Level - 2 || Weeks - 1 & 2

Pg #	Micro 1,2,3,4							
0	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
0	Average	0	0	220.	---	---	---	---

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

DB PERFORMANCE

	Day 1	Week 1			Week 2				Day 2	Week 1			Week 2				Day 3	Week 1			Week 2		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
220			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
		75%	5		75%	5				75%	5		75%	5				75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 3 & 4

Pg #	Micro 1,2,3,4							
1	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				220.	---	---	---	0.

Day 1	Week 3			Week 4		
	%	rep.	wgt.	%	rep.	wgt.
T		4			4	
100%		4			4	
220		4			4	
					4	
Hang Clean + Push Press						
U		6			6	
0%		6			6	
0		6			6	
					6	
1 Arm 1 Leg Keiser Row						
0	75%	5		75%	5	
#N/A	75%	5		75%	5	
	75%	5		75%	5	
L		6			6	
0%		6			6	
0		6			6	
					6	
BB Good Morning						
U		6			6	
0%		6			6	
0		6			6	
					6	
BB Bent Over Row						
A		6			6	
0%		6			6	
0		6			6	
					6	
DB Cuban Press						

Day 2	Week 3			Week 4		
	%	rep.	wgt.	%	rep.	wgt.
L		4			4	
0%		4			4	
0		4			4	
					4	
Rack Pull w/ Chains						
I		6			6	
0%		6			6	
0		6			6	
					6	
1 Leg Step Down						
0	75%	5		75%	5	
#N/A	75%	5		75%	5	
	75%	5		75%	5	
T		20			20	
0%		20			20	
0						
KB Swings						
U		20			20	
0%		20			20	
0						
Chinups						
A		20			20	
0%		20			20	
0						
1 Leg 3 Way Hip						

Day 3	Week 3			Week 4		
	%	rep.	wgt.	%	rep.	wgt.
T		5			5	
0%		5			5	
0		5			5	
					5	
DB Push Jerk						
u		5			5	
0%		5			5	
0		5			5	
					5	
Pullups						
0	75%	5		75%	5	
#N/A	75%	5		75%	5	
	75%	5		75%	5	
L		5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
Glute Ham w/ pads						
U		5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
Chinups						
A		8			8	
0%		8			8	
0						
Chops						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 5 & 6

Pg #	Micro 1,2,3,4							
2	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1

		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2

		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3

		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 7 & 8

Pg #	Micro 1,2,3,4							
3	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 7			Week 8		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 7			Week 8		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 7			Week 8		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 9 & 10

Pg #	Micro 1,2,3,4							
4	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 9			Week 10		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2	Week 9			Week 10		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3	Week 9			Week 10		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 11 & 12

Pg #	Micro 1,2,3,4							
5	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 11	Week 12

Day 2	Week 11	Week 12

Day 3	Week 11	Week 12

Day 1	%	rep.	wgt.	%	rep.	wgt.
T		4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U		6			6	
0%		6			6	
0		6			6	
					6	
0	75%	5		75%	5	
#N/A	75%	5		75%	5	
#N/A	75%	5		75%	5	
L		6			6	
0%		6			6	
0		6			6	
					6	
U		6			6	
0%		6			6	
0		6			6	
					6	
A		6			6	
0%		6			6	
0		6			6	
					6	

Day 2	%	rep.	wgt.	%	rep.	wgt.
L		4			4	
0%		4			4	
0		4			4	
					4	
I		6			6	
0%		6			6	
0		6			6	
					6	
0	75%	5		75%	5	
#N/A	75%	5		75%	5	
#N/A	75%	5		75%	5	
T		20			20	
0%		20			20	
0						
U		20			20	
0%		20			20	
0						
A		20			20	
0%		20			20	
0						

Day 3	%	rep.	wgt.	%	rep.	wgt.
T		5			5	
0%		5			5	
0		5			5	
					5	
u		5			5	
0%		5			5	
0		5			5	
					5	
0	75%	5		75%	5	
#N/A	75%	5		75%	5	
#N/A	75%	5		75%	5	
L		5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U		5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A		8			8	
0%		8			8	
0						

