

POWER 5.2 (B.F.S.)

Week #6 of the Six-Week Cycle (Pyramid)

MONDAY set x reps & wt

Squat Press
3 x 10 ____
Straight Leg Dead
3 x 10 ____
Bench D.B. Fly
3 x 10 ____
Flat Bench
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Incline Bench
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Military Press
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Weighted Sits 1 x Burnout

TUESDAY

Hang Clean
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Push Press
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Power Clean
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Squat
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Lunge
3 x 10 ____
Leg Extension
3 x 10 ____
Leg Curl
3 x 10 ____
Weighted Sits 1 x Burnout

WEDNESDAY

Lock Squat 2 x 10 ____
D.B. Flat Bench 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 ____
Front Pulldown 2 x 10 ____
Wrist Curl 1 x Burnout

THURSDAY

Hang Clean 1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Push Press 1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Power Clean 1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Squat 1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Lunge 3 x 10 ____

Leg Extension 1 x 10 ____
Leg Curl 1 x 10 ____
Weighted Sits 1 x Burnout

FRIDAY set x reps & wt

Squat Press
3 x 10 ____
Straight Leg Dead
3 x 10 ____
Bench D.B. Fly
3 x 10 ____
Flat Bench
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Incline Bench
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Military Press
1 x 8 ____ 6 ____ 2 ____ 6 ____ 8 ____
Weighted Sits 1 x Burnout

AUXILLARY LIFTS

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