

SESSION 1	Set (kg lifted)				
	1	2	3	4	5
1 Bench or Hang Cleans					
2 Split Squat					
3 Supine Row					
4 Vertical Push					
5 ASC					
Trunk					
Glute/Ham					
SESSION 2	Set (kg lifted)				
	1	2	3	4	5
1 Squat & Press					
2 Prone Row					
3 Step Up					
4 RDL					
5 ASC					
Back & Shoulder					
Neck					
Session 3	Set (kg lifted)				
	1	2	3	4	5
1 Squat or Hang Cleans					
2 Vertical Push					
3 Horizontal Pull					
4 Vertical Pull					
5 ASC					
Choose x 2 of ASC					

Set recovery in (brackets)

Sets & Rep			
07-Dec	14-Dec	21-Dec	28-Dec
Week 1	Week 2	Week 3	Week 4
3-4 x 6 (2')	4 x 6 (2.5')	4 x 5 (3')	5 x 5 (3')



ASC - Trunk

30-60s each x 2-3

1	Slow Row	1	Renegade Row
2	SL Lowers	2	Dish
3	Dish Side R	3	Bear Crawl Shoulder Taps
4	Dish Side L	4	Side Plank Left
5	Plank or Rest	5	Side Plank Right

ASC - Glute/Ham

30-60s each x 1

1	Adductor Bridge (knee / Left)	1	DL Iso Hamstring Bridge (120°)
2	Adductor Bridge (knee / Right)	2	SL Glute Bridge L
3	SL Hamstring Bridge L (90°)	3	SL Glute Bridge R
4	SL Hamstring Bridge R (90°)	4	DL Hamstring Bridge (120°)
5	DL Hamstring Bridge (120°)	5	DL Glute Bridge w/adductor squeeze

ASC - Back & Shoulder

30-45s each x 2-3

1	YTW	1	Single Arm Row R
2	Reverse Fly	2	Single Arm Row L
3	Upright Row	3	Kneeling Press R
4	Lateral Raise	4	Kneeling Press R
5	Supine Pullover	5	Deadbug

ASC - Neck

5 x 10s Hold

1	Neck Iso (Flexion)
2	Neck Iso (Extension)
3	Neck Iso (Lateral Flexion L)
4	Neck Iso (Lateral Flexion R)



ASC = Ancillary Strength Series