Date																		
Exercise	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**
Scissor jumps																		
Inverted Row					65 x 4						70 x 3				75 x 6		75 x 2	
					70 x 4				75 x 6		75 x 3				75 x 6		80 x 2	
	70 x 8		75 x 6		75 x 4		70 x 9		75 x 6		80 x 3		70 x 10		75 x 6		85 x 2	
	65 x 8		75 x 6		80 x 4		65 x 9		75 x 6		85 x 3		65 x 10		75 x 6		90 x 2	
	60 x 8		75 x 6		85 x 4		60 x 9		75 x 6		90 x 3		60 x 10		75 x 6		95 x 2	
Squat					65 x 4						70 x 3				75 x 6		75 x 2	
					70 x 4				75 x 6		75 x 3				75 x 6		80 x 2	
	70 x 8		75 x 6		75 x 4		70 x 9		75 x 6		80 x 3		70 x 10		75 x 6		85 x 2	
	65 x 8		75 x 6		80 x 4		65 x 9		75 x 6		85 x 3		65 x 10		75 x 6		90 x 2	
	60 x 8		75 x 6		85 x 4		60 x 9		75 x 6		90 x 3		60 x 10		75 x 6		95 x 2	
Roll out																		
Face Pull																		
Bench Press			65 x 4						70 x 3				75 x 6		75 x 2			
			70 x 4				75 x 6		75 x 3				75 x 6		80 x 2			
	75 x 6		75 x 4		70 x 8		75 x 6		80 x 3		70 x 9		75 x 6		85 x 2		70 x 10	
	75 x 6		80 x 4		65 x 8		75 x 6		85 x 3		65 x 9		75 x 6		90 x 2		65 x 10	
	75 x 6		85 x 4		60 x 8		75 x 6		90 x 3		60 x 9		75 x 6		95 x 2		60 x 10	
RDL			65 x 4						70 x 3				75 x 6		75 x 2			
			70 x 4				75 x 6		75 x 3				75 x 6		80 x 2			
	75 x 6		75 x 4		70 x 8		75 x 6		80 x 3		70 x 9		75 x 6		85 x 2		70 x 10	
	75 x 6		80 x 4		65 x 8		75 x 6		85 x 3		65 x 9		75 x 6		90 x 2		65 x 10	
	75 x 6		85 x 4		60 x 8		75 x 6		90 x 3		60 x 9		75 x 6		95 x 2		60 x 10	
Reverse Hyper																		
Groin																		

Date																		
Exercise	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**	**WxR**	**Done**
Box jumps																		
Pull-Ups	65 x 4						70 x 3						75 x 2				75 x 6	
	70 x 4						75 x 3				75 x 6		80 x 2				75 x 6	
	75 x 4		70 x 8		75 x 6		80 x 3		70 x 9		75 x 6		85 x 2		70 x 10		75 x 6	
	80 x 4		65 x 8		75 x 6		85 x 3		65 x 9		75 x 6		90 x 2		65 x 10		75 x 6	
	85 x 4		60 x 8		75 x 6		90 x 3		60 x 9		75 x 6		95 x 2		60 x 10		75 x 6	
Split Squat	65 x 4						70 x 3						75 x 2				75 x 6	
	70 x 4						75 x 3				75 x 6		80 x 2				75 x 6	
	75 x 4		70 x 8		75 x 6		80 x 3		70 x 9		75 x 6		85 x 2		70 x 10		75 x 6	
	80 x 4		65 x 8		75 x 6		85 x 3		65 x 9		75 x 6		90 x 2		65 x 10		75 x 6	
	85 x 4		60 x 8		75 x 6		90 x 3		60 x 9		75 x 6		95 x 2		60 x 10		75 x 6	
Side Bridge																		
Ext Rot																		
Press					65 x 4						70 x 3				75 x 6		75 x 2	
					70 x 4				75 x 6		75 x 3				75 x 6		80 x 2	
	70 x 8		75 x 6		75 x 4		70 x 9		75 x 6		80 x 3		70 x 10		75 x 6		85 x 2	
	65 x 8		75 x 6		80 x 4		65 x 9		75 x 6		85 x 3		65 x 10		75 x 6		90 x 2	
	60 x 8		75 x 6		85 x 4		60 x 9		75 x 6		90 x 3		60 x 10		75 x 6		95 x 2	
Hip Thrust					65 x 4						70 x 3				75 x 6		75 x 2	
					70 x 4				75 x 6		75 x 3				75 x 6		80 x 2	
	70 x 8		75 x 6		75 x 4		70 x 9		75 x 6		80 x 3		70 x 10		75 x 6		85 x 2	
	65 x 8		75 x 6		80 x 4		65 x 9		75 x 6		85 x 3		65 x 10		75 x 6		90 x 2	
	60 x 8		75 x 6		85 x 4		60 x 9		75 x 6		90 x 3		60 x 10		75 x 6		95 x 2	
Hip 3																		
Hamstring																		