

Generals Wrestling: Commitment Required

This off-season strength program is not required, but is strongly recommended. Our goal is to win the Centennial Conference, and the first step towards achieving this goal is to hit the weights hard; this is where you decide how successful you will be! As your coaches, we will ensure that you will not be out-tough, out-conditioned, or out-coached, but you must be willing and committed to do what it takes to be successful when we're not around. **Success is a lifestyle, not a hobby!** We believe that if you put in proper time and effort, that you can do great things on the mat, in the classroom, and in life. In order to maximize this success, we expect you to make the following commitments to Generals Wrestling:

- **I will work to become better every day.**
- **I will be on time and prepared for practice and class.**
- **I will be disciplined and respectful as a student and wrestler.**
- **I will work hard in the off-season to increase my strength, agility, and quickness.**

**Winners work hard during the season, but
CHAMPIONS ARE BUILT
IN THE OFF-SEASON**

GENERALS WRESTLING

STUD CLUB

The following lifts are required to be a member of the Generals Wrestling “Stud Club”, and must be completed in the presence of Coach Bennett. All lifts must be completed in the same session. Stud Club members receive a Stud Club shirt and their name on a wall.

- 1. Power Clean – 125 % of body weight**
- 2. Bench Press* - 150 % of body weight**
- 3. Squat* - 200 % or Hip Sled – 300 %**
- 4. Seated Military Press* - 100 %**
- 5. 42 Perfect Push-ups – continuous**

Feet together, back, butt, and legs straight, start up, elbows bend to 90 degrees on down rep, rest in up position, fail if anything touches the ground other than hands and feet, or hands or feet leave the ground.

- 6. 50 Perfect Sit Ups – continuous**

Partner holds feet, arms crossed, elbows touch knees every rep, shoulder blades touch ground, max 2 seconds rest between reps, fail if butt or feet leave ground or arms come uncrossed.

- 7. 1.5 miles** - 11 minutes (on track)**

1 – 4 done in exact order, 5 minute rest between each

5 – 7 done in exact order, 2 minute rest between 5 & 6, 15 minutes between 6 & 7

* Spotter may give a lift-off, but then may not touch bar until lift is completed

