

## Sample Week

### Push/Pull System

Day 1 (Monday) – Push Day	Day 2 (Wednesday) – Pull Day	Day 3 (Friday) – Push Day
Back Squat	Pull-to-Knee	Back Squat
3 x 5 (1 x 5 “down” set)	3 x 5 (1 x 5 “down” set)	3 x 5 (1 x 5 “down” set)
	Low Clean Pull	Use 10 – 20% less weight than Monday
Bench Press	3 x 5 (1 x 5 “down” set)	Bench Press
3 x 5 (1 x 5 “down” set)	Power Snatch	3 x 5 (1 x 5 “down” set)
	3 x 5 (1 x 5 “down” set)	Use 10 – 20% less weight than Monday
Push Press	Flywheel Hamstring Curl (Eccentric Method)	Push Press
3 x 5 (1 x 5 “down” set)	3 x 3 per leg Raise the weight with maximum effort using both legs and lower the weight with one leg	3 x 5 (1 x 5 “down” set)
	Semi-Stiff Leg Deadlift – Single-Leg	Use 10 – 20% less weight than Monday
Leg Extensions – if needed for patella tendons	2 x 8 per leg	Leg Extensions – if needed for patella tendons
Isometric holds or heavy/slow	Chin-Ups	Isometric holds or heavy/slow
Flywheel Leg Press	3 rest-pause sets (use a weight for 5 reps on the first cluster)	Flywheel Leg Press
4 x 7	DB Row – Single Arm	4 x 7
	2 x 8 per arm	