

Week 16	TEMPO: 1-1-1										
Monday	sets	reps	wt.	Tuesday	sets	reps	wt.	Wednesday	sets	reps	wt.
Push Press	6	2		A1-Flat Bench Press	6	2		Dead Lifts	6	2	
1-Arm Cable Curls	6	2		A2-Hanging Leg Raise	4	25		Speed Hops	3	12	
DB Hammer Curls	6	2		B1-Incline Bench Pres	6	2		RDL	6	2	
EZ Bar Close Curls	6	2		B2-Twist w/weight plate	4	25		Step Ups	6	2	
Depth Jumps	3	12		C1-Weighted Dips	6	2		Split Jumps	3	12	
1 Leg S/S Hops	3	12		C2-Crunches on Swiss Ball	4	25		Seated Calf Raise	6	2	
				D-Close Grip Bench Press	6	2					

Thursday	sets	reps	wt.	Friday	sets	reps	wt.
A1-Weighted Pullups	6	2		Hang Cleans	7	3	
A2-2 pt. Draw In	3	5x20sec.		One Arm Pullovers	7	3	
B1-High Cable Pull	6	2		EZ Bar Nosebreakers	7	3	
B2-Back Ext. w/Twist	3	25		Rope Pushdowns	7	3	
C1-1-Arm Cable Row	6	2		Squat Jumps	3	10	
C2-Reverse Hypers	3	25		Split Jumps	3	10	
D-Shrugs	6	2					