Day 1	Day 2	Day 3
Hang Clean + Push Press	Rack Pull w/ Chains	DB Push Jerk
1 Arm 1 Leg Keiser Row	1 Leg Step Down	Pullups
BB Good Morning	KB Swings	Glute Ham w/ pads
BB Bent Over Row	Chinups	Chinups
DB Cuban Press	1 Leg 3 Way Hip	Chops

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 13 & 14

Pg #	Micro 1,2,3,4							
6	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 13			Week 14			Day 2		Week 13			Week 14			Day 3		Week 13			Week 14		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 15 & 16

Pg #	Micro 1,2,3,4							
7	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

	Day 1	Week 15			Week 16				Day 2	Week 15			Week 16				Day 3	Week 15			Week 16		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 17 & 18

Pg #	Micro 1,2,3,4							
8	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 17			Week 18		
		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2		Week 17			Week 18		
		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3		Week 17			Week 18		
		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 19 & 20

Pg #	Micro 1,2,3,4							
9	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1

		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2

		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3

		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 21 & 22

Pg #	Micro 1,2,3,4							
10	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

DB PERFORMANCE

	Day 1	Week 21			Week 22				Day 2	Week 21			Week 22				Day 3	Week 21			Week 22		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 23 & 24

Pg #	Micro 1,2,3,4							
11	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 23			Week 24		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 23			Week 24		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 23			Week 24		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 25 & 26

Pg #	Micro 1,2,3,4							
12	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

DB PERFORMANCE

	Day 1	Week 25			Week 26				Day 2	Week 25			Week 26				Day 3	Week 25			Week 26		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 27 & 28

Pg #	Micro 1,2,3,4							
13	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 27			Week 28			Day 2		Week 27			Week 28			Day 3		Week 27			Week 28		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 29 & 30

Pg #	Micro 1,2,3,4							
14	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 29			Week 30			Day 2		Week 29			Week 30			Day 3		Week 29			Week 30		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 31 & 32

Pg #	Micro 1,2,3,4							
15	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 31			Week 32		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 31			Week 32		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 31			Week 32		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 33 & 34

Pg #	Micro 1,2,3,4							
16	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1 — Week 33 / Week 34

		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2 — Week 33 / Week 34

		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3 — Week 33 / Week 34

		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 35 & 36

Pg #	Micro 1,2,3,4							
17	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1

		Week 35			Week 36		
		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2

		Week 35			Week 36		
		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3

		Week 35			Week 36		
		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 37 & 38

Pg #	Micro 1,2,3,4							
18	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

	Day 1	Week 37			Week 38				Day 2	Week 37			Week 38				Day 3	Week 37			Week 38		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 39 & 40

Pg #	Micro 1,2,3,4							
19	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 39			Week 40		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 39			Week 40		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 39			Week 40		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 41 & 42

Pg #	Micro 1,2,3,4							
20	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 41			Week 42			Day 2		Week 41			Week 42			Day 3		Week 41			Week 42		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 43 & 44

Pg #	Micro 1,2,3,4							
21	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 43			Week 44		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 43			Week 44		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 43			Week 44		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 45 & 46

Pg #	Micro 1,2,3,4							
22	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 45			Week 46		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 45			Week 46		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 45			Week 46		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 47 & 48

Pg #	Micro 1,2,3,4							
23	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 47			Week 48			Day 2		Week 47			Week 48			Day 3		Week 47			Week 48		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 49 & 50

Pg #	Micro 1,2,3,4							
24	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1 — Week 49 / Week 50

		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2 — Week 49 / Week 50

		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3 — Week 49 / Week 50

		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 51 & 52

Pg #	Micro 1,2,3,4							
25	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 51			Week 52		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 51			Week 52		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 51			Week 52		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 53 & 54

Pg #	Micro 1,2,3,4							
26	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 53			Week 54		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2	Week 53			Week 54		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3	Week 53			Week 54		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 55 & 56

Pg #	Micro 1,2,3,4							
27	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1

		Week 55			Week 56		
		%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4	
100%			4			4	
#VALUE!			4			4	
						4	
U	1 Arm 1 Leg Keiser Row		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	BB Good Morning		6			6	
0%			6			6	
0			6			6	
						6	
U	BB Bent Over Row		6			6	
0%			6			6	
0			6			6	
						6	
A	DB Cuban Press		6			6	
0%			6			6	
0			6			6	
						6	

