As a reminder our RPE weight scale is as follows:

Light: technique focus. controlled movement. won't be sore the next day

Medium: challenging but can complete all reps and all sets with perfect technique

Heavy: Can barely compete the last rep in each set

Vheavy: Maxed out. Likely needs a spot to finish the last rep

Dynamic: Light but quick, precise movements. Lifting as quick as you can

MAX STRENGTH DAY 1						
Aerobic Warm up	At least 15 min					
Activation - no circuit	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
Cable external shoulder rotation	2 x 15	2 x 15	2 x 15	2 x 15	2 x 15	2 x 15
Downard dog to spider	x 8 each side	x 8 each side	x 8 each side	x 8 each side	x 8 each side	x 8 each side
Hurdle walk forward and backward	2 x 6-8 hurdles	2 x 6-8 hurdles	2 x 6-8 hurdles	2 x 6-8 hurdles	2 x 6-8 hurdles	2 x 6-8 hurdles
Band Jane Fondas	2 x 12 eash side	2 x 12 eash side	2 x 12 eash side	2 x 12 eash side	2 x 12 eash side	2 x 12 eash side
Bosu opp arm app leg band	2 x 15 each side	2 x 15 each side	2 x 15 each side	2 x 15 each side	2 x 15 each side	2 x 15 each side
Do not circuit below						
hudle jump	3 x 8 hurdles	3 x 8 hurdles	3 x 8 hurdles	3 x 8 hurdles	3 x 8 hurdles	3 x 8 hurdles
Reverse lunge steup up (NO JUMP)	x 5 each leg	x 5 each leg	x 5 each leg	x 5 each leg	x 5 each leg	x 5 each leg
Sprinter hinge steup up (NO JUMP)	x 5 each leg	x 5 each leg	x 5 each leg	x 5 each leg	x 5 each leg	x 5 each leg
Sprinter hinge steup up (w/ JUMP)	3 x 5 each leg	3 x 5 each leg	3 x 5 each leg	3 x 5 each leg	3 x 5 each leg	3 x 5 each leg
General Lifts (one exercise at a time)	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
choose one: Power or General						
power: Single arm split squat BB press	3 x 8 fast	3 x 8 fast	3 x 8 fast	3 x 8 fast	3 x 8 fast	3 x 8 fast
general: DB tricep extension	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy	3 x 8 med/heavy
Bench Press	3 x 6 medium	3 x 5 med / heavy	3 x 5 heavy	3 x 4 heavy	3 x 4 Vheavy	3 x 4 Vheavy
Single leg RDL (DB or BB)	3 x 6 each leg med	3 x 6 each leg med	3 x 4 each leg heavy	3 x 4 each leg heavy	3 x 4 each leg heavy	3 x 4 each leg heavy
choose one: Power or General						
power: BB Push jerk	3 x 6 med	3 x 6 med	3 x 6 med	3 x 6 med	3 x 6 med	3 x 6 med
General: body weight pull ups	3 x building to max	3 x building to max	3 x building to max	3 x building to max	3 x building to max	3 x building to max
Core circuit 2-3 times through	**Week 1**	**Week 2**	**Week 3**	**Week 4**	**Week 5**	**Week 6**
Weighted sit up	x 10	x 10	x 10	x 10	x 10	x 10
Side plank knee to elbows	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side
BB roll outs	x 10	x 12	x 15	x 15	x 15	x 15
Swis ball runners	x 12 each side	x 12 each side	x 12 each side	x 12 each side	x 12 each side	x 12 each side
kneeling cross chest cable pull	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side