TBFit.com
rowing & strength training

December 2012/January 2013

Lifts	WK-1	Reps	WK-2	Reps	WK-3	Reps	WK-4	Reps	WK 5	Reps	WK 6	Reps	WK 7	Reps	WK 8	Reps
DAY 1 **Explosive** Snatch		2x10		2x12		3x12		3x12								
First Set **Lower Push** Squat **Upper Pull** Bent over Row **Core** Clam																
Second Set **Lower Pull** Straight Leg Dead Lift **Upper Push** DB Bench Press **Core** Russian Twist																
Day 2 **Explosive** Clean		2x10		2x12		3x12		3x12								
First Set **Lower Push** DB Lunge **Upper Pull** DB Row **Core** SB Roll out																
Second Set **Lower Pull** SB Curl **Upper Push** Push Up **Core** SB Lat Crunch																