

	A	B	A'	B'				
fase 2	SQ	DL	BP pin	DL paused				
	BP	MP	SQ Oly	Snatch DL @8				
	<i>FSQ paused</i>	<i>CGBP</i>	<i>BP legs up</i>	<i>Push press</i>				
	A	B	C					
fase 3a	SQ	BP	SQ Paused					
	MP	DL	BP Paused					
	<i>BP Legs up</i>	<i>FSQ</i>	<i>DL Deficit</i>					
		<i>CGBP</i>						
fase 3b	SQ	BP	SQ @8					
	MP	DL	BP @8					
	<i>BP Legs up</i>	<i>FSQ</i>	<i>DL</i>					
		<i>CGBP</i>						
	Bold = @9							
	<i>Italic = @8, 5 or 6 reps</i>							
fase 2 (2x6 RTS lifts)	reps	load drop	total fatigue		fase 3 (2x5 RTS lifts)	reps	load drop	total fatigue
week 1	4	0	0		week 1	3	6	30
week 2	5	4	24		week 2	4	7	35
week 3	3	5	30		week 3	2	6	30
week 4	4	6	36		week 4	3	5	25
week 5	5	5	30		week 5	4	8	40
week 6	3	4	24		week 6	2	5	25
week 7	4	7	42		week 7	3	5	25
week 8	5	4	24		week 8		max	

		fatigue 2-8:	210				fatigue 1-7:	210
--	--	--------------	-----	--	--	--	--------------	-----