



COMPLEX TRAINING PROGRAM

COMPLEX		HEAVY	HEAVY		LIGHT	LIGHT
SETS	EXERCISE	REPS (RANGE)	WEIGHT	EXERCISE	REPS (RANGE)	WEIGHT
SET 1	BENCH PRESS	3-5	85-90%	MED BALL CHEST THROW	FROM FAILURE	BW 30%
		REST 3-5 MINUTES				
SET 2	BENCH PRESS	3-5	85-90%	MED BALL CHEST THROW	FROM FAILURE	BW 30%
		REST 3-5 MINUTES				
SET 3	BENCH PRESS	3-5	85-90%	MED BALL CHEST THROW	FROM FAILURE	BW 30%
		3-5				
SET 4	BENCH PRESS	3-5	85-90%	MED BALL CHEST THROW	FROM FAILURE	BW 30%