

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|-------------------|---|-------------------|-------------------|-----------------|---|
| Upper Body | Upper Body | Neural | Lower Body | Lower Body | Lat/Bic | Neural |
| Overhead Press | Overhead Barbell | angel push up | Front Squat | Back Squat | Front Pull | angel push up |
| Bench Press | Incline Press | Med Ball Lift | Deadlift | Sumo Deadlift | Curl Hold | Med Ball Lift |
| Row | Pulldown | Sprint | 3 Jump | Bench Power Up | Dolphin | Sprint |
| 3x8 | 3x8 | 4x5 | 3x8 | 3x8 | Reverse Curl | 4x5 |
| | | | | | 3x8 | |
| Start Weight | Start Weight | Long Jump med ball throw jump touch | Start Weight | Start Weight | Start Weight | Long Jump med ball throw jump touch |
| | | 3x6 | | | | 3x6 |

Every exercise is as fast and powerful as you can. Always accelerate. If you feel like you have to struggle through an exercise, stop and move on to the next.