# PHASE 2

**SUMMER - MAX STRENGTH**
**WEEK:** **DATE:**

| **MONDAY** | **SET 1** | | **SET 2** | | **SET 3** | | **SET 4** | | **SET 5** | |
|---|---|---|---|---|---|---|---|---|---|---|
| | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
| Barbell Complex | | | | | | | | | | |
| A1) Power Clean | | | | | | | | | | |
| A2) Push Jerk | | | | | | | | | | |
| B1) Clean Pull | | | | | | | | | | |
| B2) Bench Press | | | | | | | | | | |
| C1) Box Step Up | | | | | | | | | | |
| C2) Military Press | | | | | | | | | | |
| 1.) Wide Grip Pull-Up | | | | | | | | | | |
| 2.) DB Front & Lateral Raise | | | | | | | | | | |
| 3.) Barbell Bicep Curl | | | | | | | | | | |
| 4.) 4 Way Neck | | | | | | | | | | |
| CORE<br>PLYOS<br>BALANCE/FUNCTIONAL<br>STRETCH | | | | | | | | | | |

| **WEDNESDAY** | **SET 1** | | **SET 2** | | **SET 3** | | **SET 4** | | **SET 5** | |
|---|---|---|---|---|---|---|---|---|---|---|
| | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
| Stick Progression | | | | | | | | | | |
| A1) Front Squat | | | | | | | | | | |
| A2) Back Squat | | | | | | | | | | |
| B1) Incline Bench Press | | | | | | | | | | |
| B2) RDL | | | | | | | | | | |
| C1) HS Back Circuit | | | | | | | | | | |
| C2) Board Press | | | | | | | | | | |
| 1.) Partner Hamstring Curl | | | | | | | | | | |
| 2.) DB Shoulder Press | | | | | | | | | | |
| 3.) Calf Raise / Blue Box | | | | | | | | | | |
| 4.) DB Skull Crusher | | | | | | | | | | |
| 5.) 4 Way Neck | | | | | | | | | | |
| CORE<br>PLYOS<br>INJURY PREVENTION<br>STRETCH | | | | | | | | | | |

| **FRIDAY** | **SET 1** | | **SET 2** | | **SET 3** | | **SET 4** | | **SET 5** | |
|---|---|---|---|---|---|---|---|---|---|---|
| | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** | **Weight** | **Reps** |
| Barbell Complex | | | | | | | | | | |
| A1) Power Snatch | | | | | | | | | | |
| A2) Hang Clean | | | | | | | | | | |
| B1) Back Squat | | | | | | | | | | |
| B2) Walking Lunge | | | | | | | | | | |
| C1) SL RDL | | | | | | | | | | |
| C2) DB Pause Bench Press (4 Count) | | | | | | | | | | |
| 1.) DB Lateral Raise / Partner Resistance | | | | | | | | | | |
| 2.) SA Partner Posterior Delt / DB Posterior | | | | | | | | | | |
| 3.) DB Hammer Curl | | | | | | | | | | |
| 4.) Shrug | | | | | | | | | | |
| CORE<br>PLYOS<br>BALANCE/FUNCTIONAL<br>INJURY PREVENTION<br>STRETCH | | | | | | | | | | |