

Weeks 1 and 3

	MONTH 1		MONTH 2		MONTH 3						
	Endurance	Strength	Endurance + Strength	Endurance + Strength	Endurance + Strength	Strength					
	20		20		12		12		5		5
Power snatch											
Squat											
Bent-over row											
Bench press											
DB curl											
Situps											
Seated db press											
Pull-up neg											
Shrugs											

Weeks 2 and 4

	MONTH 1		MONTH 2		MONTH 3						
	Endurance	Strength	Endurance + Strength	Endurance + Strength	Endurance + Strength	Strength					
		20	20		12		12		5		5
Power clean											
Deadlift											
Lat pulldown											
Incline press											
Hip curl											
Lateral raises											
Tricep extension											
Side bend											
Farmer's walk											

(Workouts adapted from the book Challenge Yourself, by Clarence Bass - www.cbass.com)