

THU	sets	reps	wt.	FRI	sets	reps	wt.
A-Chinups				<i>Dynamic Flexibility Week 9</i>			
B-1 Arm/1 Leg Lifts				<i>Plyometric Progression Week 9</i>			
C-Med Ball Throwdowns				<i>Conditioning Progression Week 9</i>			
<i>Static Flexibility Week 11</i>							
THU	sets	reps	wt.	FRI	sets	reps	wt.
A-Chinups				<i>Dynamic Flexibility Week 9</i>			
B-1 Arm/1 Leg Lifts				<i>Plyometric Progression Week 9</i>			
C-Med Ball Throwdowns				<i>Conditioning Progression Week 9</i>			
<i>Static Flexibility Week 12</i>							