

<b>Day 1</b>	<b>WK 7</b>	<b>WK 8</b>	<b>WK 9</b>
Hurdle warmup			
Box Agility	4 drills, 2 each	4 drills, 2 each	4 drills, 2 each
Hng Sn+OH Sqt+Gdmrn+Row	2x5e	2x5e	2x5e
L-holds	3x:10	3x:15	3x:20
Split Snatch (floor)	5x4/2e leg	5x4/2e leg	5x4/2e leg
1-Arm DB Floor Press w/ twist	4x10e/	4x8e/	4x6e/
Box Sqt (touch)	5/ 5/ 5/ 3x5/	5/ 4/ 3/ 3x3/	5/ 4/ 3/ 2/ 3x1/
4Pos. Pullups	3x3e	4x2e/DB	51e/DB
Repeat Box Jumps	3x5	4x5	5x5
1-leg Bar RDL	3x10e/	3x8e/	3X6e/
1-leg RDL on Disc	3x3e	3x4e	3x5e
<b>Day 2</b>			
Hurdle warmup			
Ladder Agility	6 drills, 2 each	6 drills, 2 each	6 drills, 2 each
Hng Cln+F Sqt+Jerk	2x5e	2x5e	2x5e
TRX Rockers	3x3e	3x4e	3x5e
KB Snatch	3x10e	3x10e	3x10e
Clean	2/ 2/ 2/ 2/ 8x1/90%	2/ 2/ 2/ 2/ 4x1/95%+	OFF
DB/Bar Pullover	4x10e	4x8e	4x6e
Handstand Hold	3x:20	3x:30	3x:40
Pistol on Airex Pad	3x6e	3x8e	3x10e
MR Glute Ham	3x6	3x8	3x10e
<b>Day 3</b>			
Hurdle warmup			
Dot Drill	x2	x2	x2
DB Complex #3	x2	x3	x4
Jerks	5x5/	5x4/	5x3/
Lat Lunges	3x10e/	3x8e/	3x6e/
Bench	5/ 5/ 5/ 3x5/	5/ 4/ 3/ 3x3/	5/ 4/ 3/ 2/ 3x1/
1-leg Back Ext	3x10	3x15	3x20
1-leg Repeat Box Jumps	3x5e	4x5e	5x5e
1-Arm/1-leg Body Holds	2x:30/:15e	2x:45/:22e	2x1:00/:30e