

Team Session

Clean (Hang)	Back Squat	Bench Press	Cable Row (Neutral)	Hip Thrust (Bench)			
Superset w/Box Jumps	Superset w/ Pecs stretch Lats stretch Trap stretch	Superset w/ Hip Glams Hip abduction Hip adduction Hip bridges	Superset w/ MB Slings Pulldown Press Side Bridge	Superset w/ Shoulder YTWL Ring Rows			

Name	Notes	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done		
1	Mladen Jovanovic					36%	55	6		51%	50	12		51%	45	12		26%	40	12											
		49%	55	6		46%	70	5		51%	50	12		51%	45	12		36%	55	12											
		49%	55	6		56%	85	5		51%	50	12		51%	45	12		46%	70	12											
		49%	55	6		66%	100	5		51%	50	12		51%	45	12		56%	85	12											
		49%	55	6		76%	115	5		51%	50	12		51%	45	12		56%	85	12											
2	Athlete 1					36%	30	6		51%	40	12		51%	50	12		26%	22.5	12											
		49%	30	6		46%	40	5		51%	40	12		51%	50	12		36%	30	12											
		49%	30	6		56%	47.5	5		51%	40	12		51%	50	12		46%	40	12											
		49%	30	6		66%	55	5		51%	40	12		51%	50	12		56%	47.5	12											
		49%	30	6		76%	65	5		51%	40	12		51%	50	12		56%	47.5	12											
3	Athlete 2					36%	70	5		51%	47.5	12		51%	62.5	12		26%	50	12											
		49%	60	6		46%	90	5		51%	47.5	12		51%	62.5	12		36%	70	12											
		49%	60	6		56%	107.5	5		51%	47.5	12		51%	62.5	12		46%	90	12											
		49%	60	6		66%	127.5	5		51%	47.5	12		51%	62.5	12		56%	107.5	12											
		49%	60	6		76%	147.5	5		51%	47.5	12		51%	62.5	12		56%	107.5	12											
4	Athlete 3					36%	32.5	5		51%	62.5	12		51%	62.5	12		26%	22.5	12											
		49%	32.5	6		46%	42.5	5		51%	62.5	12		51%	62.5	12		36%	32.5	12											
		49%	32.5	6		56%	50	5		51%	62.5	12		51%	62.5	12		46%	42.5	12											
		49%	32.5	6		66%	60	5		51%	62.5	12		51%	62.5	12		56%	50	12											
		49%	32.5	6		76%	70	5		51%	62.5	12		51%	62.5	12		56%	50	12											
5	Athlete 4					36%	32.5	5		51%	32.5	12		51%	45	12		26%	22.5	12											
		49%	30	6		46%	40	5		51%	32.5	12		51%	45	12		36%	32.5	12											
		49%	30	6		56%	50	5		51%	32.5	12		51%	45	12		46%	40	12											
		49%	30	6		66%	60	5		51%	32.5	12		51%	45	12		56%	50	12											
		49%	30	6		76%	67.5	5		51%	32.5	12		51%	45	12		56%	50	12											
6	Athlete 5					36%	57.5	5		51%	70	12		51%	70	12		26%	42.5	12											
		49%	55	6		46%	75	5		51%	70	12		51%	70	12		36%	57.5	12											
		49%	55	6		56%	90	5		51%	70	12		51%	70	12		46%	75	12											
		49%	55	6		66%	107.5	5		51%	70	12		51%	70	12		56%	90	12											
		49%	55	6		76%	125	5		51%	70	12		51%	70	12		56%	90	12											
7	Athlete 6					36%	60	5		51%	52.5	12		51%	50	12		26%	45	12											
		49%	55	6		46%	77.5	5		51%	52.5	12		51%	50	12		36%	60	12											
		49%	55	6		56%	95	5		51%	52.5	12		51%	50	12		46%	77.5	12											
		49%	55	6		66%	112.5	5		51%	52.5	12		51%	50	12		56%	95	12											
		49%	55	6		76%	127.5	5		51%	52.5	12		51%	50	12		56%	95	12											
8	Athlete 7					36%	55	5		51%	60	12		51%	55	12		26%	40	12											
		49%	50	6		46%	72.5	5		51%	60	12		51%	55	12		36%	55	12											
		49%	50	6		56%	87.5	5		51%	60	12		51%	55	12		46%	72.5	12											
		49%	50	6		66%	102.5	5		51%	60	12		51%	55	12		56%	87.5	12											
		49%	50	6		76%	117.5	5		51%	60	12		51%	55	12		56%	87.5	12											
9	Athlete 8					36%	60	5		51%	62.5	12		51%	37.5	12		26%	42.5	12											
		49%	47.5	6		46%	75	5		51%	62.5	12		51%	37.5	12		36%	60	12											
		49%	47.5	6		56%	92.5	5		51%	62.5	12		51%	37.5	12		46%	75	12											
		49%	47.5	6		66%	110	5		51%	62.5	12		51%	37.5	12		56%	92.5	12											
		49%	47.5	6		76%	125	5		51%	62.5	12		51%	37.5	12		56%	92.5	12											
10	Athlete 9					36%	45	5		51%	50	12		51%	52.5	12		26%	32.5	12											
		49%	45	6		46%	57.5	5		51%	50	12		51%	52.5	12		36%	45	12											
		49%	45	6		56%	67.5	5		51%	50	12		51%	52.5	12		46%	57.5	12											
		49%	45	6		66%	80	5		51%	50	12		51%	52.5	12		56%	67.5	12											
		49%	45	6		76%	92.5	5		51%	50	12		51%	52.5	12		56%	67.5	12											
11	Athlete 10					36%	47.5	5		51%	55	12		51%	40	12		26%	35	12											
		49%	50	6		46%	62.5	5		51%	55	12		51%	40	12		36%	47.5	12											
		49%	50	6		56%	75	5		51%	55	12		51%	40	12		46%	62.5	12											
		49%	50	6		66%	87.5	5		51%	55	12		51%	40	12		56%	75	12											
		49%	50	6		76%	102.5	5		51%	55	12		51%	40	12		56%	75	12											
12	Athlete 11					36%	47.5	5		51%	47.5	12		51%	45	12		26%	32.5	12											
		49%	47.5	6		46%	60	5		51%	47.5	12		51%	45	12		36%	47.5	12											
		49%	47.5	6		56%	72.5	5		51%	47.5	12		51%	45	12		46%	60	12											
		49%	47.5	6		66%	85	5		51%	47.5	12		51%	45	12		56%	72.5	12											
		49%	47.5	6		76%	97.5																								