



MONDAY'S WORKOUT PLAN

BUILD STRENGTH. IMPROVE SPEED. DOMINATE.



Coach
Dame



STRENGTH
BUILD IT



POWER
UNLEASH IT



DISCIPLINE
LIVE IT

#	EXERCISE	SETS x REPS
1	 HANG CLEAN (BARBELL)	3 x 6-8
2	 SQUAT (BARBELL)	3 x 6-8
3	 STIFFLEG DEADLIFT (BARBELL)	3 x 6-8
4	 BENCH PRESS (BARBELL)	3 x 6-8
5	 SEATED ROW (CABLE OR MACHINE)	3 x 6-8
6	 MILITARY PRESS (BARBELL)	3 x 6-8
7	 TRICEP PUSHDOWN (CABLE)	3 x 6-8
8	 HAMMER CURL (DUMBBELLS)	3 x 6-8



COACHING EMPHASIS

- Explosive movement on every Hang Clean rep.
- Maintain proper squat depth and control.
- Strong hip hinge and flat back on Stiffleg Deadlift.
- Use strict form and full range of motion on all lifts.
- Quality over quantity — focus on technique, control and consistent effort.



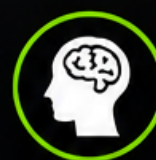
KEY FOCUS



SPEED



STRENGTH



MENTAL TOUGHNESS



DEVELOPING BETTER ATHLETES
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#BETTER
EVERY
DAY