

MISFIT VOLUME SQUAT CYCLE

WEEK 1

DAY	SETS X REPS	%
MONDAY	5X5	70
WEDNESDAY	4X4	80
FRIDAY	3X3	85

WEEK 2

DAY	SETS X REPS	%
MONDAY	5X5	72.5
WEDNESDAY	4X4	82.5
FRIDAY	3X3	87.5

WEEK 3

DAY	SETS X REPS	%
MONDAY	5X5	75
WEDNESDAY	4X4	85
FRIDAY	3X3	90

WEEK 4

DAY	SETS X REPS	%
MONDAY	5X5	77.5
WEDNESDAY	4X4	87.5
FRIDAY	3X3	92.5

WEEK 5

SPEED WORK

DAY	SETS X REPS	%
MONDAY	5X5	60
WEDNESDAY	4X4	70
FRIDAY	3X3	80

WEEK 6

FIND NEW 1RM

MISFIT
ATHLETICS