



**Name:** \_\_\_\_\_

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# How & Where To Get Your Percentages And Weights For Each Exercise.

**Power Clean Max:** \_\_\_\_\_

hang clean, cleanpull, power shrugs, hang clean to front squat, snatchpull, hang high pull, clean below knee

**70% Power Clean Max:** \_\_\_\_\_

power jerk, rack jerk

**Back Squat Max:** \_\_\_\_\_

box back squat, RDL, wide stance goodmorning, back squat

**80% Back Squat Max:** \_\_\_\_\_

front squat

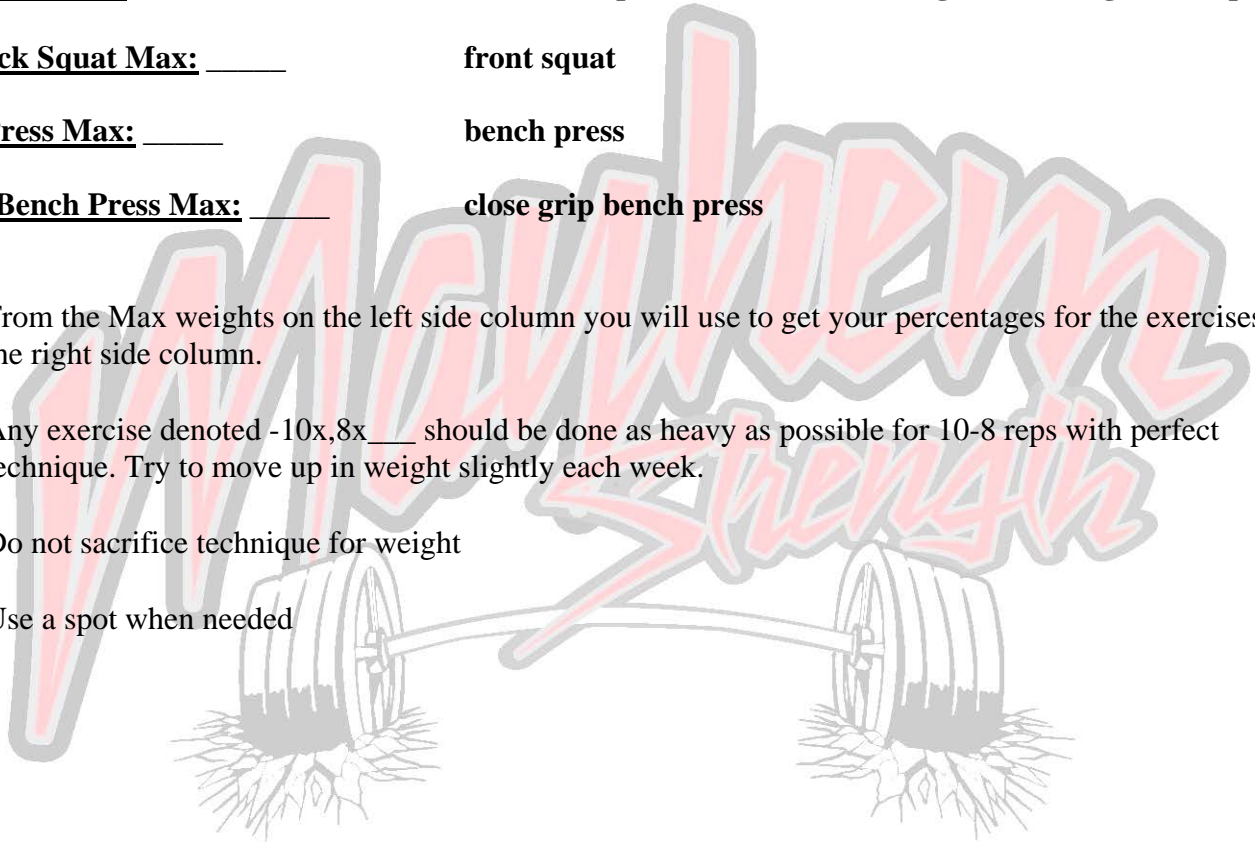
**Bench Press Max:** \_\_\_\_\_

bench press

**80% of Bench Press Max:** \_\_\_\_\_

close grip bench press

- From the Max weights on the left side column you will use to get your percentages for the exercises on the right side column.
- Any exercise denoted -10x,8x\_\_\_ should be done as heavy as possible for 10-8 reps with perfect technique. Try to move up in weight slightly each week.
- Do not sacrifice technique for weight
- Use a spot when needed



