

# **THE OLYMPIC LIFT SCRATCH LIST.**

**JUST SCRATCH IT OFF EACH WEEK**

<b>Exercise</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
15 Pull Ups				
30 Band pull Apart				
1 minutes weighted plank				
30 back extensions				
30 reps Bench Press				
80 yards Bottoms up Waiter's walk rt hand				
80 yards Bottoms up Waiter's walk left hand				
45 seconds weighted side plank right side				
45 seconds weighted side plank left side				
30 Heavy Dumbbell Rows				
1 minutes weighted plank				
45 seconds weighted side plank right side				
45 seconds weighted side plank left side				
30 single leg RDL's right leg, left leg				
30 Cuban Presses, 30 lateral shoulder raises				
30 Triceps Pushdowns				
30 Biceps Curls rt and left arm				
30 bottom's up KB Press rt and left hand				