| Week | 1 | | | | | | |
|------------|----|--------------------|-------|------|-------|---------|---|
| 26/12/2022 | | | | | | | |
| | | Exercise | Sets | Reps | | ensity | Comments |
| | A1 | Power Clean | 4 - 5 | 3 - | | 80 % | |
| | | | - | - | - | | |
| | В1 | Tempo Back Squat | 3 - | 6 - | 70 - | | (3 second Descent) |
| | | Bench Press | - | - | - | | (|
| 1 | C1 | | 1 - | - | 8 - | | Work up to 8RM, miniumum 2 warm up sets |
| Session 1 | | | - | - | - | | |
| Ses | D1 | Overhead Carries | 3 - | - | 30 - | | |
| | | | - | - | - | | |
| | D2 | Side Plank | 3 - | - | 20 - | | |
| | | | - | - | - | | |
| | D3 | Anti-Rotation | 1 - | - | 12 - | | minmum 2 warm up sets |
| | _ | | - | - | - | | |
| | | Exercise | Sets | Reps | | tensity | Comments |
| | A1 | . Drop Landings | 4 - | 4 - | - | | |
| | _ | Pogo Hops | 4 - | - | - | | |
| | A2 | | 4 - | - | 20 - | | |
| | _ | Back Squat (Heavy) | 3 - | 5 - | 75 - | | |
| 1 Z | В1 | | - | - | 75 - | | |
| Session 2 | | | 1 - | _ | 10 - | | Work up to 10RM, miniumum 2 warm up sets |
| Se | C1 | Bent Over Row | | _ | 10 - | | |
| | | | 3 - | _ | 10 es | | |
| | D2 | Deadbug | - | _ | 10 63 | | |
| | | | 3 - | _ | 20 - | | |
| | D3 | Front Plank | - | _ | - | | |
| | | Exercise | Sets | Reps | | ensity | Comments |
| | | | 1 - | 6 - | - | | as heavy as you can Pull to Navel for 6 reps, minmium 2 warm up |
| | A1 | Hang Snatch Pulls | - | - | - | | sets |
| | | | 1 - | 3 - | - | | as heavy as you can go without losing your position for 3 reps, |
| | B1 | Snatch Deadlift | - | - | - | | perform a minimum of 2 warm up sets |
| Session 3 | | | 1 - | - | 8 - | RM | |
| ssic | C1 | Split Squat | - | - | - | | minimium 2 warm up sets |
| × | | | 1 - | - | 12 - | RM | |
| | D1 | Hip Thrust | - | - | - | | Work up to 12RM, minimium 2 warm up sets |
| | | | 1 - | - | 12 - | RM | |
| | D2 | Glute Kick Back | - | - | - | | Work up to 12RM, minimium 2 warm up sets |
| | | | - | _ | | | |

| Neekly Reflections | | | | | |
|--|--|--|--|--|--|
| 1. What went well? | | | | | |
| 2. What didn't go well? | | | | | |
| 3. What will you do differently next week? | | | | | |

