Team Session

Clean (Hang)	Back Squat	Bench Press	Cable Row (Neutral)	Hip Thrust (Bench)					
Superset w/Box Jumps	Superset w/ Pecs stretch Lats stretch Trap stretch	Superset w/ Hip clams Hip abdution Hip adduction Hip bridges	Superset w/ MB Situps Palloff Press Side Bridge	Superset w/ Shoulder YTWL Ring Rows					

	Name	Notes	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done
1	Mladen Jovanovic						36%	55	5																													
			49%	55	6		46%	70	5		51%	50	12		51%	45	12		26%	40	12																	
			49%	55	6		56%	85	5		51%	50	12		51%	45	12		36%	55	12																	
			49%	55	6		66%	100	5		51%	50	12		51%	45	12		46%	70	12																	
			49%	55	6		76%	115	5		51%	50	12		51%	45	12		56%	85	12																	
2	Athlete 1						36%	30	5																													
			49%	30	6		46%	40	5		51%	40	12		51%	50	12		26%	22.5	12																	
			49%	30	6		56%	47.5	5		51%	40	12		51%	50	12		36%	30	12																	
			49%	30	6		66%	55	5		51%	40	12		51%	50	12		46%	40	12																	
			49%	30	6		76%	65	5		51%	40	12		51%	50	12		56%	47.5	12																	
3	Athlete 2						36%	70	5																													
			49%	60	6		46%	90	5		51%	47.5	12		51%	62.5	12		26%	50	12																	
			49%	60	6		56%	107.5	5		51%	47.5	12		51%	62.5	12		36%	70	12																	
			49%	60	6		66%	127.5	5		51%	47.5	12		51%	62.5	12		46%	90	12																	
			49%	60	6		76%	147.5	5		51%	47.5	12		51%	62.5	12		56%	107.5	12																	
4	Athlete 3						36%	32.5	5																													
			49%	32.5	6		46%	42.5	5		51%	62.5	12		51%	62.5	12		26%	22.5	12																	
			49%	32.5	6		56%	50	5		51%	62.5	12		51%	62.5	12		36%	32.5	12																	
			49%	32.5	6		66%	60	5		51%	62.5	12		51%	62.5	12		46%	42.5	12																	
			49%	32.5	6		76%	70	5		51%	62.5	12		51%	62.5	12		56%	50	12																	
5	Athlete 4						36%	32.5	5																													
			49%	30	6		46%	40	5		51%	32.5	12		51%	45	12		26%	22.5	12																	
			49%	30	6		56%	50	5		51%	32.5	12		51%	45	12		36%	32.5	12																	
			49%	30	6		66%	60	5		51%	32.5	12		51%	45	12		46%	40	12																	
			49%	30	6		76%	67.5	5		51%	32.5	12		51%	45	12		56%	50	12																	
6	Athlete 5						36%	57.5	5																													
			49%	55	6		46%	75	5		51%	70	12		51%	70	12		26%	42.5	12																	
			49%	55	6		56%	90	5		51%	70	12		51%	70	12		36%	57.5	12																	
			49%	55	6		66%	107.5	5		51%	70	12		51%	70	12		46%	75	12																	
			49%	55	6		76%	125	5		51%	70	12		51%	70	12		56%	90	12																	