

<b><u>Tuesdays</u></b>	<b><u>Max</u></b>			
Squat	255			
Bench Press	260			
Power Throws	60			
	<b><u>Week 1</u></b>	<b><u>Week 3</u></b>	<b><u>Week 2 &amp; 4</u></b>	<b><u>Week 2 &amp; 4</u></b>
	<b><u>5x5@75%</u></b>	<b><u>5x3@85%</u></b>	<b><u>Velocity@60%</u></b>	<b><u>Acceleration @40%</u></b>
Squat	191	217	153	102
Bench Press	195	221	156	104
Power Throws	45	51	36	24
Dumbbell Bench	3 x 8 @ 80	3 x 8 @ 85	3 x 8 @ 60	3 x 8 @ 60
Wide-Grip Chins	3 x 8 @ 35	3 x 8 @ 40	3 x 8 @ 25	3 x 8 @ 25
Backward Shrugs	3 x 8 @ 205	3 x 8 @ 225	3 x 8 @ 185	3 x 8 @ 185
Hip Adduction	3 x 8 @ 120	3 x 8 @ 120	3 x 8 @ 120	3 x 8 @ 120
Back Extensions	3 x 8 @ 160	3 x 8 @ 160	3 x 8 @ 160	3 x 8 @ 160
Machine Crunches	3 x 8 @ 130	3 x 8 @ 130	3 x 8 @ 130	3 x 8 @ 130
Torso Rotation	3 x 8 @ 110	3 x 8 @ 110	3 x 8 @ 110	3 x 8 @ 110
Leg Extension	3 x 8 @ 70	3 x 8 @ 80	3 x 8 @ 60	3 x 8 @ 60
Leg Curl	3 x 8 @ 50	3 x 8 @ 60	3 x 8 @ 40	3 x 8 @ 40
Machine Flyes	3 x 8 @ 210	3 x 8 @ 220	3 x 8 @ 200	3 x 8 @ 200
Machine Lat Raise	3 x 8 @ 80	3 x 8 @ 90	3 x 8 @ 70	3 x 8 @ 70
Machine Pulldown	3 x 8 @ 210	3 x 8 @ 220	3 x 8 @ 200	3 x 8 @ 200

**Thursdays**                      **Max**

Power Clean	175
Decline Bench	280
Seated Row	365
Shoulder Press	235

	<b><u>Week 2</u></b> <b><u>5x5@75%</u></b>	<b><u>Week 4</u></b> <b><u>5x3@85%</u></b>	<b><u>Week 1 &amp; 3</u></b> <b><u>Velocity@60%</u></b>	<b><u>Week 1 &amp; 3</u></b> <b><u>Acceleration @40%</u></b>
Power Clean	131	149	105	70
Decline Bench	210	238	168	112
Seated Row	274	310	219	146
Shoulder Press	176	200	141	94
Decline Dumbbell Press	3 x 8 @ 85	3 x 8 @ 90	3 x 10 @ 65	3 x 10 @ 65
Dumbbell Rows	3 x 8 @ 90	3 x 8 @ 95	3 x 10 @ 70	3 x 10 @ 70
Dumbbell Shoulder Press	3 x 8 @ 50	3 x 8 @ 55	3 x 10 @ 40	3 x 10 @ 40
Hip Abduction	3 x 8 @ 120	3 x 8 @ 120	3 x 8 @ 120	3 x 8 @ 120
Back Extensions	3 x 8 @ 160	3 x 8 @ 160	3 x 8 @ 160	3 x 8 @ 160
Machine Crunches	3 x 8 @ 130	3 x 8 @ 130	3 x 8 @ 130	3 x 8 @ 130
Torso Rotation	3 x 8 @ 120	3 x 8 @ 120	3 x 8 @ 120	3 x 8 @ 120
Lunges	3 x 8 @ 80	3 x 8 @ 80	3 x 8 @ 80	3 x 8 @ 80
X-Over Decline Flyes	3 x 8 @ 130	3 x 8 @ 130	3 x 8 @ 130	3 x 8 @ 130
Upright Rows	3 x 8 @ 180	3 x 8 @ 180	3 x 8 @ 180	3 x 8 @ 180
Cable Rows	3 x 8 @ 180	3 x 8 @ 180	3 x 8 @ 180	3 x 8 @ 180

