

Max legs

- Week 1--4x2 low box squat (195,195,195,205)
 - Week 2--4x2 low box squat (195,205,215,215)
 - Week 3--4x2 low box squat (215,215,215,205 **tweaked rib**)
- 5x5 BB good mornings (96,105,115,115,115)(115,115,120,120) (115,120,120,125,125)
- 4x15-20 BB reverse hyper (20,20,25,30)(20,30,30,30)
- 3x5 Chin-ups

Speed press

- 12x2 BB bench w/ doubled red bands (55)
 - 10x2 bench w/ doubled red bands (60)
 - 8x2 bench w/ doubled red bands (65)
- 4x5 floor press (115)(115,115,115,120)(115,120,120,120)
- 4x10 DB side raise (8)(8)(8,10,10,10)
 - 4x8 EZ curl (45)(45,45,50,50)(45,50,50,50)

Active recovery

- 2000m slow row
- Stretch

Speed legs

- Week 1--12x2 BB front squat w/ bands (white)(75)
 - Week 2--10x2 front squat w/ bands (white)(75)
 - Week 3--8x2 front squat w/ bands (white)(80x4; 95x4)
- 3x3 DL (heavy but clean!)(225)(225,235,235)(235,245,245)
- 3x::20 back extension holds w/ med ball (15,20,20)(20)(20)
 - 3x12-15 DB Kroc rows (40)(40)(40)

Max press

- Week 1--4x2 BB close grip bench (115)
 - Week 2--4x2 BB close grip bench (115,120,120,120)
 - Week 3--4x2 BB close grip bench (105,115,125,130 **failed**)
- 5x3 BB incline bench (110)(105,115,115,115,115)(105,115
- 3x12-15 cable pushdowns
 - 3x12-15 band external rotations

Active recovery

- :5 sustained sled pull (finish :5 at 7/10 difficulty)
- 2x10 push-ups
 - 2x10 very light pulldowns
- Stretch