

5 WEEKS OF MODERATE
8 MINUTE PERIODS BETWEEN LIFTS
(WKS 11-15) SPRING WORK-OUT

<u>MONDAY</u>		<u>WEEKS</u>	
<u>FORM RUNS</u>		<u>DYNAMIC</u>	
GROUP 1/45	GROUP 2/35	GROUP 3/25	GROUP 4/25
SQUAT	CHEST PRESS	SL DEADS	HIGH PULLS
8 % SQUAT	65-65-70-70-75		6 X 3
8 % INCLINE	55-55-60-60-65		6 X 3
8 WT KB SWING	KB WEIGHTS		6 X 10
<u>AUXILARY LIFTS</u>			
EZ CURLS	2 X 10	LIGHT TIGHT BENCH	2 X 10
CABLE EXTERNAL	2 X 10	PLATE UPRIGHT ROW	2 X 10
<u>TUESDAY</u>		<u>WEEKS</u>	
<u>WEDNESDAY</u>		<u>WEEKS</u>	
<u>FORM RUNS</u>		<u>DYNAMIC</u>	
GROUP 1/45	GROUP 2/35	GROUP 3/25	GROUP 4/25
SQUAT	CHEST PRESS	SL DEADS	HIGH PULLS
8 % BENCH	65-65-70-70-75		6 X 3
8 % HANG-CLEANS	55-55-60-60-65		6 X 3
8 WT SPEED SQUATS	45-35-25-20		6 X 10
<u>AUXILARY LIFTS</u>			
FRONT SH RAISES	2 X 10	LATERAL SH RAISES	2 X 10
SCISSOR KICKS	2 X 10	STEP OVERS	2 X 10
<u>THURSDAY</u>		<u>WEEKS</u>	
<u>FRIDAY</u>		<u>WEEKS</u>	
<u>FORM RUNS</u>		<u>DYNAMIC</u>	
GROUP 1/45	GROUP 2/35	GROUP 3/25	GROUP 4/25
SQUAT	CHEST PRESS	SL DEADS	HIGH PULLS
8 % POWER-CLEANS	65-65-70-70-75		6 X 3
8 % HEX CLEAN/DEAD	55-55-60-60-65		6 X 3
8 WT SPEED BENCH	135-115-95-85		6 X 10
<u>AUXILARY LIFTS</u>			
PLATE CURLS	2 X 10	PLATE TRICEP EXT	2 X 10
CABLE INTERNAL	2 X 10	KB LAWNMOWER PULL	2 X 10