

Project JP

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Small space agility	arm				
10am	Linear Speed	Agility Strength					
PM	LB 1	UB1					

LB1

Snatch, box jump, RDL, squat, vitiplank, hamie, shrug, smith active insuff

LB2

Clean, box jump, RDL, squat, hang abs, hamie, shrug, smith active insuff

Testing

Strength	Elastic / FootSpeed	Run	Morphology
	RSI RSI repeat FootSpeed	40m 300m Beep	MRI Photo

Training

Linear Speed	H-Low / Small Space	Pathology	
SL clean to box	Groin active insuff Abdominal active insuff	As per leigh	

Use Marshy Eating Plan

Photo