

BIG HOUSE TRAINING
MODIFIED WESTSIDE

WEEKS 4

Exercise

| | | | | | |
|---------|------|--------|--|--|--|
| 1 RM | | WEIGHT | | | |
| GOOD | REPS | | | | |
| MORNING | 10 | | | | |
| | 5 | | | | |
| | 3 | | | | |
| | 1 | | | | |

| | | | | | |
|-----------|------|--|--|--|--|
| 1 RM | | | | | |
| 1/4 SQUAT | REPS | | | | |
| | 3 | | | | |
| | 3 | | | | |
| | 3 | | | | |
| | 3 | | | | |
| | 3 | | | | |
| | 3 | | | | |
| | 3 | | | | |

| | | | | | |
|-------|------|--|--|--|--|
| 1 RM | | | | | |
| BENCH | | | | | |
| | REPS | | | | |
| | 15 | | | | |
| | 15 | | | | |
| | 12 | | | | |
| | 12 | | | | |
| | 10 | | | | |
| | 10 | | | | |

SUPPLEMENTARY

| | | | | | |
|----------|------|------|--------|--|--|
| DUMBBELL | 1 RM | REPS | WEIGHT | | |
| SNATCH | | 12 | | | |
| | | 10 | | | |
| | | 8 | | | |

| | | | | | |
|------------|------|------|--|--|--|
| SINGLE LEG | 1 RM | REPS | | | |
| PLATFORM | | 12 | | | |
| SQUAT | | 10 | | | |
| | | 8 | | | |