

<b>SQUAT &amp; BENCH</b>						
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
10x 50%	10x 50	10x 50	10x 50	10x 50	10x 50	10x 50
10x 55%	8x 55	8x 60	8x 65	8x 70	8x 75	5x 65
10x 60%	8x 60	8x 65	8x 70	8x 80	8x 80	5x 70
10x 65%	8x 65	6x 70	4x 80	4x 85	4x 85	1x 85
10x 70%	8x 70	6x 80	4x 85	2x 90	2x 95	1x 95
	8x 80	6x 85	4x 90	2x 95	1x 100	1x 110
<b>P. CLEAN &amp; JERK</b>						
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>
10x 50%	10x 50	10x 50	10x 50	10x 50	10x 50	10x 50
10x 55%	5x 55	5x 60	5x 65	5x 70	5x 75	5x 65
10x 60%	5x60	5x 65	5x 70	5x 80	5x 80	5x 70
10x 65%	5x65	4x 70	3x 80	3x 85	3x 85	1x 85
10x 70%	5x70	4x 80	3x 85	2x 90	2x 95	1x 95
	5x80	4x 85	3x 90	2x 95	1x 100	1x 110

If you don't have access to a gym, don't worry. There are some good body weight workouts you can do from home to stay in shape.

Check out **Darebee.com**

- Click on "programs" and scroll down to the "Military Fit" workout to begin an "at home 30 day workout."