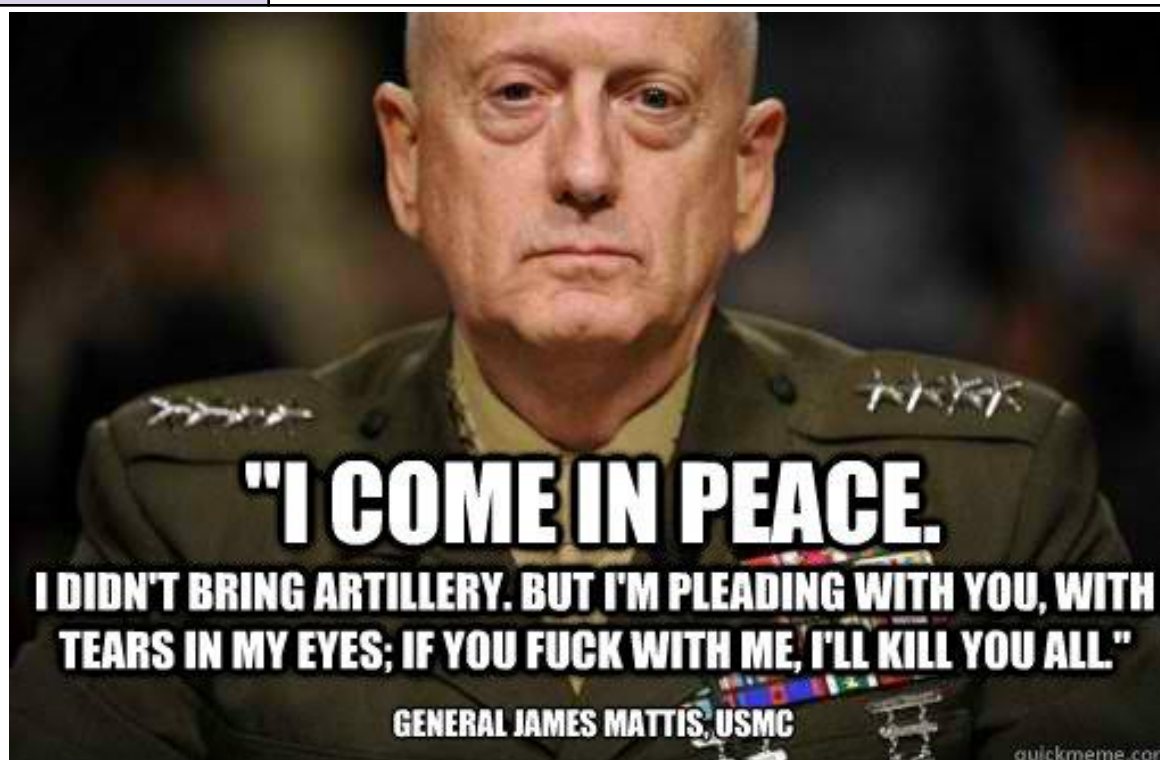
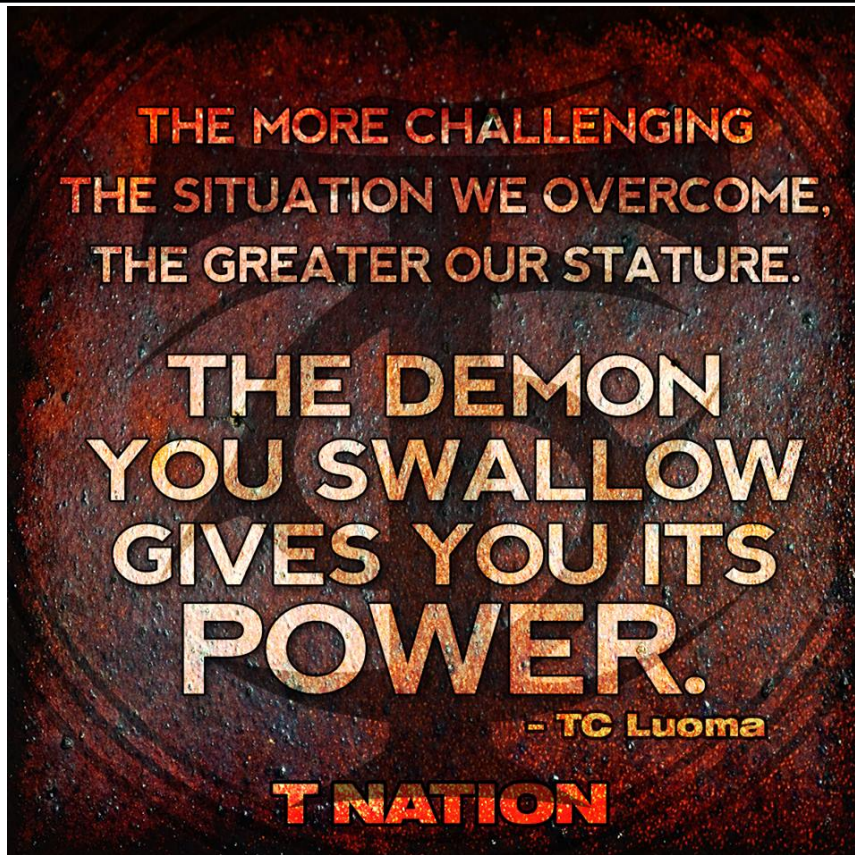


