Table 1

BASICS	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
A	5 x 3 POWER SNATCH	5 x 5 RING DIP	5-5-5-5-5 BACK SQUAT	5 x 5 WEIGHTED PULL UP (RING ROW, BANDED PULL)	5 x 3 POWER CLEAN	5 x 5 DEADLIFT
B	3 x 3 TGU	3 x MAX L SIT	5x5 STRICT PRESS	5 x 5 WEIGHTED PRESS UP	3 x 3 KB WINDMILL	MAX KETTLEBELL DOUBLE CLEAN AND PUSH PRESS IN 10 MINS
C	3 x 3 SAGITAL KB SQAUT (BOTH SIDES)	AMRAP 6 MINS MAX DEVIL PRESS	EMOM 6 15 WALLBALLS	AMRAP 6 MINS MAX DEVIL PRESS	EMOM 12 ODD/ EVEN ODD - 30 SECOND WEIGHTED DISH EVEN - 10 BACK EXTENTIONS	
NOTES						