

BIG HOUSE TRAINING
 MODIFIED WESTSIDE

WEEKS 7

1 RM WEIGHT

HANG CLEAN	REPS				
	10				
	5				
	3				
	1				

1 RM

1/2 SQUAT	REPS				
W/BANDS	3				
	3				
	3				
	3				
	3				
	3				
	3				
	3				

1 RM

DB INCLINE					
BENCH	REPS				
	15				
	15				
	12				
	12				
	10				
	10				

SUPPLEMENTARY

PLATE PINCH	1 RM	REPS	WEIGHT		
		12			
		10			
		8			

FOREARM	1 RM	REPS			
ROLLS		12			
		10			
		8			

HIGH PULL	1 RM	REPS	12		
		10			
		8			