

Day 4 Full Body

Partner:				
Date:				
	wt. / rep / %	wt. / rep / %	wt. / rep / %	wt. / rep / %
Full Clean & Jerk	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 %
Deadlift to Shrug Hook grip	4 @ 80%	3 @ 85%	2 @ 90 %	2 @ 90%
	4 @ 80%	3 @ 85%	2 @ 90 %	2 @ 90%
	4 @ 80%	3 @ 85%	2 @ 90 %	2 @ 90%
	4 @ 80%	3 @ 85%	2 @ 90 %	2 @ 90%
ss/ 1/2 Kneeling Rotation	8	8	10	10
	8	8	10	10
	8	8	10	10
ss/ Weighted Pull Ups (Wide Grip)	6	5	4	4
	6	5	4	4
	6	5	4	4
ss/ T-Spine Raises to Row	8	8	6	6
	8	8	6	6
	8	8	6	6
Partner Glute Ham Lowers	6	6	6	6
	6	6	6	6
	6	6	6	6
BB 21's	7x7x7	7x7x7	7x7x7	7x7x7
	7x7x7	7x7x7	7x7x7	7x7x7
	7x7x7	7x7x7	7x7x7	7x7x7