** Adjusted for anyone who weighs more than Coach Bennett

Week of 6/9/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 30 %	3 x 4 @ 40 %		
* Incline DB Bench	4 x 6 @ 15 %			
NG Pull-Ups	4 x 5 @ BW			
# Chalice Squat	4 x 5 @ 15 %			
Pistol Squat	4 x 6 @ BW			
GHR	3 x 10 @ BW			
Bicep Choice	2 x 10 – 15 x			
Tricep Choice	2 x 10 – 15 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Clean	5 @ 50 %	4 @ 70 %	3 x 4 @ 80 %	
Squats	8 @ 50 %	8 @ 70 %	3 x 6 @ 80 %	
Close-Grip Bench	2 x 10 – 15 x			
Chin-Ups	2 x max			
# RDL	8 @ 55 %	3 x 8 @ 60 %		
Rear Delt Raise	2 x 10 – 15 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 70 %	3 x 4 @ 80 %	
Push-Jerk	2 x 5 x	2 x 4 x		
Bench Press	8 @ 50 %	8 @ 70 %	3 x 6 @ 80 %	
Pull-Ups	6 @ BW	5 @ BW + 10 %	2 x max @ BW + 10 %	
# Step-Ups	8 @ 20 %	2 x 8 @ 25 %		
Upright Row	2 x 10 – 15 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 6/16/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean and Jerk	5 @ 40 %	4 x 4 @ 50 %		
MB Push-Ups	4 x 8			
Bentover Row	4 x 8 @ 50 %			
# Chalice Squat	4 x 5 @ 15 %			
1-Leg Squat	4 x 6 @ BW			
GHR	10 @ BW	3 x 8 @ BW + 10 %		
Bicep Choice	3 x 8 – 12 x			
Tricep Choice	3 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	5 @ 60 %	3 @ 80 %	4 x 2 @ 90 %	3 @ 60 %
Squats	6 @ 60 %	5 @ 80 %	4 x 2 @ 90 %	5 @ 50 %
DB Bench	2 x 8 – 12 x			
Lat Pull	2 x 8 – 12 x			
# RDL	8 @ 55 %	3 x 6 @ 65 %		
Horizontal Pull-Up	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 70 %	3 x 4 @ 80 %	
Push-Jerk	2 x 5 x	2 x 4 x		
Bench Press	6 @ 60 %	5 @ 80 %	4 x 2 @ 90 %	5 @ 50 %
Pull-Ups	6 @ BW	5 @ BW + 10 %	2 x max @ BW + 15 %	
# Step-Ups	8 @ 20 %	2 x 8 @ 30 %		
DB Lateral Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 6/23/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 40 %	5 x 3 @ 45 %		
* Incline DB Bench	6 x 5 @ 20 %			
NG Pull-Ups	6 x 5 @ BW			
# Chalice Squat	6 x 5 @ 15 %			
Pistol Squat	6 x 5 @ BW			
GHR	10 @ BW	3 x 6 @ BW + 15 %		
Bicep Choice	3 x 6 – 8 x			
Tricep Choice	3 x 6 – 8 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Clean	5 @ 55 %	4 @ 72.5 %	3 x 3 @ 85 %	
Squats	8 @ 50 %	8 @ 72.5 %	3 x 4 @ 85 %	
Close-Grip Bench	3 x 6 – 8 x			
Chin-Ups	3 x max			
# RDL	8 @ 55 %	3 x 8 @ 60 %		
Rear Delt Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 72.5 %	3 x 3 @ 85 %	
Push-Jerk	2 x 5 x	3 x 3 x		
Bench Press	8 @ 50 %	8 @ 72.5 %	3 x 4 @ 85 %	
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 15 %	
# Step-Ups	8 @ 20 %	2 x 6 @ 35 %		
Upright Row	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 6/30/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean and Jerk	5 @ 50 %	5 x 3 @ 60 %		
MB Push-Ups	6 x 5			
Bentover Row	6 x 5 @ 50 %			
# Chalice Squat	6 x 5 @ 15 %			
1-Leg Squat	6 x 5 @ BW			
GHR	8 @ BW + 10 %	3 x max @ BW + 20 %		
Bicep Choice	3 x 8 – 12 x			
Tricep Choice	3 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	5 @ 60 %	2 x [4 @ 70 %, 3 @ 85 %, 2 x 1 @ 95 %]		3 @ 60 %
Squats	6 @ 60 %	3 @ 85 %	4 x 1 @ 95 %	5 @ 50 %
DB Bench	2 x 8 – 12 x			
Lat Pull	2 x 8 – 12 x			
# RDL	6 @ 60 %	3 x 4 @ 70 %		
Horizontal Pull-Up	3 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Snatch	5 @ 50 %	2 x [3 @ 85 %, 2 x 1 @ 95 %]		4 @ 50 %
Push-Jerk	2 x 5 x	3 x 3 x		
Bench Press	6 @ 60 %	3 @ 85 %	4 x 1 @ 95 %	5 @ 50 %
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 20 %	
# Step-Ups	8 @ 25 %	2 x 5 @ 40 %		
DB Lateral Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 7/7/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 40 %	4 x 4 @ 45 %		
* Incline DB Bench	6 x 5 @ 20 %			
NG Pull-Ups	6 x 5 @ BW			
# Chalice Squat	6 x 5 @ 15 %			
Pistol Squat	6 x 5 @ BW			
GHR	10 @ BW	3 x max @ BW + 20 %		
Bicep Choice	2 x 8 – 12 x			
Tricep Choice	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	5 @ 55 %	2 x 3 @ 82.5 %	3 x 2 @ 90 %	
Squats	8 @ 50 %	2 x 4 @ 82.5 %	3 x 2 @ 90 %	
Close-Grip Bench	2 x 8 – 12 x			
Chin-Ups	2 x max			
# RDL	8 @ 55 %	3 x 6 @ 65 %		
Rear Delt Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 72.5 %	3 x 3 @ 85 %	
Push-Jerk	2 x 5 x	3 x 3 x		
Bench Press	8 @ 50 %	2 x 4 @ 82.5 %	3 x 2 @ 90 %	
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 15 %	
# Step-Ups	8 @ 25 %	2 x 6 @ 35 %		
Upright Row	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 7/14/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 40 %	2 x 4 @ 45 %		
* Incline DB Bench	3 x 6 @ 20 %			
NG Pull-Ups	3 x 5 @ BW			
# Chalice Squat	2 x 5 @ 15 %			
Pistol Squat	2 x 6 @ BW			
GHR	10 @ BW	2 x 8 @ BW + 10 %		
Bicep Choice	2 x 8 – 12 x			
Tricep Choice	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Test

