

Warm up Circuit

Complete exercise in continuous fashion x 3

No Rest between sets of exercises

Exercise 1.: Start with weight up at shoulders and the jerk weight to the top (shoulder press like). The return weight to knee level, then clean weight to shoulder level. Then weights down to knee level again and clean to shoulders and once at shoulders go straight down into a squat position (fully lowered) and then push up with legs whilst dumbbells are at shoulders still. The repeat (x3)

1. Dumbbell hybrid 00229



3 Reps only

Rest	Moderate											
10/29/2007 Mon												
10/31/2007 Wed												
11/2/2007 Fri												
11/5/2007 Mon												
11/7/2007 Wed												
11/9/2007 Fri												
11/12/2007 Mon												
11/14/2007 Wed												
11/16/2007 Fri												
11/19/2007 Mon												
11/21/2007 Wed												
11/23/2007 Fri												
11/26/2007 Mon												
11/28/2007 Wed												
11/30/2007 Fri												

2. Smith rack pull up horizontal 00304



3 reps only
Explosive up and then catch and control lowering

Rest	Explosive											
10/29/2007 Mon												
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11/2/2007 Fri												
11/5/2007 Mon												
11/7/2007 Wed												
11/9/2007 Fri												
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