

Name: _____

Phase 1-Day 2 Lifting-Throws

| Exercise | Date and Weight Lifted | | | | | | | | | | | | | | | | | | | | | | | |
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| 6-5-4-3 Power Snatch Heavy | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-6-4 Lat Pull Down | | | | | | | | | | | | | | | | | | | | | | | | |
| 6-5-4-3 Dead Lift | | | | | | | | | | | | | | | | | | | | | | | | |
| 3x8 Cable Flys, meet in middle | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-6-4 Power Clean <i>LIGHT</i> | | | | | | | | | | | | | | | | | | | | | | | | |
| 8-6-4 Bench Press | | | | | | | | | | | | | | | | | | | | | | | | |
| 3x 2 times up and down steps with weight, every other step | | | | | | | | | | | | | | | | | | | | | | | | |

- Abs for Day 2 Lift:
- 2x40 crunches to right side
 - 2x40 crunches to left side
 - 2x40 crunches to center
 - 2x40 back-ups