CHAMPIONSHIPS START HERE

TUESDAY		Week 1				
Squat	MAX	3x3				
Cody F.	0	0	0	0	0	0
Drew S.	0	0	0	0	0	0
Ociel G.	0	0	0	0	0	0
	0	0	0	0	0	0
	0	0	0	0	0	0

SDL, Good Morning, Lunges, Med Balls

TUESDAY		Week 2				
Squat	MAX	5x5				
Cody F.	0	0	0	0	0	0
Drew S.	0	0	0	0	0	0
Ociel G.	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0

SDL, Good Morning, Lunges, Med Balls

TUESDAY		Week 3				
Squat	MAX	5-4-3-2-1				
Cody F.	0	0	0	0	0	0
Drew S.	0	0	0	0	0	0
Ociel G.	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0

SDL, Good Morning, Lunges, Med Balls

TUESDAY		Week 4				
Squat	MAX	10-8-6				
Cody F.	0	0	0	0		
Drew S.	0	0	0	0		
Ociel G.	0	0	0	0		
0	0	0	0	0		
0	0	0	0	0		

SDL, Good Morning, Lunges, Med Balls

THURSDAY		Week 1				
Bench	MAX	3x3				
Cody F.	190	156	163	173	0	0
Drew S.	245	201	211	223	0	0
Ociel G.	85	70	73	77	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0

Military, Lat Raises, Clean,

Plyo Pushups, Med Balls

THURSDAY		Week 2				
Bench	MAX	5x5				
Cody F.	190	133	141	148	156	163
Drew S.	245	172	181	191	201	211
Ociel G.	85	60	63	66	70	73
0	0	0	0	0	0	0
0	0	0	0	0	0	0

Military, Lat Raises, Clean,

Plyo Pushups, Med Balls

THURSDAY		Week 3				
Bench	MAX	5-4-3-2-1				
Cody F.	190	160	163	169	173	179
Drew S.	245	206	211	218	223	230
Ociel G.	85	71	73	76	77	80
0	0	0	0	0	0	0
0	0	0	0	0	0	0

Military, Lat Raises, Clean,

Plyo Pushups, Med Balls

THURSDAY		Week 4				
Bench	MAX	10-8-6				
Cody F.	190	137	144	152		
Drew S.	245	176	186	196		
Ociel G.	85	61	65	68		
0	0	0	0	0		
0	0	0	0	0		

Military, Lat Raises, Clean,

Plyo Pushups, Med Balls

FRIDAY		Week 1				
Clean	MAX	3x3				
Cody F.	195	160	168	177	0	0
Drew S.	210	172	181	191	0	0
Ociel G.	95	78	82	86	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0

TUESDAY

Dumbells, Med Balls

FRIDAY		Week 2				
Clean	MAX	5x5				
Cody F.	195	137	144	152	160	168
Drew S.	210	147	155	164	172	181
Ociel G.	95	67	70	74	78	82
0	0	0	0	0	0	0
0	0	0	0	0	0	0

Close Grip Bench, Biceps, Triceps

Dumbells, Med Balls

FRIDAY		Week 3				
Clean	MAX	5-4-3-2-1				
Cody F.	195	164	168	174	177	183
Drew S.	210	176	181	187	191	197
Ociel G.	95	80	82	85	86	89
0	0	0	0	0	0	0
0	0	0	0	0	0	0

Close Grip Bench, Biceps, Triceps

Dumbells, Med Balls

FRIDAY		Week 4				
Clean	MAX	10-8-6				
Cody F.	195	140	148	156		
Drew S.	210	151	160	168		
Ociel G.	95	68	72	76		
0	0	0	0	0		
0	0	0	0	0		

Close Grip Bench, Biceps, Triceps

Dumbells, Med Balls

Ability is what you are capable of, Commitment determines how much you will do, Pride determines how well you will do it.