| Week | 2 | | | | | | | | |
|------------|----|--------------------|-------|-------|----|--------|-----|--|--|
| 02/01/2023 | | | | | | | | | |
| | | Exercise | Sets | Reps | iı | ntensi | tv | Comments | |
| | | | 5 - 6 | 3 - | | - 80 | | | |
| | A1 | Power Clean | - | - | | - | | | |
| | D4 | Tarana Bash Carret | 3 - | 5 - | 70 | - 75 | % | (4 second Descent) | |
| | BI | Tempo Back Squat | - | - | | - | | (4 second Descent) | |
| | C1 | Strict Press | 3 - | 6 - | 8 | - | RM | minimum 1 warm up set | |
| Session 1 | CI | Strict Pless | = | - | | - | | illillillilli i warii up set | |
| essi | D1 | Overhead Carries | 3 - | - | 30 | - | m | | |
| S | DI | Overnead Carries | = | - | | - | | | |
| | D3 | Side Plank | 3 - | - | 25 | - | Sec | | |
| | 02 | Side Flank | - | - | | - | | | |
| | D3 | Anti-Rotation | 3 - | 10 es | 12 | - | RM | | |
| | D3 | | - | - | | - | | | |
| | | Exercise | Sets | Reps | iı | ntensi | ty | Comments | |
| | Δ1 | Drop Landings | 5 - | 4 - | | - | | | |
| | 71 | Drop Landings | - | - | | - | | | |
| | Δ2 | Pogo Hops | 5 - | - | 20 | - | Sec | | |
| | 72 | | - | - | | - | | | |
| 8 | R1 | Back Squat (Heavy) | 4 - | 5 - | 75 | - | % | | |
| Session 2 | | | - | - | | - | | minimium 1 warm up sets | |
| sess | C1 | Bent Over Row | 3 - | 8 - | 10 | - | RM | | |
| ٠, | | | - | - | | - | | | |
| | D2 | Deadbug | 3 - | - | 10 | es | | | |
| | | | - | - | | - | | | |
| | D3 | Front Plank | 3 - | - | 25 | - | Sec | | |
| | | | - | - | | - | | | |
| | | Exercise | Sets | Reps | | ntensi | ty | Comments | |
| | A1 | Hang Snatch Pulls | 2 - | 6 - | | - | | same weight as lifted on week 1, minimum 1 warm up set | |
| | | | - | - | | - | | , , | |
| | В1 | Snatch Deadlift | 3 - | 3 - | | - | | same weight as lifted on week 1, minimum 1 warm up set | |
| e | | | - | - | | - | | | |
| Session 3 | C1 | Split Squat | 3 - | 6 es | 8 | | RM | | |
| Ses | _ | | - | - | | - | | | |
| | D1 | Hip Thrust | 3 - | 10 - | 12 | | RM | minimum 1 warm up set | |
| | | • | - | - | _ | - | | · | |
| | D2 | Glute Kick Back | 3 - | 10 - | 12 | | RM | minimum 1 warm up set | |
| | | | - | - | | - | | mmmum 1 wailii up set | |

| Weekly Reflections | | | | | | |
|--|--|--|--|--|--|--|
| 1. What went well? | | | | | | |
| 2. What didn't go well? | | | | | | |
| 3. What will you do differently next week? | | | | | | |

| Week | 3 | | | | | | |
|-----------|-------|--------------------|-------------|-------------|----------------|-----|---|
| 9/01/2023 | _ | | | | | | |
| | | Exercise | Sets | Reps | intensity | | Comments |
| | Δ1 | Power Clean | 4 - | 3 - | 75 - 80 9 | % | |
| | | Tower cream | - | - | - | | |
| | B1 | Tempo Back Squat | 3 - | 4 - | 75 - 9 | % | (5 second Descent) |
| | | теттро васк эфиас | - | - | - | | (|
| 1 | C1 | Strict Press | 3 - | 6 - | t | RM | minimum 1 warm up set |
| Session 1 | | | - | - | - | | , |
| Ses | D1 | Overhead Carries | 3 - | - | | m | |
| | | | - | - | - | | |
| | D2 | Side Plank | 3 - | - | | Sec | |
| | | | - | - | - | | |
| | D3 | Anti-Rotation | 3 - | 10 es | 12 - 1 | RM | |
| | _ | Eventies | | | | | Common and a |
| | | Exercise | Sets 6 - | Reps 4 - | intensity - | | Comments |
| | A1 | Drop Landings | - | - | - | | |
| | | | 6 - | _ | | Sec | |
| | A2 | Pogo Hops | - | - | - | | |
| | | Back Squat (Heavy) | 5 - | 5 - | | % | |
| n 2 | B1 | | - | - | - | | |
| Session 2 | | Bent Over Row | 3 - | 8 - | 10 - 1 | RM | minimium 1 warm up sets |
| ъ | C1 | | - | - | - | | |
| | | B. II | 3 - | - | 12 es | | |
| | D2 | Deadbug | - | - | - | | |
| | D2 | Front Plank | 3 - | - | 30 - 5 | Sec | |
| | D3 | Front Plank | - | - | - | | |
| | | Exercise | Sets | Reps | intensity | | Comments |
| | Δ1 | Hang Snatch Pulls | 3 - | 6 - | - | | same weight as lifted on week 1, minimum 1 warm up set |
| | / 1.1 | Trung Shater Fans | - | - | - | | same weight as inted on week 1, illimitatin 1 warm up see |
| | B1 | Snatch Deadlift | 4 - | 3 - | - | | same weight as lifted on week 1, minimum 1 warm up set |
| | | | - | - | - | | |
| Session 3 | C1 | Split Squat | 3 - | 6 es | | RM | |
| Sess | | • • • • • | - | - | - | | |
| | D1 | Hip Thrust | 3 - | 10 - | | RM | minimium 1 warm up set |
| | | · | - | - | - | | |
| | D2 | Glute Kick Back | 3 - | 10 - | | RM | minimum 1 warm up set |
| | | | - | - | - | | • |

