



Wednesday  
6 Week Cycle

**I. Half Cleans**  
Wed ✓

Wed ✓

Wed 3<sup>rd</sup>

Wed

Wed

12x	12x	12x	12x	12x
10x	10x	10x	10x	10x
8x	8x	8x	8x	8x
6x	6x	6x	6x	6x

**II. Shrugs**

12x	12x	12x	12x	12x
10x	10x	10x	10x	10x
8x	8x	8x	8x	8x

**III. Goodmornings**

15x	15x	15x	15x	15x
12x	12x	12x	12x	12x
10x	10x	10x	10	10x

**IV. Arm Circuit**  
Tri's: Ext's, PshDns

Bi's: Dmb'l's, Prehrs

12x	12x	12x	12x	12x
10x	10x	10x	10x	10x
	8x	8x	8x	8x

**V. Med Ball Circuit**

7 minutes	9 minutes	11 minutes	14 minutes	17 minutes	20 minutes
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