	SPORT										Mladen Jovanovic									PHASE																	
	Weekly Structure												allovio			PR	OGR	AM																			
	PRE ACTIVITY PREPARATION																F	PRE A	CTI	/ITY	PRE	ΕPA	RAT	ION													
	WARM UP 1 Foam Roll 10' Foam Roll: calves, hamstring, glutes, low and upper back, mobilize upper back, lats, ITB, quads, groin and traps. Add lacrosse ball if needed	WARM UP 2 Ground based mobility #1 All-four: Cat-Camel, rocking, donkey kicks, hydrant, hip circles, diagonal lift, push-up plus, yoga push-up, ankles, groin, hip flexors Back: knee fall outs, internal rotation, hip bridge, knee push, leg							Shrug Overh	WARM UP 3 Barbell Warm-up #1 Do 5-10 reps on each exercise: Shrug + on toes, High Pull, RDL, Row, Front squat, Curl and Press, Overhead Squat, Good Morning, Split Squat, Push-ups, (?)Pull-ups, Side bend, Sumo Squat, Deadlifts, Suitcase Deadlifts								PN cir yo	PNF diagonals, arm circles, hip circles, leg circles, knee circles, ankle circles, wide legs mobility, Kozak stretch,		PRE ACTIVITY PREPARAT WARM UP 2 KB Circuit #1 Do 5-10 reps on each exercise Around the body & head circuits, Goblet squat, push-ups, row, split squat, press, SLRDL, Hip flex, lateral split squat, swings, renegade row, KB curl/Turkish Get-up									WARM	ARM UP 3						
	Monday	Cionie		ek 1	рк, заре	Week 2				W	eek 3	,	Week 4						Tuesday	Week 1				Week 2				Week 3				Wee	ek 4				
	Date																		Date																		
	Session A	%	WT	GR Don	e %	W	r GR	Done	%	WT	GR	Done	%	WT	GR	Done	•	Ţ	Session B	%	WT G	R Do	ne %	WT	GR	Done	%	WT	GR	Done	%	WT	GR	Done			
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r 1	Joe Kenn Olympic 85%				-	45	0 0			F0 0							- T	4																			
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02		75%	52.5	4	80%	55.			85%	60.0			73%	50.0	+			1																			
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١	Front Squat Constant Step 5x5																١	H	Bench Press Constant Step 5x5										\vdash								
er 2	Constant Step 3x3																ier 2		Constant Step 3x3								Н		\vdash								
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		49%	60.0	5	51%	60.	.0 5		53%	62.5	5		56%	67.5	5					49%	50.0	5	519	50.0	5		53%	52.5	5		56%	55.0	5				
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120		69%	82.5	5	71%	85.			73%	87.5			76%	90.0	+		5	<u>;</u>		-	70.0		719	70.0	_		73%	72.5	5			75.0	5				
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įΞ		60%	67.5		61%	67.	5 10		63%	70.0	10		65%	72.5	10)	F	1		69%	65.0	5	719	67.5	5		73%	70.0	5		76%	72.5	5				
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ıĔ																	ΪĔ	Ė		-	16.0	_	689	16.0	_	_	68%	16.0	-			16.0	12				
																				68%	16.0	9	68%	16.0	10		68%	16.0	11		68%	16.0	12				
	Hip Thrust 1-Leg (Bench)																		Rings Pull Ups (Neutral)	61%	-12.5		619		5 4		61%		5		61% -	12.5	5				
Tier 5																	r 5	_	Accumulation Plateau 4x10	71%	0.0		719	0.0	8		71%	0.0	9		71%	0.0	10				
ie⊟																	Tier	2		71%	0.0		719		8		71%	0.0	9		71%	0.0	10				
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PRE ACTIVITY PREPARATION													PRE ACTIVITY PREPARATION															
WARM UP 1 Foam Roll 10' Foam Roll: calves, hamstring, glutes, low and upper All-four: Cat-Camel, rocking, donkey kicks, hydrant, hip circles,														WARM UP 1 WARM UP 2 WARM UP 3 Joint circles KB Circuit #1														
Foam Roll: calves, hamstring, glutes, low and upper back, mobilize upper back, lats, ITB, quads, groin and diagonal lift, push-up plus, yoga push-up, ankles, groin, hip flexors								head rotations, shoulder rotations, elbows and wrists,									exercise					1						
back, mobilize upper back, lats, ITB, quads, groin and dagonal lift, push-up plus, yoga push-up, ankles, groin, hip flexors Back: knee fall outs, internal rotation, hip bridge, knee push, leg swings, cross-overs, leg lowers, curls Side adduction, and adduction, star exercise Stomach: scorpion, knee to armpit, superman														PNF diagonals, arm circles, hip circles, leg circles, knee circles, ankle circles, wide legs mobility, Kozak stretch,	squat, p	the body & h ress, SLRDL	Hip flex, lat											
														yoga push-up + Ankles + Elbow 2 ground, split squat, SLRDL, single leg squat, deep squat stretch	row, KB	curl/Turkish	Get-up											
Thursday	Week 1	Week 1 Week 2					Week 3 Week 4							Friday		Week	1		We	ek 2	2		We	ek 3	Week 4			
Date														Date														
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	49% 77.5 5		51%	82.5	5	53%	85.0	5	56%	90.	.0 5				49%	30.0	5	51%	30.0	5		53%	32.5	5	56%	32.5	5	
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	^{79%} 127.5 5		81% 1	30.0	5	83%	132.5	5	86%	137	7.5 5		ľ		79%	47.5	5	81%	47.5	5		83%	50.0	5	86%	52.5	5	
Glute Bridge (Floor)														Bar Pull Ups (Pronated)	39%	-42.5	5	41%	-40.0	5		43%	-37.5	5	46%	-32.5	5	
Constant Step 4x10	40% 47.5 10		41%	50.0 1	0	43%	52.5	10	45%	55.	.0 10		က	Constant Step 5x5	49%	-30.0	5	51%	-25.0	5		53%	-22.5	5	56%	-20.0	5	
Constant Step 4x10	50% 60.0 10		51%	60.0 1	0	53%	62.5	10	55%	65.	.0 10		er		59%	-15.0	5	61%	-12.5	5		63%	-10.0	5	66%	-5.0	5	
1	60% 72.5 10		61%	72.5 1	0	63%	75.0	10	65%	77.	.5 10		-		69%	-2.5	5	71%	0.0	5		73%	2.5	5	76%	7.5	5	
	70% 82.5 10		71%	85.0 1	0	73%	87.5	10	75%	90.	.0 10				79%	12.5	5	81%	15.0	5		83%	17.5	5	86%	20.0	5	
DB Lunges														Ring PushUps (Normal)	57%	0.0	5	58%	0.0	5		60%	2.5	5	61%	5.0	5	
Constant Step 4x10	40% 12.5 10		41%	15.0 1	0	43%	15.0	10	45%	15.	.0 10		4	Constant Plateau 4x10	67%	10.0 1	0	68%	10.0	10		70%	12.5	10	71%	15.0	10	
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1	60% 20.0 10		61%	20.0 1	0	63%	22.5	10	65%	22.	.5 10		F		67%	10.0 1	0	68%	10.0	10		70%	12.5	10	71%	15.0	10	
	70% 22.5 10		71%	25.0 1	0	73%	25.0	10	75%	25.	.0 10				67%	10.0 1	0	68%	10.0	10		70%	12.5	10	71%	15.0	10	
Cable Chop														Rings Inverted Row (Neutral)	57%	-2.5	5	58%	-2.5	5		60%	0.0	5	61%	0.0	5	
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