

## SUNDAY - JUL. 4, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	Accumulation 1/4															

## MONDAY - JUL. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds - Snatch Deadlift x3 High Hang Snatch High Pull x3 High Hang Power Snatch x3 - Use an empty barbell.															
<b>A High Hang Power Snatch</b>		5		4		3		3		3		3				
	40%		55%		63%		70%		70%		70%					
Work up to 70% for 3 sets of 3 reps. - Rest 120 secs. between sets																
<b>B Snatch High Pull</b>		6		5		4		4		4						
	70%		78%		85%		85%		85%							
Hold positions and pull as high as possible. - Rest 120 secs. between sets																
<b>C BB Overhead Press</b>		10		8		6		6		6		6				
	50%		60%		70%		70%		70%		70%					
Go as heavy as possible. - Rest 120 secs. between sets																
<b>D Overhead Plate Walking Lunges</b>		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)								
Go as heavy as possible. - Rest 30 secs. between sets																
<b>D Dumbbell Sumo Squats</b>		15		15		15		15								
Go as heavy as possible. - Rest 30 secs. between sets																

## TUESDAY - JUL. 6, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds - Clean Grip RDL x3 Front Squat x3 Overhead Press x3 - Use an empty barbell.															
<b>A Power Clean + Front Squat + Push Press</b>		3		3		3		2		2		2				
	40%		55%		65%		75%		75%		75%					
Work up to 75% for 3 sets of 2 reps. 3 Reps = 3 P. Cleans + 3 F. Squat 3 P. Press 2 Reps = 2 P. Cleans + 2 F. Squat 2 P. Press - Rest 120 secs. between sets																
<b>B Clean Deadlift</b>		12		10		8		8								
	40%		55%		63%		68%									
Work up to a top set of 8 reps at 68% or above. - Rest 180 secs. between sets																
<b>C Lat Pulldown Machine</b>		12		12		12		12								
Go as heavy as possible. - Rest 90 secs. between sets																
<b>D Single Arm KB High Pull</b>		8 (ea.)		8 (ea.)		8 (ea.)		8 (ea.)								
Go as heavy as possible. - Rest 90 secs. between sets																
<b>E DB Bent Over Row</b>		15		15		15										
Go as heavy as possible. - Rest 60 secs. between sets																
<b>E KB/DB Farmers Carry</b>		50		50		50										

**TUESDAY - JUL. 6, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

Perform 3 sets of 50 yards as heavy as possible. - Rest 60 secs. between sets

**WEDNESDAY - JUL. 7, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

**Hybrid Bodybuilding**

3 Rounds  
 -  
 Clean RDL x3  
 Back Squat x3  
 Good Morning x3  
 -  
 Use an empty barbell.

<b>A BB Back Squat (Pause)</b>		5		4		3		2		2		2		2		
		40%		55%		65%		75%		75%		75%		75%		
	Pause for 3 seconds. Work up to 75% for 4 sets of 2 reps. - Rest 180 secs. between sets															

<b>B Good Morning</b>		10		8		6		5		5		5				
		40%		55%		63%		70%		70%		70%				
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets															

<b>C DB Lateral Raise</b>		10		10		10										
	Go as heavy as possible. - Rest 60 secs. between sets															

<b>C DB Rear Delt Raise</b>		10		10		10										
	Go as heavy as possible. - Rest 60 secs. between sets															

<b>D Hanging Leg Raises</b>		12		12		12										
	No rest between rounds. Move slowly and stay in control.															

<b>D Ring Plank</b>		30 secs		30 secs		30 secs										
	No rest between rounds. Keep your back flat and your core tight.															

<b>D Weighted Russian Twists</b>		12 (ea.)		12 (ea.)		12 (ea.)										
	No rest between rounds. Move slowly and stay in control.															

**THURSDAY - JUL. 8, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps

**Hybrid Bodybuilding**

3 Rounds  
 -  
 Snatch Deadlift x3  
 Snatch High Pull x3  
 Muscle Snatch x3  
 -  
 Use an empty barbell.

<b>A Power Snatch + Hang Below Knee Power Snatch</b>		2		2		2		1		1		1		1		
		40%		55%		65%		73%		78%		78%		78%		
	Work up to 78% for 3 singles. 2 Reps = 2 P. Snatch + 2 Hang P. Snatch 1 Rep = 1 P. Snatch + 1 Hang P. Snatch - Rest 120 secs. between sets															

<b>B Snatch Deadlift (Slow Tempo)</b>		6		5		4		3		3						
		40%		55%		65%		73%		80%						
	Percentages based off Snatch 1RM. 3 Second Concentric + 3 Second Eccentric - Rest 120 secs. between sets															

<b>C Barbell Step Ups</b>		10 (ea.)		8 (ea.)		6 (ea.)		6 (ea.)		6 (ea.)						
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets															

<b>D Landmine Single Leg RDL</b>		12 (ea.)		12 (ea.)		12 (ea.)										
	Go as heavy as possible. - Rest 60 secs. between sets															

<b>D BB Lateral Lunges (Alternating)</b>		12 (ea.)		12 (ea.)		12 (ea.)										

