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	Hang Clean + Push Press		4			4	
100%			4			4	
220			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	
		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 3			Week 4		
		%	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	
		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 3			Week 4		
		%	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	
		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