

Week 1			
Deadlift	87%	2-4r/set	15-20 total reps
2HandSW		20r	OTM2mins x 2rounds 2 min rest
Pull Up			3,2,1,1,1 reps
Week 2			
	92%	(1 session only)	
Deadlift	85%	1-4r/set	8-15 total reps
2HandSW		30r	OTM2mins x 2rounds 2 min rest
Pull Up			3,3,1,1,1 reps
Week 3			
Deadlift	60-80%	3-6r/set	18-25 total reps <i>Speed!</i>
SASW		8-12/side	OTM x 3min Tempo Work
Pull Up			4,3,2,1,1 reps
Week 4			
Deadlift	60-80%	1-3r/set	18-25 total reps <i>Speed!</i>
HeavySN	+1-3bells	4-6/side	OTM x 2 mins
Pull Up			5,4,3,2,1 reps