

POWER 5.2 (B.F.S.)
Week #1 of the Six-Week Cycle
(High Rep)

MONDAY

	set	rep	wt
Squat Press	3 x	10	_____
Straight Leg Dead	3 x	10	_____
Bench D.B. Fly	3 x	10	_____
Flat Bench	3 x	10	_____
Incline Bench	3 x	10	_____
Military Press	3 x	10	_____
Front Pulldown	3 x	10	_____
Weighted Decline Sits	1 x	Burnout	

TUESDAY

Hang Clean	3 x	10	_____
Push Press	3 x	10	_____
Power Clean	3 x	10	_____
Squat	3 x	10	_____
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	_____
Lock Squat	3 x	10	_____
Lat Pulldown	3 x	10	_____
D.B. Crossover	3 x	10	_____
Pullover	3 x	10	_____
D.B. Curl	3 x	10	_____
EZ Bar Curl	3 x	10	_____
French Press	3 x	10	_____
Wrist Curl	1 x	Burnout	

THURSDAY

Hang Clean	3 x	10	_____
Push Press	3 x	10	_____
Power Clean	3 x	10	_____
Squat	3 x	10	_____
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	3 x	10	_____
Incline Bench	3 x	10	_____
Military Press	3 x	10	_____
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			