

BIG HOUSE TRAINING
MODIFIED WESTSIDE

Week 6

Exercise

1 RM

WEIGHT

BOARD					
PRESS	10				
	5				
	3				
	1				

1 RM

HANG	REPS				
CLEAN	3				
	3				
	3				
	3				
	3				
	3				
	3				
	3				

1 RM

DEADLIFT	REPS				
	15				
	15				
	12				
	12				
	10				
	10				

SUPPLEMENTARY

DB BENCH	1 RM	REPS	WEIGHT		
		12			
		10			
		8			

CHINS		REPS	WEIGHT		
		failure	bw		
		failure	bw		
		failure	bw		

ZOTMAN	1 RM	Reps	WEIGHT		
		12			
		10			
		8			