

BIG HOUSE TRAINING
MODIFIED WESTSIDE

WEEK 1

MAX EFFORT

1 RM					
CLEAN	REPS				
	10				
	5				
	3				
	1				

When sets of 3 are to much do singles

SPEED EFFORT

1 RM

BOX SQUAT	REPS				
	30 sec				
	30 sec				
	30 sec				
	30 sec				
	30 sec				
	30 sec				
	30 sec				

Move the bar as fast as possible then 30 secs rest

REPEATED EFFORT

1 RM

INCLINE BENCH					
	REPS				
	15				
	15				
	12				
	12				
	10				
	10				

SUPPLEMENTARY

HIGH PULL	1 RM	REPS	WEIGHT		
		12			
		10			
		8			

CURL,PRESS	1 RM	REPS			
SQUAT		12			
COMBO		10			
		8			

