

**POWER 5.2 (B.F.S.)**  
**Week #2 of the Six-Week Cycle**  
**(Standard Overload)**

MONDAY            set rep wt

Squat Press            3 x 10 \_\_\_\_\_

Straight Leg Dead    3 x 10 \_\_\_\_\_

Bench D.B. Fly        3 x 10 \_\_\_\_\_

Flat Bench            4 x 7 \_\_\_\_\_

Incline Bench        4 x 7 \_\_\_\_\_

Military Press        4 x 7 \_\_\_\_\_

Front Pulldown       3 x 10 \_\_\_\_\_

Weighted Decline Sits 1 x Burnout

TUESDAY

Hang Clean            4 x 7 \_\_\_\_\_

Push Press            4 x 7 \_\_\_\_\_

Power Clean           4 x 7 \_\_\_\_\_

Squat                  4 x 7 \_\_\_\_\_

D.B. Lunge            3 x 10 \_\_\_\_\_

Leg Extension        3 x 10 \_\_\_\_\_

Leg Curl               3 x 10 \_\_\_\_\_

Weighted Decline Sits 1 x Burnout

WEDNESDAY

D.B. Flat Bench       2 x 10 \_\_\_\_\_

Lock Squat            2 x 10 \_\_\_\_\_

Lat Pulldown         2 x 10 \_\_\_\_\_

D.B. Curls            2 x 10 \_\_\_\_\_

D.B. Crossovers      2 x 10 \_\_\_\_\_

Pullover               2 x 10 \_\_\_\_\_

D.B. Front Raise      2 x 10 \_\_\_\_\_

D.B. Lateral Raise    2 x 10 \_\_\_\_\_

EZ Bar Curl           2 x 10 \_\_\_\_\_

French Press          2 x 10 \_\_\_\_\_

Upright Row          2 x 10 \_\_\_\_\_

Wrist Curl            1 x Burnout

THURSDAY

Hang Clean            4 x 7 \_\_\_\_\_

Push Press            4 x 7 \_\_\_\_\_

Power Clean           4 x 7 \_\_\_\_\_

Squat                  4 x 7 \_\_\_\_\_

D.B Lunge             3 x 10 \_\_\_\_\_

Leg Extension        3 x 10 \_\_\_\_\_

Leg Curl               3 x 10 \_\_\_\_\_

Weighted Decline Sits 1 x Burnout

FRIDAY            set rep wt

Squat Press            3 x 10 \_\_\_\_\_

Straight Leg Dead    3 x 10 \_\_\_\_\_

Bench D.B. Fly        3 x 10 \_\_\_\_\_

Flat Bench            4 x 7 \_\_\_\_\_

Incline Bench        4 x 7 \_\_\_\_\_

Front Pulldown       3 x 10 \_\_\_\_\_

Military Press        4 x 7 \_\_\_\_\_

Weighted Decline Sits 1 x Burnout

AUXILLARY LIFTS

	lifts	sets	reps	wt
Mon.	Ropes			
Tues.	Dots			
Wed.				
Thurs	Ladder			
Fri.	Boxes			