

POWER 5.2 (B.F.S.)
Week #3 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 5 x 5 _____

Incline Bench 5 x 5 _____

Military Press 5 x 5 _____

Front Pulldown 3 x 10 _____

Weighted Decline Sits 1 x Burnout

TUESDAY

Hang Clean 5 x 5 _____

Push Press 5 x 5 _____

Power Clean 5 x 5 _____

Squat 5 x 5 _____

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 3 x 10 _____

Upright Row 3 x 10 _____

D.B. Curls 3 x 10 _____

D.B. Tri. Extensions 3 x 10 _____

Lock Squat 3 x 10 _____

Lat Pulldown 3 x 10 _____

Pullover 3 x 10 _____

EZ Bar Curl 3 x 10 _____

French Press 3 x 10 _____

Wrist Curl 1 x Burnout

THURSDAY

Hang Clean 5 x 5 _____

Push Press 5 x 5 _____

Power Clean 5 x 5 _____

Squat 5 x 5 _____

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 5 x 5 _____

Incline Bench 5 x 5 _____

Military Press 5 x 5 _____

Front Pulldown 3 x 10 _____

Weighted Decline Sits 1 x Burnout

AUXILLARY LIFTS

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