

Pre-Work: see attached sheet

**A1) Wide Grip Football Bar Bench Press**

Warmup x8 each grip.

Date	Week	Sets	Reps	-	-
	1	3	10		
	2	4	10		
	3	5	10		
	4	5	10		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**A2) Unilateral MB RDL**

Week	Sets	Reps	Interval	-
1	2	6 ea.	2:30	
2	3	6 ea.	2:30	
3	4	8 ea.	2:30	
4	4	8 ea.	2:30	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B1) Wide Grip Bent Over Football Bar Row**

Week	Sets	Reps	-
1	2	8	
2	3	8	
3	4	8	
4	4	8	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B2) OH MB Slam**

Week	Sets	Reps	-	-
1	2	8		
2	3	8		
3	4	8		
4	4	8		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**B3) DB Hammer Curl w/ Fat Gripz**

Week	Sets	Reps	-	-
1	2	15 ea.		
2	3	20 ea.		
3	4	20 ea.		
4	4	20 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**C1) BTN MB Squat Drop Set**

Run rack AFAP from 6-25 and back down. Record total time. Elevate heels onto a 15 lb plate.

Week	Sets	Reps	-	-
1	13	5		
2	13	5		
3	13	5		
4	13	5		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**D1) Concept 2 Row**

Complete as much distance as possible in time. Try to maintain average 500 pace across all 4 weeks.

Week	Sets	Time	-	500 Pace
1	1	5:00		
2	1	6:00		
3	1	7:00		
4	1	8:00		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

**E1) Repeat Bolded Exercises in Warm-up**



**RUTHLESS  
PERFORMANCE**