| Weekly Reflections | | | | | | |
|--|--|--|--|--|--|--|
| 1. What went well? | | | | | | |
| 2. What didn't go well? | | | | | | |
| 3. What will you do differently next week? | | | | | | |

| Week | 4 | | | | | | | |
|------------|--------------------|--------------------|-------------|------|------|-------|-------|---|
| 16/01/2023 | | | | | | | | |
| | Exercise | | Sets | Reps | in | tensi | ty | Comments |
| | A1 Power Clean | | 4 - 5 | 2 - | 80 | - 85 | % | |
| | AI TOWER CICAN | | - | - | | - | | |
| | B1 Tempo Back Squ | ıat | 4 - | 3 - | 75 | - 80 | % | (5 second Descent) |
| | DI Tempo baekoqu | | - | - | | - | | to second bresently |
| н. | C1 Strict Press | Strict Press | 1 - | - | 6 | - | RM | Nork up to 6RM, miniumum 2 warm up sets |
| Session 1 | | | - | - | | - | | , |
| Sess | D1 Overhead Carrie | es . | 3 - | - | 40 | - | m | |
| | | | - | - | | - | | |
| | D2 Side Plank | Side Plank | 3 - | - | 35 | | Sec | |
| | | | - | - | | - | | |
| | D3 Anti-Rotation | Anti-Rotation | 3 - | - | 10 | | RM | |
| | | | - | - | | | | |
| | Exercise | ı | Sets 6 - | Reps | | tensi | ty | Comments |
| | A1 Drop Landings | Drop Landings | | 4 - | | | | |
| | | Pogo Hops | 6 - | - | 25 | - | Sec | |
| | A2 Pogo Hops | | - 0 | - | _ | - | Sec | |
| | | Back Squat (Heavy) | 2 - | 5 - | 75 | | % | |
| n 2 | B1 Back Squat (Hea | | 1 - | 5 - | 80 | | % | |
| Session 2 | | | 1 - | - | 8 | | RM | Work up to 8RM, miniumum 2 warm up sets |
| Se | C1 Bent Over Row | | - | - | _ | - | IVIVI | |
| | | | 3 - | - | 12 6 | | | |
| | D2 Deadbug | | - | - | | - | | |
| | | | 3 - | - | 35 | - | Sec | |
| | D3 Front Plank | | - | - | | - | | |
| | Exercise | | Sets | Reps | in | tensi | ty | Comments |
| | | Ue. | 1 - | 4 - | 1 | - | | as heavy as you can Pull to Navel for 4 reps, minmium 2 warm up |
| | A1 Hang Snatch Pul | IIS | - | - | | - | | sets |
| | B1 Snatch Deadlift | | 5 - | 3 - | | - | | same weight as lifted on week 1, minimum 1 warm up set |
| ~ | B1 Shatch Deaumt | | = | - | | - | | same weight as inted on week 1, minimum 1 warm up set |
| Session 3 | C1 Split Squat | | 1 - | - | 6 | - | RM | minimium 2 warm up sets |
| essi | CI Spirt Squat | | - | - | | - | | minimum z waim up sets |
| s | D1 Hip Thrust | | 1 - | - | 10 | - | RM | Work up to 10RM, miniumum 2 warm up sets |
| | DI IIIP IIII USC | | - | - | | - | | work up to Londy, minumum 2 warm up sets |
| | D2 Glute Kick Back | | 1 - | - | 10 | - | RM | Work up to 10RM, miniumum 2 warm up sets |
| | 52 Grate Nick Back | | = | - | | - | | Troncap to 2011, minumani 2 warm up sets |

