



# Hammer Power

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IG: gf2\_fitness



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Date/Day					
<b>Round 1</b>					
<b>All Sets 10 reps</b>					
Overhead Press - Light	w _____	w _____	w _____	w _____	w _____
Overhead Press - Med	w _____	w _____	w _____	w _____	w _____
Squat - Light	w _____	w _____	w _____	w _____	w _____
Squat - Med	w _____	w _____	w _____	w _____	w _____
Thruster - Light	w _____	w _____	w _____	w _____	w _____
Thruster - Med	w _____	w _____	w _____	w _____	w _____
<b>All sets 5 reps</b>					
Jack Press - L - Light	w _____	w _____	w _____	w _____	w _____
Jack Press - R - Light	w _____	w _____	w _____	w _____	w _____
Jack Press - L - Med	w _____	w _____	w _____	w _____	w _____
Jack Press - R - Med	w _____	w _____	w _____	w _____	w _____
<b>All Sets 10 reps</b>					
Deadlift - Light	w _____	w _____	w _____	w _____	w _____
Deadlift - Med	w _____	w _____	w _____	w _____	w _____
Shrug - Light	w _____	w _____	w _____	w _____	w _____
Shrug w/ext - Med	w _____	w _____	w _____	w _____	w _____
Upright Row - Light	w _____	w _____	w _____	w _____	w _____
Full Upright Row - Med	w _____	w _____	w _____	w _____	w _____
Clean - Light	w _____	w _____	w _____	w _____	w _____
Full Range Clean - Med	w _____	w _____	w _____	w _____	w _____
<b>Round 2</b>					
Clean & Press - Lt	10r _____	10r _____	10r _____	10r _____	10r _____
Clean & Press - Hvy	5r _____	5r _____	5r _____	5r _____	5r _____
Clean & Squat - Lt	10r _____	10r _____	10r _____	10r _____	10r _____
Clean & Squat - Hvy	5r _____	5r _____	5r _____	5r _____	5r _____
Clean Squat Press - Lt	10r _____	10r _____	10r _____	10r _____	10r _____
Clean Squat Press - Hvy	5r _____	5r _____	5r _____	5r _____	5r _____
Clean Squat Jerk - L - Lt	5r _____	5r _____	5r _____	5r _____	5r _____
Clean Squat Jerk - R - Lt	5r _____	5r _____	5r _____	5r _____	5r _____
Clean Squat Jerk - Hvy	5r _____	5r _____	5r _____	5r _____	5r _____
1-Arm CSJ - L - Lt	10r _____	10r _____	10r _____	10r _____	10r _____
1-Arm CSJ - L - Hvy	5r _____	5r _____	5r _____	5r _____	5r _____
1-Arm CSJ - R - Lt	10r _____	10r _____	10r _____	10r _____	10r _____
1-Arm CSJ - R - Hvy	5r _____	5r _____	5r _____	5r _____	5r _____

Equipment: Weights/Bands  
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