

POWER 5.2 (B.F.S.)

Week #5 of the Six-Week Cycle (Ladder)

MONDAY set reps & wt

Squat Press 3 x 10 _____
 Straight Leg D. 3 x 10 _____
 D.B. Bench Fly 3 x 10 _____
 Flat Bench 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Incline Bench 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Military Press 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Weighted Sits 1 x Burnout

TUESDAY

Hang Clean 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Push Press 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Power Clean 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Squat 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Lunge 3 x 10 _____
 Leg Extension 3 x 10 _____
 Leg Curl 3 x 10 _____
 Weighted Sits 1 x Burnout

WEDNESDAY

D.B. Flat Bench 3 x 10 _____
 Upright Row 3 x 10 _____
 Lock Squat 3 x 10 _____
 Lat Pulldown 3 x 10 _____
 Pullover 3 x 10 _____
 Arm Curl 3 x 10 _____
 French Press 3 x 10 _____
 Front Pulldown 3 x 10 _____
 Wrist Curl 1 x Burnout

THURSDAY

Hang Clean 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Push Press 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Power Clean 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Squat 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Lunge 3 x 10 _____
 Leg Extension 3 x 10 _____
 Leg Curl 3 x 10 _____
 Weighted Sits 1 x Burnout

FRIDAY set reps & wt

Squat Press 3 x 10 _____
 Straight Leg D. 3 x 10 _____
 D.B. Bench Fly 3 x 10 _____
 Flat Bench 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Incline Bench 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Military Press 1 x 10 _____ 8 _____ 6 _____ 3 _____
 Front Pulldown 3 x 10 _____
 Weighted Sits 1 x Burnout

AUXILLARY LIFTS

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