	Monday
Oly- C&J	Find a max in the complex: Hang clean + 2 jerks
Upper Body Split 1	This week concludes our sets of 5. Continue to use the load you used for the sets of 4 on our first run through. - Bench Press- 10x5 - Hang Clean High Pull- 10x5 - HSPU- 3x8* - Bar Muscle Ups- 3x8 *Go strict if possible, even if you have to cut reps. Add deficit if 8 strict HSPU is easy for you.
Conditioning	CFI Class 3-4x Pro Agility Shuttle (5-10-5) -then- 7x 60 meter Hill Sprint + 5 Touch-and Go Power Snatch @ 115/75 lb



	Tuesday
Oly-Snatch	Find a max in the complex: Power Snatch + Hang Snatch
Lower Body	1. A. Overhead Squat- 10x5 B. Deadlift- 10x5

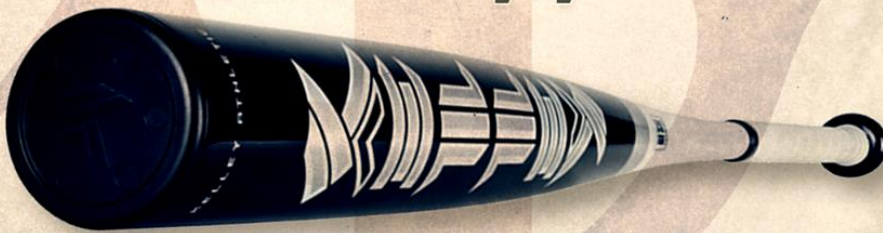
	Wednesday
Conditioning	CFI Class 7 RFT: 7 CTB Pullups 7 Burpees 7 DB Front Squats@ 45-53/30-35 # 7 Handstand Pushups



	Thursday
Conditioning	CFI Class Conditioning 5 RFT 30 DUs 15 Pushups 200m Row -rest 1 min-
Upper Body Split 2	1. A. Shoulder Press- 10x5 B. Hang Snatch High Pull- 10x5 2. A. Bar Dips, weighted- 3x8, 30X0 tempo B. Kroc Rows- 3x8, 30X0 tempo

I have heard
there are troubles
of more than one kind.
Some come from ahead and
some come from behind.

**But I've bought a BIG BAT.
I'm all ready you see.**



**NOW MY TROUBLES ARE GOING
TO HAVE TROUBLES WITH ME.**

T NATION - Dr. Seuss

	Friday
Oly	Jerk 5x3 @ 75-80% *This should be technique work at a challenging but doable load. If you have any misses, lighten the load. Drop each jerk on the blocks between reps if possible.
Lower Body Split	1. A. Front Squat- 10x5 B. GHR- 10x5 2. A. Stiff Legged Deadlifts - 3x8 B. Weighted Step-ups, front rack, 18"/16" box- 3x8

	Thunderdome Saturday
	I call today "All the Strongman work we've been skipping because we're too tired from these murderous workouts." Strongman Medley 1: For time: 2x25m sandbag zercher carry @ ~200#/135# 2x25m kettlebell farmer's carry @ 106+88/ 70+62 2x25m prowler push @ prowler+140/ prowler+90 *Run 2-3x to get your best time, then setup Medley 2 and do the same* Strongman Medley 2: For time: Keg load to a high platform @ light keg Keg load to a medium platform @ medium keg Keg load to a low platform @ heavy keg 30' backward sled drag @ really heavy sled *Athlete must pull the sled by gripping two attached chains (the big ones). No supple polymer straps today.