

POWER 5.2 (B.F.S.)

Week #4 of the Six-Week Cycle (High Intensity)

<u>MONDAY</u>	set	rep	wt
Squat Press	3 x	10	_____
Straight Leg Dead	3 x	10	_____
Bench D.B. Fly	3 x	10	_____
Flat Bench	2 x	8	_____
	2 x	4	_____
Incline Bench	2 x	8	_____
	2 x	4	_____
Military Press	2 x	8	_____
	2 x	4	_____
Front Pulldown	3 x	10	_____
Weighted Decline Sits	1 x	Burnout	

<u>FRIDAY</u>	set	rep	wt
Squat Press	3 x	10	_____
Straight Leg Dead	3 x	10	_____
Bench D.B. Fly	3 x	10	_____
Flat Bench	2 x	8	_____
	2 x	4	_____
Incline Bench	2 x	8	_____
	2 x	4	_____
Military Press	2 x	8	_____
	2 x	4	_____
Front Pulldown	3 x	10	_____
Weighted Decline Sits	1 x	Burnout	

<u>TUESDAY</u>	set	rep	wt
Hang Clean	2 x	8	_____
	2 x	4	_____
Push Press	2 x	8	_____
	2 x	4	_____
Power Clean	2 x	8	_____
	2 x	4	_____
Squat	2 x	8	_____
	2 x	4	_____
D.B. Lunge	3 x	10	_____
Leg Extension	3 x	10	_____
Leg Curl	3 x	10	_____
Weighted Decline Sits	1 x	Burnout	

<u>WEDNESDAY</u>	set	rep	wt
D.B. Flat Bench	2 x	10	_____
Lock Squat	2 x	10	_____
Front Pulldown	2 x	10	_____
Lat Pulldown	2 x	10	_____
Pullover	2 x	10	_____
D.B. Front Raise	2 x	10	_____
D.B. Lateral Raise	2 x	10	_____
Arm Curl	2 x	10	_____
French Press	2 x	10	_____
Upright Row	2 x	10	_____
Wrist Curl	1 x	Burnout	

<u>THURSDAY</u>	set	rep	wt
Hang Clean	2 x	8	_____
	2 x	4	_____
Push Press	2 x	8	_____
	2 x	4	_____
Power Clean	2 x	8	_____
	2 x	4	_____
Squat	2 x	8	_____
	2 x	4	_____
D.B. Lunge	3 x	10	_____
Leg Extension	3 x	10	_____
Leg Curl	3 x	10	_____
Weighted Decline Sits	1 x	Burnout	

AUXILLARY LIFTS

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