

<div><div></div><div>35% COMPLETE</div></div>	
	PP - TW1 - Day 1 - Monday - Test PP-1
	PP - TW1 - Day 3 - Wednesday - Test PP-2
	PP - TW1 - Day 5 - Friday - Test PP-3
BASICS - Prep Phase - Week 2	
	PP - W2 - Day 8 - Monday - Capi A
	PP - W2 - Day 11 - Thursday - Capi B
BASICS - Prep Phase - Week 3	
	PP - W3 - Day 15 - Monday - Capi A
	PP - W3 - Day 17 - Wednesday - Capi B
	PP - W3 - Day 19 - Friday - Capi A
BASICS - Prep Phase - Week 4	
	PP - W4 - Day 22 - Monday - Circ A
	PP - W4 - Day 24 - Wednesday - Circ B
	PP - W4 - Day 26 - Friday - Circ A
BASICS - Prep Phase - Week 5	

PP - TW1 - Day 1 - Monday - Test PP-1

STARTEX.2EX.3EX.4

PIKE WALK

10

FIND 20RM

2

2

||+5M

STARTEX.2EX.3EX.4

EASY BRIDGE RAISE

10

FIND 20RM

2

2

||+5M

STARTEX.2EX.3EX.4

LUNGE

10

FIND 20RM

2

2

||+5M

STARTEX.2EX.3EX.4

PRONE ARM CIRCLE

10

FIND 20RM

1

1

||+5M