

Anatomical Adaptation

DATE												
Snatch (Dumbell)												
Reps												
Sets												
Step up												
Reps												
Sets												
Wide Grip Pull Down												
Reps												
Sets												
Straight Leg Deadlift												
Reps												
Sets												
Bench Press												
Reps												
Sets												
Single Leg Calf raise												
Reps												
Sets												
Upright Row												
Reps												
Sets												
Squat Press												
Reps												
Sets												
Plank (40-60")												
10 - 20 reps Sets												

1 rep short of exhaustion
 2 - 4 sets
 Rest between exercises: 30-120 sec
 Rest between sets: 2-4 min