THURSDAY - JUL. 8, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Go as heavy as possible. - Rest 60 secs. between sets																
FRIDAY - JUL. 9, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Rest Day	No scheduled workout.															
SATURDAY - JUL. 10, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Hybrid Bodybuilding	3 Rounds - Clean Deadlift x3 Muscle Clean x3 Front Squat x3 - Use an empty barbell.															
A High Hang Power Clean		5		4		3		3		3		3				
		40%		55%		63%		70%		70%		70%				
Work up to 70% for 3 sets of 3 reps. - Rest 120 secs. between sets																
B Stiff Legged Deadlift		10		8		6		5		5		5				
		40%		55%		63%		70%		70%		70%				
Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets																
C BB Bench Press		10		8		6		6		6						
		40%		55%		65%		65%		65%						
Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets																
D Lat Pulldown - Chin Up		12		12		12		12								
Go as heavy as possible. - Rest 90 secs. between sets																
E Cable Tricep Extensions		15		15		15		15								
Go as heavy as possible. - Rest 30 secs. between sets																
E DB Bench Press (Close Grip)		15		15		15		15								
Go as heavy as possible. - Rest 30 secs. between sets																
SUNDAY - JUL. 11, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Hybrid Bodybuilding	Accumulation 2/4															
MONDAY - JUL. 12, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
Hybrid Bodybuilding	3 Rounds - High Hang Snatch High Pull x3 High Hang Muscle Snatch x3 High Hang Power Snatch x3 - Use an empty barbell.															
A Snatch Push Press		6		5		4		4		4						
		40%		55%		65%		73%		78%						
Work up to a top set of 4 reps at 78% or above. - Rest 120 secs. between sets																
B Muscle Snatch		5		4		3		3		3						
		40%		55%		65%		73%		80%						
Work up to a top triple at 80% or above. - Rest 120 secs. between sets																

**MONDAY - JUL. 12, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
<b>C Snatch Deadlift (Slow Tempo)</b>		6		5		4		3		3							
		40%		55%		65%		73%		80%							
	Percentages based off Snatch 1RM. 3 Second Concentric + 3 Second Eccentric - Rest 120 secs. between sets																
<b>D DB Step Ups</b>		10 (ea.)		10 (ea.)		10 (ea.)											
	Go as heavy as possible. - Rest 60 secs. between sets																
<b>D DB Mixed Front Rack Suitcase Carry</b>		50 (ea.)		50 (ea.)		50 (ea.)											
	Perform 3 sets of 50 yards with each arm. - Rest 60 secs. between sets																

**TUESDAY - JUL. 13, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
<b>Hybrid Bodybuilding</b>	3 Rounds - Clean Deadlift x3 Tall Clean x3 Split Jerk x3 - Use an empty barbell.																
		3		3		3		3		3		3		3		3	
<b>A Clean + Front Squat</b>		40%		55%		65%		73%		78%		78%		78%			
	Work up to 78% for 3 sets of 3 reps. 3 Reps = 3 Cleans + 3 Front Squats - Rest 120 secs. between sets																
<b>B BB Overhead Press</b>		12		10		8		6									
		40%		55%		63%		68%									
Work up to a top set of 6 reps at 68% or above. - Rest 120 secs. between sets																	
<b>C Lat Pulldown - Wide Grip</b>		15		15		15											
	Go as heavy as possible. - Rest 60 secs. between sets																
<b>D BB Upright Rows</b>		20		15		10											
	Use a slow tempo and go as heavy as possible. - Rest 45 secs. between sets																
<b>E Cable Tricep Extensions</b>		20		15		10											
	Substitute: Banded Tricep Extensions. Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets																
<b>E BB Reverse Grip Curls</b>		20		15		10											
	Go as heavy as possible. - Rest 30 secs. between sets																

**WEDNESDAY - JUL. 14, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
<b>Hybrid Bodybuilding</b>	3 Rounds Barbell RDL x5 Back Squat x5 Good Morning x5 Use an empty barbell.																
		12		10		8		6									
<b>A BB Back Squat</b>		40%		55%		63%		68%									
	Work up to a top set of 6 reps at 68% or above. - Rest 180 secs. between sets																
<b>B Good Morning</b>		10		8		6		5		5		5					
		40%		55%		63%		70%		70%		70%					
Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets																	
<b>C DB Incline Press</b>		15		15		15											
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets																
<b>D Weighted Russian Twists</b>		10 (ea.)		10 (ea.)		10 (ea.)											
	No rest between rounds. Move slowly and stay in control.																
<b>D Weighted Suitcases</b>		15		15		15											

