

Wednesday
6 Week Cycle

I. Half Cleans
Wed ✓

Wed ✓

Wed 3rd

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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