

Name	WF	TH	SA	DA	Regular
CURRENT MAX	100	100	100	100	95%
TRAINING MAX	100	100	100	100	

Larry

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Strength prep	Week 1	Week 2	Week 3	Week 4
Dynamic Warm				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift				
Bench Press				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift				
1 Arm Cable Press				

Core Lift	Week 1	Week 2	Week 3	Week 4
Core Lift				
1 Arm Cable Press				

Deadlifts	Week 1	Week 2	Week 3	Week 4
Deadlifts				

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press				

1 Arm Cable Press	Week 1	Week 2	Week 3	Week 4
1 Arm Cable Press				

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Side DB Rows				
Step Up				

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Step Up				
Step Up				

Main Accessory Lifts	Week 1	Week 2	Week 3	Week 4
Step Up				
Step Up				

Excel Sheet Strength And Conditioning Programs

L Reisser



Excel Sheet Strength And Conditioning Programs:

Excel Sheet Strength And Conditioning Programs Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Excel Sheet Strength And Conditioning Programs**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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