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	4 @ 50 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.
Squats	5 @ 60 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.

Test

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Snatch	4 @ 50 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.
Bench Press	5 @ 60 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.
Pull-Ups	5 @ BW	max reps @ BW = _____		

Week of 7/21/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 30 %	3 x 4 @ 40 %		
* Incline DB Bench	4 x 6 @ 15 %			
NG Pull-Ups	4 x 5 @ BW			
# Chalice Squat	4 x 5 @ 15 %			
Pistol Squat	4 x 6 @ BW			
GHR	3 x 10 @ BW			
Bicep Choice	2 x 10 – 15 x			
Tricep Choice	2 x 10 – 15 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Clean	5 @ 50 %	4 @ 75 %	3 x 2 @ 85 %	
Squats	8 @ 50 %	6 @ 75 %	3 x 4 @ 85 %	
Close-Grip Bench	2 x 10 – 15 x			
Chin-Ups	2 x max			
# RDL	8 @ 55 %	3 x 8 @ 60 %		
Rear Delt Raise	2 x 10 – 15 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 70 %	3 x 4 @ 80 %	
Push-Jerk	2 x 5 x	2 x 4 x		
Bench Press	8 @ 50 %	6 @ 75 %	3 x 4 @ 85 %	
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 10 %	
# Step-Ups	8 @ 20 %	2 x 8 @ 30 %		
Upright Row	2 x 10 – 15 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 7/28/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean and Jerk	5 @ 40 %	5 x 3 @ 50 %		
MB Push-Ups	6 x 5			
Bentover Row	6 x 5 @ 50 %			
# Chalice Squat	6 x 5 @ 15 %			
1-Leg Squat	6 x 5 @ BW			
GHR	10 @ BW	3 x 6 – 8 @ BW + 15 %		
Bicep Choice	3 x 8 – 12 x			
Tricep Choice	3 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	5 @ 60 %	3 @ 82.5 %	4 x 1 @ 95 %	3 @ 60 %
Squats	6 @ 60 %	5 @ 82.5 %	4 x 1 @ 95 %	5 @ 50 %
DB Bench	2 x 8 – 12 x			
Lat Pull	2 x 8 – 12 x			
# Single-Leg RDL	8 @ 35 %	3 x 5 @ 45 %		
Horizontal Pull-Up	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Snatch	5 @ 50 %	3 @ 80 %	3 x 2 @ 90 %	
Push-Jerk	2 x 5 x	2 x 4 x		
Bench Press	6 @ 60 %	5 @ 82.5 %	4 x 1 @ 95 %	5 @ 50 %
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 15 %	
# Step-Ups	8 @ 20 %	2 x 5 @ 40 %		
DB Lateral Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 8/4/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 40 %	6 x 2 @ 45 %		
* Incline DB Bench	8 x 3 @ 20 %			
NG Pull-Ups	8 x 3 @ BW			
# Chalice Squat	8 x 5 @ 15 %			
Pistol Squat	8 x 3 @ BW			
GHR	10 @ BW	3 x 8 – 10 @ BW + 10 %		
Bicep Choice	3 x 6 – 8 x			
Tricep Choice	3 x 6 – 8 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Clean	5 @ 55 %	3 @ 80 %	3 x 2 @ 90 %	
Squats	8 @ 50 %	5 @ 80 %	3 x 2 @ 90 %	
Close-Grip Bench	3 x 6 – 8 x			
Chin-Ups	3 x max			
# RDL	8 @ 55 %	3 x 5 @ 70 %		
Rear Delt Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 72.5 %	3 x 3 @ 85 %	
Push-Jerk	2 x 5 x	3 x 3 x		
Bench Press	8 @ 50 %	5 @ 80 %	3 x 2 @ 90 %	
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 17.5 %	
# Step-Ups	8 @ 25 %	2 x 6 @ 35 %		
Upright Row	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 8/11/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean and Jerk	5 @ 50 %	6 x 2 @ 60 %		
MB Push-Ups	8 x 3			
Bentover Row	8 x 3 @ 50 %			
# Chalice Squat	8 x 5 @ 15 %			
1-Leg Squat	8 x 3 @ BW			
GHR	8 @ BW + 10 %	3 x max @ BW + 20 %		
Bicep Choice	3 x 8 – 12 x			
Tricep Choice	3 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	5 @ 60 %	2 x [4 @ 70 %, 2 @ 87.5 %, 2 x 1 @ 100 %]		3 @ 60 %
Squats	6 @ 60 %	3 @ 87.5 %	4 x 1 @ 100 %	5 @ 50 %
DB Bench	2 x 8 – 12 x			
Lat Pull	2 x 8 – 12 x			
# Single-Leg RDL	5 @ 40 %	3 x 3 @ 50 %		
Horizontal Pull-Up	3 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Snatch	5 @ 50 %	2 x [3 @ 85 %, 2 x 1 @ 95 %]		4 @ 50 %
Push-Jerk	2 x 5 x	3 x 3 x		
Bench Press	6 @ 60 %	3 @ 87.5 %	4 x 1 @ 100 %	5 @ 50 %
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 30 %	
# Step-Ups	8 @ 25 %	2 x 5 @ 45 %		
DB Lateral Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 8/18/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 40 %	4 x 4 @ 45 %		
* Incline DB Bench	4 x 6 @ 20 %			
NG Pull-Ups	4 x 5 @ BW			
# Chalice Squat	4 x 5 @ 15 %			
Pistol Squat	4 x 6 @ BW			
GHR	10 @ BW	3 x max @ BW + 20 %		
Bicep Choice	2 x 8 – 12 x			
Tricep Choice	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Lower-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	5 @ 55 %	2 x 3 @ 82.5 %	3 x 2 @ 90 %	
Squats	8 @ 50 %	2 x 4 @ 82.5 %	3 x 2 @ 90 %	
Close-Grip Bench	2 x 8 – 12 x			
Chin-Ups	2 x max			
# RDL	8 @ 55 %	3 x 6 @ 65 %		
Rear Delt Raise	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Upper-Body Emphasis

