

Day 2 Lower

Partner:				
Date:				
	wt. / rep / %	wt. / rep / %	wt. / rep / %	wt. / rep / %
Back Squat	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
	4 @ 80%	3 @ 85%	2 @ 90 %	1 @ 95 %
BB Split Squat Posterior External Load	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%
ss/ Inverted Row (add weight)	8	8	6	6
	8	8	6	6
	8	8	6	6
BB RDL	6	6	5	5
	6	6	5	5
	6	6	5	5
ss/ Box Jumps	5	5	4	4
	5	5	4	4
	5	5	4	4
DB Step Ups	5ea	5ea	4ea	4ea
	5ea	5ea	4ea	4ea
	5ea	5ea	4ea	4ea
ss/ Iso Split Squat Unilateral	30 sec ea	35 sec ea	40 sec ea	45 sec ea
	30 sec ea	35 sec ea	40 sec ea	45 sec ea
	30 sec ea	35 sec ea	40 sec ea	45 sec ea