Day 2

		Week 55			Week 56		
		%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains		4			4	
0%			4			4	
0			4			4	
						4	
I	1 Leg Step Down		6			6	
0%			6			6	
0			6			6	
						6	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
T	KB Swings		20			20	
0%			20			20	
0							
U	Chinups		20			20	
0%			20			20	
0							
A	1 Leg 3 Way Hip		20			20	
0%			20			20	
0							

Day 3

		Week 55			Week 56		
		%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk		5			5	
0%			5			5	
0			5			5	
						5	
u	Pullups		5			5	
0%			5			5	
0			5			5	
						5	
0		75%	5		75%	5	
#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5	
L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
U	Chinups		5-4:2:1			5-4:2:1	
0%			5-4:2:1			5-4:2:1	
0							
A	Chops		8			8	
0%			8			8	
0							

Level - 2 || Weeks - 57 & 58

Pg #	Micro 1,2,3,4							
28	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 57	Week 58

Day 2	Week 57	Week 58

Day 3	Week 57	Week 58

		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE

Level - 2 || Weeks - 59 & 60

Pg #	Micro 1,2,3,4							
29	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

| Team Sports Performance | Programs by: www.DANBOOTHBY.com

Day 1		Week 59			Week 60			Day 2		Week 59			Week 60			Day 3		Week 59			Week 60		
		%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.			%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press		4			4		L	Rack Pull w/ Chains		4			4		T	DB Push Jerk		5			5	
100%			4			4		0%			4			4		0%			5			5	
#VALUE!			4			4		0			4			4		0			5			5	
						4								4								5	
U	1 Arm 1 Leg Keiser Row		6			6		I	1 Leg Step Down		6			6		u	Pullups		5			5	
0%			6			6		0%			6			6		0%			5			5	
0			6			6		0			6			6		0			5			5	
						6								6								5	
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5	
L	BB Good Morning		6			6		T	KB Swings		20			20		L	Glute Ham w/ pads		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
U	BB Bent Over Row		6			6		U	Chinups		20			20		U	Chinups		5-4:2:1			5-4:2:1	
0%			6			6		0%			20			20		0%			5-4:2:1			5-4:2:1	
0			6			6		0								0							
						6																	
A	DB Cuban Press		6			6		A	1 Leg 3 Way Hip		20			20		A	Chops		8			8	
0%			6			6		0%			20			20		0%			8			8	
0			6			6		0								0							
						6																	

Level - 2 || Weeks - 61 & 62

Pg #	Micro 1,2,3,4							
30	Meso 1							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU
				---	---	---	---	0.

Day 1	Week 61			Week 62		
	%	rep.	wgt.	%	rep.	wgt.
T	Hang Clean + Push Press	4			4	
100%		4			4	
#VALUE!		4			4	
					4	
U	1 Arm 1 Leg Keiser Row	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	BB Good Morning	6			6	
0%		6			6	
0		6			6	
					6	
U	BB Bent Over Row	6			6	
0%		6			6	
0		6			6	
					6	
A	DB Cuban Press	6			6	
0%		6			6	
0		6			6	
					6	

Day 2	Week 61			Week 62		
	%	rep.	wgt.	%	rep.	wgt.
L	Rack Pull w/ Chains	4			4	
0%		4			4	
0		4			4	
					4	
I	1 Leg Step Down	6			6	
0%		6			6	
0		6			6	
					6	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
T	KB Swings	20			20	
0%		20			20	
0						
U	Chinups	20			20	
0%		20			20	
0						
A	1 Leg 3 Way Hip	20			20	
0%		20			20	
0						

Day 3	Week 61			Week 62		
	%	rep.	wgt.	%	rep.	wgt.
T	DB Push Jerk	5			5	
0%		5			5	
0		5			5	
					5	
u	Pullups	5			5	
0%		5			5	
0		5			5	
					5	
0		75%	5	75%	5	
#N/A		75%	5	75%	5	
#N/A		75%	5	75%	5	
L	Glute Ham w/ pads	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
U	Chinups	5-4:2:1			5-4:2:1	
0%		5-4:2:1			5-4:2:1	
0						
A	Chops	8			8	
0%		8			8	
0						

| Team Sports Performance |
Programs by:
www.DANBOOTHBY.com
DB PERFORMANCE