| Neekly Reflections | | | | | |
|--|--|--|--|--|--|
| 1. What went well? | | | | | |
| 2. What didn't go well? | | | | | |
| 3. What will you do differently next week? | | | | | |

| Veek | 5 | | | | | | |
|-----------|-------|----------------------|-------|-------------|-----------|--|--|
| 3/01/2023 | | | | | | | |
| | | Exercise | Sets | Reps | intensity | Comments | |
| | A1 | Power Clean | 5 - 6 | 2 - | 80 - 85 % | | |
| | | | - | - | - | | |
| | В1 | Tempo Back Squat | 4 - | 4 - | 75 - 80 % | (5 second Descent) | |
| | | | - | - | - | | |
| 턴 | C1 | Strict Press | 3 - | 4 - | 6 - RM | minimum 1 warm up set | |
| sion | C1 C1 | | - | - | - | | |
| Ses | Se D1 | Overhead Carries | 3 - | - | 50 - m | | |
| | | | - | - | | | |
| | D2 | Side Plank | 3 - | - | 40 - Sec | | |
| | _ | | | - | - | | |
| | D3 | Anti-Rotation | 3 - | 8 es | 10 - RM | | |
| | _ | Exercise | Sets | | | Comments | |
| | | Exercise | 6 - | Reps 4 - | intensity | Comments | |
| | A1 | Drop Landings | - | - | - | | |
| | | | 6 - | - | 30 - Sec | | |
| | A2 | Pogo Hops | - | - | - | | |
| | | | 2 - | 5 - | 75 - % | Work Up to new 5RM | |
| Session 2 | B1 | Back Squat (Heavy) | 2 - | 5 - | 80 - | | |
| ssio | | Bent Over Row | 3 - | 6 - | 8 - RM | | |
| Š | C1 | | - | - | - | minimium 1 warm up sets | |
| | | | 3 - | - | 15 es | | |
| | D2 | Deadbug | - | - | - | • | |
| | | | 3 - | - | 40 - Sec | • | |
| | D3 | Front Plank | - | - | - | | |
| | | Exercise | Sets | Reps | intensity | Comments | |
| | ۸1 | Hang Snatch Pulls | 2 - | 4 - | - | same weight as lifted on week 4, minimum 1 warm up set | |
| | AI | nding Stratett Pulls | - | - | - | same weight as inted on week 4, minimum 1 warm up set | |
| | D1 | Snatch Deadlift | 3 - | 3 - | - | same weight as lifted on week 1, minimum 1 warm up set | |
| | PI | Silaten Deadilit | - | - | - | isame weight as inted on week 1, minimum 1 warm up set | |
| io _ | C1 | Split Squat | 3 - | 4 - | 6 - RM | | |
| Session 3 | CI | Spirt Squat | - | - | - | | |
| _ s | D1 | Hip Thrust | 3 - | 8 - | 10 - RM | minimum 1 warm up set | |
| | DI | inp ini ust | - | - | - | Immun I walli up set | |
| | נח | Glute Kick Back | 3 - | 8 - | 10 - RM | minimum 1 warm up set | |
| | D2 | GIULE NICK DOCK | - | - | - | Inninium i wanii up set | |

| Neekly Reflections | | | | | |
|--|--|--|--|--|--|
| 1. What went well? | | | | | |
| 2. What didn't go well? | | | | | |
| 3. What will you do differently next week? | | | | | |