WEDNESDAY - JUL. 14, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
No rest between rounds. Move slowly and stay in control.																
<b>D</b> Ring Plank		30 secs		30 secs		30 secs										
No rest between rounds. Keep your back flat and your core tight.																
THURSDAY - JUL. 15, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds															
	- Snatch Deadlift x3 High Hang Snatch High Pull x3 High Hang Power Snatch x3 - Use an empty barbell.															
<b>A</b> Snatch Grip Sotts Press		4		4		4		4								
Use an empty barbell or work up to a light weight. - Rest 120 secs. between sets																
<b>B</b> High Hang Power Snatch		3		3		3		3		3		3				
		40%		55%		63%		70%		70%		70%				
Work up to 70% for 3 sets of 3 reps. - Rest 120 secs. between sets																
<b>C</b> Snatch High Pull		6		5		4		4		4						
		70%		78%		85%		85%		85%						
Hold positions and pull as high as possible. - Rest 120 secs. between sets																
<b>D</b> BB Hip Thrusters		8		8		8		8								
Go as heavy as possible. Pause for 2 seconds at the top of every rep. - Rest 90 secs. between sets																
<b>E</b> BB Reverse Lunge		10 (ea.)		10 (ea.)		10 (ea.)										
Go as heavy as possible. - Rest 30 secs. between sets																
<b>E</b> Med Ball Hamstring Curls		12		12		12										
Move slowly and stay in control. - Rest 30 secs. between sets																
FRIDAY - JUL. 16, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Rest Day</b>	No scheduled workout.															
SATURDAY - JUL. 17, 2021																
Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds															
	- Clean Deadlift x3 Muscle Clean x3 Power Clean x3 - Use an empty barbell.															
<b>A</b> Clean + Front Squat + Jerk		3		3		2		1		1		1				
		40%		55%		65%		73%		80%		80%				
Work up to 80% for 2 singles. 3 Reps = 3 Cleans + 3 Front Squats + 3 Split Jerks 2 Reps = 2 Cleans + 2 Front Squats + 2 Split Jerks 1 Rep = 1 Clean + 1 Front Squat + 1 Split Jerk - Rest 120 secs. between sets																
<b>B</b> Front Squat		10		8		6		5		4						
		40%		55%		65%		73%		78%						
Work up to a top set of 4 reps at 78% or above. - Rest 180 secs. between sets																
<b>C</b> BB Bench Press		10		8		6		5		5		5				
		40%		55%		63%		70%		70%		70%				
Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets																

**SATURDAY - JUL. 17, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>D Eccentric Chin Ups</b>		6		6		6		6								
3 Second Eccentric + Normal Concentric - Rest 90 secs. between sets																
<b>E SA DB Bent Over Row</b>		12 (ea.)		12 (ea.)		12 (ea.)		12 (ea.)								
Use a slow tempo and go as heavy as possible. - Rest 90 secs. between sets																
<b>E SA DB Tricep Extension</b>		12 (ea.)		12 (ea.)		12 (ea.)		12 (ea.)								
Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets																

**SUNDAY - JUL. 18, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	Accumulation 3/4															

**MONDAY - JUL. 19, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds - Snatch Deadlift x3 Power Snatch x3 Snatch x3 - Use an empty barbell.															
<b>A Power Snatch + Snatch</b>		2		2		2		1		1		1		1		
		40%		55%		65%		73%		78%		78%		78%		
Work up to 78% for 3 singles. 2 Reps = 2 Power Snatch + 2 Snatch 1 Rep = 1 Power Snatch + 1 Snatch - Rest 120 secs. between sets																
<b>B BB Back Squat</b>		12		10		8		8		8		8		8		
		30%		45%		53%		60%		60%		60%		60%		
Work up to 60% for 4 sets of 8 reps. - Rest 180 secs. between sets																
<b>C Barbell RDL</b>		10		8		6		6		6						
		30%		45%		55%		55%		55%						
Use a slow tempo. Work up to a moderate weight. - Rest 120 secs. between sets																
<b>D Overhead Plate Walking Lunges</b>		50		50		50										
Go as heavy as possible. Perform 3 sets of 50 yards. - Rest 60 secs. between sets																
<b>D Plate Pinch Walks</b>		50		50		50										
Go as heavy as possible. Perform 3 sets of 50 yards. - Rest 60 secs. between sets																

**TUESDAY - JUL. 20, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds - Snatch Deadlift x3 Snatch Balance x3 Overhead Squat x3 - Use an empty barbell.															
<b>A Snatch Balance</b>		5		4		3		3		3		3				
		40%		55%		63%		68%		68%		68%				
Work up to 68% for 3 sets of 3 reps. Pause for 1 second in the bottom position. - Rest 120 secs. between sets																
<b>B Power Clean + Hang Below Knee Clean</b>		2		2		1		1		1		1		1		
		40%		55%		65%		73%		78%		78%		78%		
Work up to 78% for 3 singles. 2 Reps = 2 Power Cleans + 2 Hang Cleans 1 Rep = 1 Power Clean + 1 Hang Clean - Rest 120 secs. between sets																

