

Set/Rep Scheme: Rotate Weekly
 1. 3x8
 2. 5x5
 3. One set to Failure (75% of 1 RM)

⚠️ ***Failure sets NOT recommended for Olympic or Good Morning Lifts.**

***3x8 and 5x5 sets are done using "Working Weights" which approach a TRUE 5 or 8 Rep Max.**



GROUP A:

1. Front Squat
2. Olympic Back Squat
3. Bottom Position Squat
4. Conventional Dead-Lift
5. Trap Bar Dead-Lift
6. Romanian Dead-Lift
7. Power Clean
8. Power Snatch
9. Clean Grip High Pull
10. Snatch Grip High Pull
11. Good Mornings

GROUP B:

1. Bench Press
2. Military Press
3. Standing Dumbbell Press
4. Push Press
5. Farmer's Walk
6. Weighted Chin Up
7. Sandbag Clean and Press
8. Heavy Prowler Work
9. Stone Work Floor to Shoulder
10. Car Push
11. Tire Flips

General Training Protocol

