

5 WEEKS OF HEAVY CYCLE X 2
12 MINUTE PERIODS BETWEEN LIFTS
(WKS 6-10) SPRING WORK-OUT

<u>MONDAY</u>		<u>WEEKS</u>	
<u>FORM RUNS</u>		<u>DYNAMIC</u>	
2 X 10 BAR BENCH		2 X 10 BAR FRONT SQUAT	
2 X 10 BAR SL DEADLIFTS		2 X 10 BAR HANG CLEANS	
12 % SQUAT	50-50-55-55-60	3 X 5 65-70-75-80-85	3 X 3
12 % INCLINE	50-50-55-55-60	3 X 5 60-60-65-65-70	3 X 3
12 WT BAR SNATCH	85-75-65	3 X 5 105-95-85	3 X 3
<u>AUXILARY LIFTS</u>			
EZ CURLS	2 X 10	LIGHT TIGHT BENCH	2 X 10
CABLE EXTERNAL	2 X 10	KB LAWNMOWER	2 X 10
FLUTTER KICKS	2 X 10	FLUTTER CRISS-CROSS	2 X 10
<u>TUESDAY</u>		<u>WEEKS</u>	
<u>WEDNESDAY</u>		<u>WEEKS</u>	
<u>FORM RUNS</u>		<u>DYNAMIC</u>	
2 X 10 BAR BENCH		2 X 10 BAR FRONT SQUAT	
2 X 10 BAR SL DEADLIFTS		2 X 10 BAR HANG CLEANS	
12 % BENCH	50-50-55-55-60	3 X 5 65-70-75-80-85	3 X 3
12 % HANG-CLEANS	50-50-55-55-60	3 X 5 60-60-65-65-70	3 X 3
12 WT FRONT SQUAT	165-145-125	3 X 5 195-165-145	3 X 3
<u>AUXILARY LIFTS</u>			
POGO JUMPS	2 X 10	BAR PUSH PRESS	2 X 10
EZ UPRIGHT ROW	2 X 10	CALF RAISES	2 X 10
THROW DOWNS	2 X 10	BRIDGES	2 X 10
<u>THURSDAY</u>		<u>WEEKS</u>	
<u>FRIDAY</u>		<u>WEEKS</u>	
<u>FORM RUNS</u>		<u>DYNAMIC</u>	
2 X 10 BAR BENCH		2 X 10 BAR FRONT SQUAT	
2 X 10 BAR SL DEADLIFTS		2 X 10 BAR HANG CLEANS	
12 % POWER-CLEANS	50-50-55-55-60	3 X 5 65-70-75-80-85	3 X 3
12 % HEX CLEAN/DEAD	50-50-55-55-60	3 X 5 60-60-65-65-70	3 X 3
12 WT PUSH UPS 1 PLATE	PLYO PUSH-UPS	3 X 5 SQUAT PRESS	3 X 3
<u>AUXILARY LIFTS</u>			
EZ CURLS	2 X 10	LIGHT TIGHT BENCH	2 X 10
CABLE INTERNAL	2 X 10	KB LAWNMOWER	2 X 10
FLUTTER KICKS	2 X 10	FLUTTER CRISS-CROSS	2 X 10