STRENGTH PHASE 3

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Swissball Squats								
Overhead Squat	_							
Power Cleans								
Single Leg Press w/ Jump								
Straight Leg Dead Lift								
Swissball Hamstrings	_							
Calf Raises								
Ball Push-Ups								
Pull-Ups								
Cable Tricep Extensions								
Standing Dumbell Curls								
Arnies								