Wednesday		Week 1	week 2	week 3	week 4	week 5	week 6
Power Clean	Set/Rep	5x5	5x5	5x5	5x5	5x5	5x5
	Weight						
Bent Row	Set/Rep	3x8	3x8	3x8	3x8	3x8	3x8
	Weight						
Incline Press	Set/Rep	5x5	5x5	5x5	5x5	5x5	5x5
	Weight						
Bar Curls	Set/Rep	3x8	3x8	3x8	3x8	3x8	3x8
	Weight						
Dead Lift	Set/Rep	3x10	3x8	3x8	3x8	3x8	3x8
	Weight						
DB Shrugs	Set/Rep	3x10	3x10	3x10	3x10	3x10	3x10
	Weight						
Pull ups	Set/Rep	3x10	3x10	3x10	3x10	3x10	3x10
w/asst. if needed							
Core abs routine	Set/Rep	2x	Plank, Bicycle, Superman, Scissors Sml, Scissors Lg, 6 in lift, Crunches, Lats Lt, Lats Rt				
		30sec/45sec					
10 in 60		Make one	Make one	Make one	Make one	Make one	Make one
Endurance run		30 minutes					
Ladder workout		see routine					