CHAMPIONSHIPS START HERE

TUESDAY		Week 5				
Squat	MAX	3x3				
Cody F.	0	0	0	0		
Drew S.	0	0	0	0		
Ociel G.	0	0	0	0		
0	0	0	0	0		
0	0	0	0	0		
SDL, Good Morning, Lunges, Med Balls						

TUESDAY		Week 6				
Squat	MAX	5x5				
Cody F.	0	0	0	0	0	0
Drew S.	0	0	0	0	0	0
Ociel G.	0	0	0	0	0	0
0	0	0	0	0	0	0
0	0	0	0	0	0	0
SDL, Good Morning, Lunges, Med Balls						

TUESDAY		Week 7				
Squat	MAX	5-4-3-2-1				
Cody F.	0	0	0	0	0	M5
Drew S.	0	0	0	0	0	M5
Ociel G.	0	0	0	0	0	M5
0	0	0	0	0	0	M5
0	0	0	0	0	0	M5
SDL, Good Morning, Lunges, Med Balls						

TUESDAY		Week 8				
Squat	MAX	10-8-6				
Cody F.	0	0	0	0		
Drew S.	0	0	0	0		
Ociel G.	0	0	0	0		
0	0	0	0	0		
0	0	0	0	0		
SDL, Good Morning, Lunges, Med Balls						

THURSDAY		Week 5				
Bench	MAX	3x3				
Cody F.	190	160	167	177		
Drew S.	245	206	216	228		
Ociel G.	85	71	75	79		
0	0	0	0	0		
0	0	0	0	0		
Military, Lat Raises, Clean,						
Plyo Pushups, Med Balls						

THURSDAY		Week 6				
Bench	MAX	5x5				
Cody F.	190	143	144	152	160	167
Drew S.	245	184	186	196	206	216
Ociel G.	85	64	65	68	71	75
0	0	0	0	0	0	0
0	0	0	0	0	0	0
Military, Lat Raises, Clean,						
Plyo Pushups, Med Balls						

THURSDAY		Week 7				
Bench	MAX	5-4-3-2-1				
Cody F.	190	165	171	179	184	M5
Drew S.	245	213	221	230	238	M5
Ociel G.	85	74	77	80	82	M5
0	0	0	0	0	0	M5
0	0	0	0	0	0	M5
Military, Lat Raises, Clean,						
Plyo Pushups, Med Balls						

THURSDAY		Week 8				
Bench	MAX	10-8-6				
Cody F.	190	143	150	158		
Drew S.	245	184	194	203		
Ociel G.	85	64	67	71		
0	0	0	0	0		
0	0	0	0	0		
Military, Lat Raises, Clean,						
Plyo Pushups, Med Balls						

FRIDAY		Week 5				
Clean	MAX	3x3				
Cody F.	195	164	172	181		
Drew S.	210	176	185	195		
Ociel G.	95	80	84	88		
0	0	0	0	0		
0	0	0	0	0		
Close Grip Bench, Biceps, Triceps						
Dumbells, Med Balls						

FRIDAY		Week 6				
Clean	MAX	5x5				
Cody F.	195	146	148	156	164	172
Drew S.	210	158	160	168	176	185
Ociel G.	95	71	72	76	80	84
0	0	0	0	0	0	0
0	0	0	0	0	0	0
Close Grip Bench, Biceps, Triceps						
Dumbells, Med Balls						

FRIDAY		Week 7				
Clean	MAX	5-4-3-2-1				
Cody F.	195	170	176	183	189	M5
Drew S.	210	183	189	197	204	M5
Ociel G.	95	83	86	89	92	M5
0	0	0	0	0	0	M5
0	0	0	0	0	0	M5
Close Grip Bench, Biceps, Triceps						
Dumbells, Med Balls						

FRIDAY		Week 8				
Clean	MAX	10-8-6				
Cody F.	195	146	154	162		
Drew S.	210	158	166	174		
Ociel G.	95	71	75	79		
0	0	0	0	0		
0	0	0	0	0		
Close Grip Bench, Biceps, Triceps						
Dumbells, Med Balls						

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