



TEST ACCOUNT

MONDAY - OCT. 11, 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 Overhead Press: Banded shoulder flexion 3x6 Banded lat pulldowns + hold 5secs pronated 2x5 Bottom up Kettle bell press 3x5 Clean: Lat stretch 3x3 Front squat 3x5 Straight arm lat pull 3x5											
Barbell Back Squat		5		5		5		5		5		
	87%		87%		87%		87%		87%			
	previous week 5x5 +5lbs											
Barbell Overhead Press		5		5		5		5		5		
	78%		78%		78%		78%		78%			
	90% 5rm											
Power Clean		2		2		2		2		2		2
	85%		85%		85%		85%		85%		85%	
	90% 2rm											
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) Floor stretches: Quads - laying hurdler 90/90 mobilization											

WEDNESDAY - OCT. 13, 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

WEDNESDAY - OCT. 13, 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 Bench: Rhomboid rows 3x10 Banded ext rotation + hold 2x5 Banded pullovers 3x6 Sumo Deadlift: Adductor quadruped rollback 3x8 Quadruped bench abductions 3x5											
Barbell Back Squat		2		2		2		2		2		
	70%		70%		70%		70%		70%			
	80% Monday + 5lbs											
Barbell Bench Press		3		3		3		3		3		
	70%		70%		70%		70%		70%			
	90% previous Monday											
Sumo deadlift		5		5		5						
	65%		65%		65%							
	80% previous Monday											
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) Floor stretches: Quads - laying hurdler 90/90 mobilization											

FRIDAY - 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

FRIDAY - 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 Bottom up Kettle bell press 3x5											
Barbell Back Squat		5										
	87%											
	Previous week Friday + 5lbs											
Barbell Overhead Press		5										
	87%											
	5rm											
Sumo deadlift		5										
	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) Floor stretches: Quads - laying hurdler 90/90 mobilization											
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