

3 Weeks Before Competition-Speed Lifting, Mon-Wed-Fri

Superset Exercises Grouped Together Increasing Rest Each Week.

1 minute RI Sets

Goal Is To Keep Speed At 1 Rep Per Second

Exercise	Week 3	Weight used	Comments
Incline Hammer Strength Chest Press	3 x 10		
Standing Pull Downs	3 x 10		
Narrow Grip Seated Row	3 x 10		
Seated Shoulder Raises	3 x 10		
One Arm Standing Tricep Press	3 x 10		
Seated One Arm Curls	3 x 10		
Wide Grip Lat Pull Downs	3 x 10		
Step Ups	3 x 10		
Seated Quad Extensions	3 x 10		
Hamstring Curls	3 x 10		
Seated Independent Calf Press	3 x 10		
Seated Leg Press	3 x 10		