

Mladen Jovanovic

PRE-ACTIVITY PREPARATION

FOAM ROLLING	GROUND MOBILITY	KETTLEBELL CIRCUIT
Roll all major areas 10minutes	Cat & Camel - Cat & Dog - Hip flexor stretch Groin Stretch - Knee Fall-outs - DNS Rotations	Around the world 10es - Goblet 10 Halos 10es - RDL 10 - Rows 10ea Lateral Squat 10es - Press 10es Swings 10

PRE-ACTIVITY PREPARATION

TREADMIL	GROUND MOBILITY	BODYWEIGHT CIRCUIT
Jog for 5min Finish with 5x15" intervals (R:45")	Cat & Camel - Cat & Dog - Hip flexor stretch Groin Stretch - Knee Fall-outs - DNS Rotations	Squats x10 Push ups x10 Lunges x10 RDLs x10

Session 1	Week 1				Week 2				Week 3				Week 4			
	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
Clean (Hang)																
Max	115															
Superset w/Box Jumps	26%	30	6		41%	47.5	4		55%	62.5	2		64%	72.5	1	
	36%	40	6		51%	57.5	4		65%	75	2		74%	85	1	
	46%	52.5	6		61%	70	4		75%	85	2		84%	95	1	
	56%	65	6		71%	80	4		85%	97.5	2		94%	107.5	1	
Back Squat																
Max	150															
Superset w/ Pecs stretch Lats stretch Trap stretch	52%	77.5	10		63%	95	8		72%	107.5	6		79%	117.5	5	
	59%	87.5	8		68%	102.5	6		78%	117.5	4		85%	127.5	3	
	65%	97.5	6		75%	112.5	4		86%	130	2		95%	142.5	1	
Bench Press																
Max	100															
Superset w/ Hip rotators stretch Hip flexor stretch Calves stretch	52%	52.5	10		63%	62.5	8		72%	72.5	6		79%	80	5	
	59%	60	8		68%	67.5	6		78%	77.5	4		85%	85	3	
	65%	65	6		75%	75	4		86%	85	2		95%	95	1	
Rings Inverted Row (Neutral)																
Max	45															
Superset w/ Hip clams Hip abduction Hip adduction Hip bridges	51%	-7.5	12		56%	0	12		61%	5	12		46%	-12.5	12	
	51%	-7.5	12		56%	0	12		61%	5	12		46%	-12.5	12	
	51%	-7.5	12		56%	0	12		61%	5	12		46%	-12.5	12	
	51%	-7.5	12		56%	0	12		61%	5	12		46%	-12.5	12	
Romanian Deadlift 1-Leg																
	61%	40	9		61%	40	10		61%	40	11		61%	40	12	
	61%	40	9		61%	40	10		61%	40	11		61%	40	12	
	61%	40	9		61%	40	10		61%	40	11		61%	40	12	
	61%	40	9		61%	40	10		61%	40	11		61%	40	12	
Neck Strengthening	Manual isometrics	Towel with partner	Bridge holds	Bands												
Carries	5x40m w/60% Squat	7x40m w/60% Squat	5x40m w/70% Squat	7x40m w/70% Squat												

Session 2	Week 1				Week 2				Week 3				Week 4			
	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
Snatch (Hang)																
Max	85															
Superset w/Box Jumps	26%	22.5	6		41%	35	4		55%	47.5	2		64%	55	1	
	36%	30	6		51%	42.5	4		65%	55	2		74%	62.5	1	
	46%	40	6		61%	52.5	4		75%	65	2		84%	72.5	1	
	56%	47.5	6		71%	60	4		85%	72.5	2		94%	80	1	
Front Squat																
Max	127.5															
Superset w/ Pecs stretch Lats stretch Trap stretch	52%	67.5	10		63%	80	8		72%	92.5	6		79%	100	5	
	59%	75	8		68%	87.5	6		78%	100	4		85%	107.5	3	
	65%	82.5	6		75%	95	4		86%	110	2		95%	120	1	
Military Press																
Max	70															
Superset w/ Hip rotators stretch Hip flexor stretch Calves stretch	52%	37.5	10		63%	45	8		72%	50	6		79%	55	5	
	59%	42.5	8		68%	47.5	6		78%	55	4		85%	60	3	
	65%	45	6		75%	52.5	4		86%	60	2		95%	67.5	1	
Bar Pull Ups (Pronated)																
Max	50															
Superset w/ Hip clams Hip abduction Hip adduction Hip bridges	69%	2.5	5		72%	7.5	5		76%	15	5		79%	17.5	5	
	69%	2.5	5		72%	7.5	5		76%	15	5		79%	17.5	5	
	69%	2.5	5		72%	7.5	5		76%	15	5		79%	17.5	5	
	69%	2.5	5		72%	7.5	5		76%	15	5		79%	17.5	5	
Hip Thrust (Bench)																
	46%	70	12		51%	77.5	12		56%	85	12		61%	92.5	12	
	46%	70	12		51%	77.5	12		56%	85	12		61%	92.5	12	
	46%	70	12		51%	77.5	12		56%	85	12		61%	92.5	12	
	46%	70	12		51%	77.5	12		56%	85	12		61%	92.5	12	
Grip Strengthening	Rice bucket rotations 5'	Captain Crushers	Rice bucket rotations 5'	Captain Crushers												
Sled Push	5x40m w/50% Squat	7x40m w/50% Squat	5x40m w/60% Squat	7x40m w/60% Squat												