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Hang Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Hang Snatch	5 @ 50 %	4 @ 72.5 %	3 x 3 @ 85 %	
Push-Jerk	2 x 5 x	3 x 3 x		
Bench Press	8 @ 50 %	2 x 4 @ 82.5 %	3 x 2 @ 90 %	
Pull-Ups	6 @ BW	5 @ BW + 10 %	3 x max @ BW + 20 %	
# Step-Ups	8 @ 25 %	2 x 6 @ 35 %		
Upright Row	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Week of 8/25/08

Dynamic Lift

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch-Squat	5 @ 40 %	2 x 4 @ 45 %		
* Incline DB Bench	3 x 6 @ 20 %			
NG Pull-Ups	3 x 5 @ BW			
# Chalice Squat	2 x 5 @ 15 %			
Pistol Squat	2 x 6 @ BW			
GHR	10 @ BW	2 x 8 @ BW + 10 %		
Bicep Choice	2 x 8 – 12 x			
Tricep Choice	2 x 8 – 12 x			

* = % of Bench max in each hand

BW = body weight

= % of squat max

Test

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Clean Pull	5 @ 45 pounds	5 @ 67 pounds		
Clean	4 @ 50 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.
Squats	5 @ 60 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.

Test

Exercise	Sets & Reps	Sets & Reps	Sets & Reps	Sets & Reps
Snatch Pull	5 @ 45 pounds	5 @ 67 pounds		
Snatch	4 @ 50 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.
Bench Press	5 @ 60 %	3 @ 80 %	1 @ 90 %	max reps @ 95 % _____ reps @ _____ wt.
Pull-Ups	5 @ BW	max reps @ BW = _____		