# Mayhem Strength

## Week 1

### Monday

Hang Clean Complex 3x50% \_\_\_ 3x55% \_\_\_ 3x60% \_\_\_ 3x60% \_\_\_  
Cleanpull 5x70% \_\_\_ 5x70% \_\_\_ 5x70% \_\_\_  
\*Back Squat 10x50% \_\_\_ 10x55% \_\_\_ 8x60% \_\_\_ 8x60% \_\_\_  
\*Box Jumps 6x \_\_\_ 6x \_\_\_ 6x \_\_\_ 6x \_\_\_  
Glute/Ham Raise 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ 10x \_\_\_  
Hanging Straight Leg Raise 10x \_\_\_ 10x \_\_\_ 10x \_\_\_  
Barbell Landmine 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ per side

### Tuesday

Barbell Walkouts (chains) 3x5yds  
\*Bench Press 10x50% \_\_\_ 10x55% \_\_\_ 8x60% \_\_\_ 8x60% \_\_\_  
\*Lying Med-Ball Chest Pass 6 \_\_\_ 6 \_\_\_ 6 \_\_\_ 6 \_\_\_  
Dumbbell 21s x \_\_\_ x \_\_\_ x \_\_\_ x \_\_\_  
Latpull 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ 10x \_\_\_  
Cable Low Row 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ 10x \_\_\_  
Barbell Reverse Curl 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ 10x \_\_\_

### Thursday

DB Snatch 5x \_\_\_ 5x \_\_\_ 5x \_\_\_ 5x \_\_\_  
Hang Clean to Front Squat 5x50% \_\_\_ 5x55% \_\_\_ 5x60% \_\_\_ 5x60% \_\_\_  
Cleanpull 5x60% \_\_\_ 5x60% \_\_\_ 5x60% \_\_\_  
Single Leg Box Drive 6x \_\_\_ 6x \_\_\_ 6x \_\_\_ 6x \_\_\_  
RDL 10x25% \_\_\_ 10x25% \_\_\_ 10x25% \_\_\_ 10x25% \_\_\_  
Med Ball/Plate Skater Jumps 6x \_\_\_ 6x \_\_\_ 6x \_\_\_ 6x \_\_\_ per leg  
Cable Wood Chop 3x10 \_\_\_ per side  
Band Press 3x10 \_\_\_ per side

### Friday

Internal/External 2x10 \_\_\_ per side  
\*Close Grip Bench Press 10x45% \_\_\_ 10x50% \_\_\_ 8x55% \_\_\_ 8x60% \_\_\_  
\*Speed Bench 6x35% \_\_\_ 6x35% \_\_\_ 6x35% \_\_\_ 6x35% \_\_\_  
Barbell Shrugs 10x60% \_\_\_ 10x60% \_\_\_ 10x60% \_\_\_ 10x60% \_\_\_  
Pulldowns 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ 10x \_\_\_  
Lying Row 10x \_\_\_ 10x \_\_\_ 10x \_\_\_ 10x \_\_\_  
Barbell 21's 3sets \_\_\_

# Percentage of One Rep Max Weight

1 rep Max	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
400	380	360	340	320	300	280	260	240	220	200
390	370	350	330	315	290	275	255	235	215	195
380	360	340	325	305	285	265	245	230	210	190
370	350	335	315	295	280	260	240	225	205	185
360	340	325	305	290	270	250	235	215	200	180
350	335	315	300	280	260	245	225	210	195	175
340	325	305	290	270	255	240	220	205	185	170
330	315	300	280	265	245	230	215	200	180	165
320	305	290	270	255	240	225	210	195	175	160
310	295	280	265	250	235	215	200	190	170	155
300	285	270	255	240	225	210	195	180	165	150
290	275	260	245	230	215	205	190	175	160	145
280	265	250	240	225	210	195	180	170	155	140
270	255	245	230	215	205	190	175	160	150	135
260	245	235	220	210	195	180	170	155	145	130
250	235	225	215	200	190	175	160	150	140	125
240	230	215	205	190	180	170	155	145	135	120
230	220	205	195	185	175	160	150	140	125	115
220	210	200	190	175	165	155	145	135	120	110
210	200	190	180	170	160	145	135	125	115	105
200	190	180	170	160	150	140	130	120	110	100
190	180	170	160	150	145	135	125	115	105	95
180	170	160	155	145	135	125	115	110	100	90
170	160	155	145	135	125	120	110	105	95	85
160	150	145	135	130	120	115	105	100	90	80
150	145	135	125	120	115	105	100	90	85	75
140	135	125	120	115	105	100	90	85	80	70
130	125	115	110	105	95	90	85	80	70	65
120	115	110	105	95	90	85	80	75	65	60
110	105	100	95	90	80	80	70	65	60	55
100	95	90	85	80	75	70	65	60	55	50
90	85	80	75	70	65	65	60	55	50	45
80	75	70	70	65	60	55	50	50	45	40
70	65	65	60	55	50	50	45	45	40	35
60	55	55	50	50	45	40	40	35	35	30
50	45	45	40	40	35	35	35	30	30	25