| Week | 6 | | | | |
|------------|-----------------------|-------|-------------|-----------|---|
| 30/01/2023 | O . | | | | |
| 30/01/2023 | Exercise | Sets | Reps | intensity | Comments |
| | | 6 - 7 | λερs 2 - | 80 - 85 % | Comments |
| | A1 Power Clean | - | - | - | |
| | | 3 - | 3 - | 75 - % | |
| | B1 Tempo Back Squat | - | - | - | 3 second Descent) |
| _ | C1 Strict Press | 3 - | 4 - | 6 - RM | minimum 1 warm up cat |
| Session 1 | CI Strict Fless | - | - | - | -minimum 1 warm up set |
| sessi | D1 Overhead Carries | 3 - | - | 60 - m | |
| ٥, | D1 Overhead carries | - | - | - | |
| | D2 Side Plank | 3 - | - | 45 - Sec | |
| | 52 Sider id.iii. | - | - | - | |
| | D3 Anti-Rotation | 3 - | 8 es | 10 - RM | |
| | | - | - | - | |
| | Exercise | Sets | Reps | intensity | Comments |
| | A1 Drop Landings | 4 - | 4 - | - | |
| | | - | - | - | |
| | A2 Pogo Hops | 4 - | - | 20 - Sec | |
| | | 3 - 4 | 3 - | 85 - % | |
| n 2 | B1 Back Squat (Heavy) | 5 - 4 | - | - % | |
| Se ssion 2 | | 3 - | 6 - | 8 - RM | |
| Se | C1 Bent Over Row | - | - | - | minimium 1 warm up sets |
| | | 3 - | - | 15 es | |
| | D2 Deadbug | - | - | - | |
| | | 3 - | - | 45 - Sec | |
| | D3 Front Plank | - | - | - | |
| | Exercise | Sets | Reps | intensity | Comments |
| | A1 Hang Snatch Pulls | 3 - | 4 - | - | same weight as lifted on week 4, minimum 1 warm up set |
| | A1 Hang Shatem uns | - | - | - | Same weight as inted on week 4, illiminan 1 warm up set |
| | B1 Snatch Deadlift | 1 - | 3 - | - | as heavy as you can go without losing your position for 3 reps, |
| e | | - | - | - | perform a minimum of 2 warm up sets |
| Session 3 | C1 Split Squat | 3 - | 4 - | 6 - RM | |
| Ses | | - | - | - | |
| | D1 Hip Thrust | 3 - | 8 - | 10 - RM | minimum 1 warm up set |
| | | - | - | - DNA | |
| | D2 Glute Kick Back | 3 - | 8 - | 10 - RM | minimum 1 warm up set |
| | 52 G.G.C. NICK BUCK | - | - | - | · |

| Neekly Reflections | | | | | |
|--|--|--|--|--|--|
| 1. What went well? | | | | | |
| 2. What didn't go well? | | | | | |
| 3. What will you do differently next week? | | | | | |

| Week | 7 | | | | |
|------------|-----------------------|-------|------|-----------|---|
| 06/02/2023 | | | | | |
| 06/02/2023 | Exercise | Sets | Reps | intensity | Comments |
| Session 1 | | 1 - | 2 - | 85 + % | |
| | A1 Power Clean | - | - | - | work up to a 2RM if feeling good (Max 2 misses) |
| | B1 Tempo Back Squat | 3 - | 3 - | 75 - % | (3 second Descent) |
| | | - | - | - | |
| | C1 Strict Press | 1 - | - | 4 - RM | Work up to 4RM, miniumum 2 warm up sets |
| | | - | - | - | |
| Sess | D1 Overhead Carries | 3 - | - | 60 - m | |
| | | - | - | - | |
| | D2 Side Plank | 3 - | - | 45 - Sec | |
| | | - | - | - | |
| | D3 Anti-Rotation | 3 - | 8 es | 10 - RM | |
| | | - | - | - | |
| | Exercise | Sets | Reps | intensity | Comments |
| | A1 Drop Landings | 4 - | 4 - | - | |
| | | 4 - | - | 20 - Sec | |
| | A2 Pogo Hops | - | - | - Jec | |
| | B1 Back Squat (Heavy) | 3 - 4 | 3 - | 85 - % | |
| Session 2 | | - | - | - | |
| | C1 Bent Over Row | 1 - | - | 6 - RM | Work up to 6RM, miniumum 2 warm up sets |
| Š | | - | - | - | |
| | D2 Deadbug | 3 - | - | 15 es | |
| | | - | - | - | |
| | D3 Front Plank | 3 - | - | 45 - Sec | |
| | | - | - | - | |
| | Exercise | Sets | Reps | intensity | Comments |
| | | | | | |
| Session 3 | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
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| Weekly Reflections | | | | | |
|--|--|--|--|--|--|
| 1. What went well? | | | | | |
| 2. What didn't go well? | | | | | |
| 3. What will you do differently next week? | | | | | |