

Monday - Low Reps - Periodization 3 - Maximal strength - (2-3) Weeks

Exercise		Groups		Set/Rep		Time
Squat		A1		5 x 3-5 @ 90-95%		12 min
ABS (Variety)		All		4 x 30 sec.		2 min
Bench		A2		5 x 3-5 @ 90-95%		10 min
Curls / Tricep / Rest		All		2 x 30 sec. (3 rot)		3 min
Dead / Clean		B1		5 x 3-5 @ 90-95%		10 min
Push up / Deltoids / Rest		All		2 x 30 sec. (3 rot)		3 min
Incline		B2		5 x 3-5 @ 90-95%		10 min
Burnout: Core Strengthening exercises		All		2 x 1 min (2 diff.)		2 min



Thursday - Low Reps. - Periodization 3 - Maximal strength - (2-3) Weeks

Exercise		Groups		Set/Rep		Time
Squat		B2		5 x 3-5 @ 90-95%		12 min
ABS (Variety)		All		4 x 30 sec.		2 min
Bench		B1		5 x 3-5 @ 90-95%		10 min
Curls / Tricep / Rest		All		2 x 30 sec. (3 rot)		3 min
Dead / Clean		A2		5 x 3-5 @ 90-95%		10 min
Push up / Deltoids / Rest		All		2 x 30 sec. (3 rot)		3 min
Incline		A1		5 x 3-5 @ 90-95%		10 min
Burnout: Core Strengthening exercises		All		2 x 1 min (2 diff.)		2 min