Name:	ame:										_ Phase 1-Day 1 Lifting-Throwers														
Exercise 6-5-4-3 Front Squat Heavy	Date and Weight Lifted																								
8-6-4 Tricep OH w/ BB																									
6-5-4-3 Power Clean Heavy																									
8-6-4 DB Incline Bench																									
3x30 Low- High-Low Plate Swings																									
8-6-4 Power Snatch <i>LIGHT</i>																									
8-6-4 Upright Row																									

Abs for Day 1 Lift; 20 seconds on 40 seconds off:

- 2x leg lifts. Feet together, legs straight.
- 2x Back-ups. On stomach, don't tough the ground in between reps.
- 2x ground matrix. One w/ left arm down, one w/ right arm down.

- 2x swimmies kicks. Feet off ground, alternate left-right leg lifting.
- 2x leg tucks. Push-up position. Feet out, feet in, together.
- 2x toe touch with feet together and up in the air