

**JUMPS/MULTI EVENT
DEVELOPMENTAL PROGRAM**

DAY 1														
TOTAL	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
CLEAN PULL <i>MID THIGH</i>		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
FRONT SQUAT		x5		x5		x5		x5		x5		x3		x5
		x5		x5		x5		x5		x5		x3		x3
		x5		x5		x5		x5		x5		x3		x1
		x5		x5		x5		x5		x5		x3		5RM
		x5		x5		x5		x5		x5		x3		
		x5		x5		x5		x5		x5		x3		
TRX ROW <i>PAIR WITH:</i>		8-12		8-12		8-12		6-8		x12		x12		x12
		8-12		8-12		8-12		6-8		x12		x12		x12
		8-12		8-12		8-12		6-8		x12		x12		x12
DB BENCH		8-12		8-12		8-12		x5		6-8		x5		x10
		8-12		8-12		8-12		x5		6-8		x5		x10
		8-12		8-12		8-12		x5		6-8		x5		x10
RDL		x6		x6		x5		x5		x6		x5		x3
		x6		x6		x5		x5		x6		x5		x3
		x6		x6		x5		x5		x6		x5		x3
		x6		x6		x5		x5		x6		x5		x3

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DAY 2														
TOTAL	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
CLEAN PULL <i>BELOW KNEE</i>		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
GOBLET SQUAT		x5		x5		x5		x3		x5		x5		x5
		x5		x5		x5		x3		x5		x5		x5
		x5		x5		x5		x3		x5		x5		x5
CHIN UP <i>PAIR WITH:</i>		5-7		5-7		6-8		x3		6-8		5-7		x5
		5-7		5-7		6-8		x3		6-8		5-7		x5
		5-7		5-7		6-8		x3		6-8		5-7		MAX
DB INCLINE		8-12		8-12		8-12		x5		6-8		x5		x10
		8-12		8-12		8-12		x5		6-8		x5		x10
		8-12		8-12		8-12		x5		6-8		x5		x10
KETTLE SWING		x15		x15		x25		x10		x15		x12		x12
		x15		x15		x25		x10		x15		x12		x12
		x15		x15		x25		x10		x15		x12		x12

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DAY 3														
TOTAL	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP	WT	REP
CLEAN PULL <i>FLOOR</i>		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
		x3		x3		x3		x3		x3		x3		x1
SPLIT SQUAT <i>REAR FOOT ELEVATED</i>		x8		x6		x6		x3		x6		x5		x5
		x8		x6		x6		x3		x6		x5		x5
		x8		x6		x6		x3		x6		x5		x5
		x8		x6		x6		x3		x6		x5		x5
DB ROW <i>PAIR WITH:</i>		x10		x12		x10		x5		x6		x5		x5
		x10		x12		x10		x5		x6		x5		x5
		x10		x12		x10		x5		x6		x5		x5
NG BENCH		x10		x10		x8		x5		x8		x5		x5
		x8		x8		x6		x5		x6		x3		x3
		x6		x6		x4		x5		x4		x3		5RM
SL-RDL		x8		x8		x6		x3		x6		x5		x5
		x8		x8		x6		x3		x6		x5		x5
		x8		x8		x6		x3		x6		x5		x5