, Clean & press, push press, lock out, bent over rows, crunches / truster

Station D

- 1st: Rest
- 2nd: Rest
- 3rd: Rest
- 4th: Rest
- 5th: Rest
- 6th: Rest
- 7th: Rest
- 8th: Rest
- 9th: Rest

Notes:

- water walks, fingers, walk, static holds, plank (vert), active, rest
- goose step

