

TEST ACCOUNT

			М	ONDA	Y - OCT.	11, 202	21						
Workout	S	et 1	Se	Set 2		Set 3		Set 4		Set 5		6	
	Resul	t Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
Warm-Up	Mobil Squar Stir th Overh Band Band Botto	ed walk lity Sticl t hold 2 ne pot 3 head Pr ed shou ed lat pom up K	x20secs 8x10	+ hold	5secs p	ronated	2x5						
	Front	retch 3 squat 3		x5									
Barbell Back Squat		5		5		5		5		5			
		87%		87%		87%		87%		87%			
	previo		5x5 +5lbs					ī		ı			
Barbell Overhead Press		5		5		5		5		5			
		78% 78% 78% 78% 78% O00/ 5 www.											
	90% 5r	_		1 2		1 2	1		1	2			
Power Clean		2		2		2	0.0	2	0.5	2	0.5	2	
											85	90	
Cooldown	Back lats Chest Box s Forwa Floor Quad	TRX stretch variations: Back & Shoulders - Lean back, chest parallel to floor, head through arms + twist to stretch lats Chest & Shoulders - Lean forward, open arms to a 'T' stretch chest Box stretches: Forward lunge to box + twist, pigeon, swipe leg across to stretch glutes (each side) Floor stretches: Quads - laying hurdler 90/90 mobilization											
			WEI	ONESD	AY - OC	T. 13, 2	021						
Workout	Set	1	Set	2	Set	Set 3		Set 4		Set 5		Set 6	
WOIKOUL	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	

				WED	NESDA	4Y - OC	T. 13, 2	021					
Workout	Set 1			Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Re	os Re	sult	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
	Mobili	d wall ty Stic hold 2	2x20sec	CS .									
Warm-Up	Bench: Rhomboid rows 3x10 Banded ext rotation + hold 2x5 Banded pullovers 3x6 Sumo Deadlift: Adductor quadruped rollback 3x8												
	Quadr	i	bench	abduci		(5	2	T			2	Τ	
Barbell Back Squat		2 _{70%}		700/	2	70	2	70/	2	70	2		
barbell back squat	80% Mo		l 5lbs	70%		70% 70%				70	%		
		3	1		3		3		3		3		
Barbell Bench Press	7	70%		70%		70		709		70			
	90% previous Monday												
		5			5		5						
Sumo deadlift	6	55%		65%		65	%						
	80% previous Monday												
Cooldown	Back 8 Chest	k Shoι & Sho retche	ulders es:	Lean k - Lean	forwar	d, open	arms to	loor, hea a 'T' stre	etch che	est		to stretch	n lats
	Floor stretches: Quads - laying hurdler 90/90 mobilization												
				FI	RIDAY	- OCT. ′	15, 202′	I					
\A/= ::1 : = : : +	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		
Workout	Re	sult	Reps	Resul	_					Result	Reps	Result	Reps

			FRI	DAY -	OCT. 15,	2021						
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set	6
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Warm-Up	Squat: Banded walk 2min Mobility Stick Squat hold 2x20secs Stir the pot 3x10 Sumo Deadlift: Adductor quadruped rollback 3x8 Quadruped bench abductions 3x5 Overhead Press: Banded shoulder flexion 3x6 Banded lat pulldowns + hold 5secs pronated 2x5											
Davida III Davida Correct	Bottom	up Kett			•	1ated 2	X5					
Barbell Back Squat	87% Previous week Friday + 5lbs											
	Previous v	5	ay + 5105									
Barbell Overhead	87											
Press	5rm	70	<u> </u>		l				<u> </u>			
		5										
Sumo deadlift	87											
	previous Friday +5lbs											
Cooldown	TRX stretch variations: Back & Shoulders - Lean back, chest parallel to floor, head through arms + twist to stretch lats Chest & Shoulders - Lean forward, open arms to a 'T' stretch chest Box stretches: Forward lunge to box + twist, pigeon, swipe leg across to stretch glutes (each side)										etch	
	Floor stretches: Quads - laying hurdler 90/90 mobilization											
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