

~ CFFM SWOD December 2011 ~

Mon	Tue	Wed	Thu	Fri
			1 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM	2  <b>REST</b>
5 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM Press 8x3 @ 65% of 1 RM (45 sec rest)	6 <b>Apprentice/Craftsman/Expert:</b> Deadlift 10 RM Pull Ups 3 x max reps	7  <b>REST</b>	8 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM Bench 3x5 (add 5 lbs to last workout)	9 <b>Apprentice/Craftsman:</b> Power Clean 5x3 (set new PR)  <b>Expert:</b> Power Snatch 8x2
12 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM	13 <b>Apprentice/Craftsman:</b> Deadlift 5 RM (add 10 lbs to last workout)  <b>Expert:</b> Deadlift 5 @ 75%, 3 @ 85%, 1 @ 95% *percentages are based off of 1 RM	14  <b>REST</b>	15 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM Press 2, 2, 2, 2, 2	16 <b>Apprentice/Craftsman:</b> Strict Chin Ups 3 x max reps  <b>Expert:</b> Bench Press 5 (65%), 5 (75%), 5 (85%)
19 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM	20 <b>Apprentice/Craftsman:</b> Pull Ups 3 x max reps  <b>Expert:</b> Weighted Pull Ups 3 RM	21  <b>REST</b>	22 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM Press 8x3 @ 65% of 1 RM	23  <b>REST</b>
26 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM Bench Press 2, 2, 2, 2, 2	27 <b>Apprentice/Craftsman:</b> Deadlift 5 RM (add 10 lbs to last workout)  <b>Expert:</b> Deadlifts 5 RM	28  <b>REST</b>	29 <b>Apprentice/Craftsman/Expert:</b> Squat 20RM Bench Press 5, 5, 5, 5, 5	30 <b>Apprentice/Craftsman:</b> Power Clean 5x3  <b>Expert:</b> Clean 3, 3, 3, 1, 1, 1