**TUESDAY - JUL. 20, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>C Clean Deadlift</b>		12		10		8		6								
		40%		55%		63%		68%								
	Work up to a top set of 6 reps at 68% or above. - Rest 120 secs. between sets															
<b>D Lat Pulldown - Wide Grip</b>		12		12		12		12		12						
	Use a slow tempo and go as heavy as possible. - Rest 90 secs. between sets															
<b>E Seated DB Neutral Grip OHP</b>		10		10		10		10								
	Go as heavy as possible. Pause for 3 seconds at the top of each rep. - Rest 90 secs. between sets															

**WEDNESDAY - JUL. 21, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
<b>Hybrid Bodybuilding</b>	3 Rounds																
	- High Hang Clean x3 Front Squat x3 Split Jerk x3 - Use an empty barbell.																
<b>A Clean + Front Squat + Jerk</b>		2		2		2		1		1		1		1		1	
		40%		55%		65%		73%		73%		73%		73%			
	Work up to 73% for 4 singles. 2 Reps = (1 Clean + 1 Front Squat + 1 Jerk) x2 1 Rep = (1 Clean + 1 Front Squat + 1 Jerk) x1 - Rest 120 secs. between sets																
<b>B Front Squat (Pause)</b>		6		5		4		3		2		2		2		2	
		40%		55%		65%		73%		78%		78%		78%			
	Pause for 3 seconds. Work up to 78% for 3 sets of 2 reps. - Rest 180 secs. between sets																
<b>C Hanging Leg Raise with Rotation</b>		10 (ea.)		10 (ea.)		10 (ea.)											
	No rest between rounds. Move slowly and stay in control.																
<b>C Left Side Plank + Right Side Plank</b>		30 secs (ea.)		30 secs (ea.)		30 secs (ea.)											
	No rest between rounds. Keep your back flat and your core tight.																
<b>C Flutter Kicks</b>		20 (ea.)		20 (ea.)		20 (ea.)											
	No rest between rounds. Move slowly and stay in control.																

**THURSDAY - JUL. 22, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
<b>Hybrid Bodybuilding</b>	3 Rounds																
	- Snatch Deadlift x3 Power Snatch x3 Snatch Push Press x3 - Use an empty barbell.																
		3		3		3		3									
<b>A Snatch Push Press + OHS</b>		40%		55%		65%		73%									
	Work up to a top triple at 73% or above. 3 Reps = 3 Snatch Push Press + 3 OHS - Rest 120 secs. between sets																
		3		3		2		2		2		2		2		2	
<b>B Hang Below Knee Power Snatch</b>		40%		55%		65%		73%		78%		78%		78%		78%	
	Work up to 78% for 4 sets of 2 reps. Reset and start each rep from the floor. - Rest 120 secs. between sets																
		12		12		12		12									
<b>C BB Hip Thrusters</b>	Use a slow tempo and go as heavy as possible. - Rest 90 secs. between sets																
		10 (ea.)		10 (ea.)		10 (ea.)											
<b>D Front Rack Dumbbell Step Ups</b>	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets																

**THURSDAY - JUL. 22, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>D Landmine Single Leg RDL</b>		10 (ea.)		10 (ea.)		10 (ea.)										
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															

**FRIDAY - JUL. 23, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Rest Day</b>	No scheduled workout.															

**SATURDAY - JUL. 24, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Hybrid Bodybuilding</b>	3 Rounds - Snatch Deadlift x3 Snatch x3 Overhead Squat x3 - Use an empty barbell.															
		3		3		3		3		2		2		2		2
<b>A Snatch</b>		40%		55%		63%		70%		75%		75%		75%		75%
	Work up 75% for 4 sets of 2 reps. - Rest 90 secs. between sets															
<b>B Clean and Jerk</b>		3		3		3		2		2		2		2		
		40%		55%		63%		70%		75%		75%		75%		
Work up 75% for 3 sets of 2 reps. 3 Reps = 3 Cleans + 3 Split Jerks 2 Reps = 2 Cleans + 2 Split Jerks - Rest 120 secs. between sets																
<b>C BB Bench Press</b>		10		8		6		5		4		4		4		
		40%		55%		65%		73%		78%		78%		78%		
Go as heavy as possible on the last 3 sets. - Rest 120 secs. between sets																
<b>D Barbell Curls</b>		8		8		8		8								
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															
<b>D BB Skull Crusher</b>		8		8		8		8								
	Use a slow tempo and go as heavy as possible. - Rest 60 secs. between sets															