## BRICK TRAINING SYSTEM SAMPLE

<table>
<thead>
<tr>
<th>BRICK</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 1</td>
<td>WEEK 2</td>
<td>WEEK 3</td>
<td>WEEK 4</td>
</tr>
<tr>
<td>WEEK 1</td>
<td>WEEK 2</td>
<td>WEEK 3</td>
<td>WEEK 4</td>
</tr>
<tr>
<td>WEEK 1</td>
<td>WEEK 2</td>
<td>WEEK 3</td>
<td>WEEK 4</td>
</tr>
</tbody>
</table>

### Session: 1

**Emphasis: L**

- **Front Squat**: 55% X5, 60% X5, 65% X5, 57% X5
- **Med Ball Chest Pass for Dist.**: 12LB X3, 12LB X3, 12LB X3, 10LB X3
- **Landmine Twist**: 60% X6EA, 60% X6EA, 70% X6EA, 62% X6EA
- **Barbell Split Squat**: 60% X6EA, 60% X6EA, 60% X6EA, 55% X6EA
- **Pull Up**: BW X6-8, BW X8-10, BW X8-15, BW X6-10
- **Eccentric Hamstring**: BW X3, BW X4, BW X5, BW X4

**Emphasis: U**

- **Barbell Bench Press**: 55% X5, 60% X5, 65% X5, 57% X5
- **Clean Grip Hang Snatch**: 50% X3, 55% X3, 60% X3, 52% X3
- **Leg Press**: 60% X10, 60% X12, 60% X14, 55% X12
- **Barbell Lateral Lunge**: 60% X6EA, 60% X6EA, 60% X6EA, 55% X6EA
- **Inverted Row**: BW X6-8, BW X8-10, BW X8-15, BW X6-10
- **Single Leg Hip Lift**: BW X6EA, BW X6EA, BW X7EA, BW X6EA

**Emphasis: T**

- **Barbell Deadlift**: 65% X5, 60% X5, 65% X5, 57% X5
- **Hurdle Jumps**: BW X3, BW X3, BW X3, BW X3
- **Weighted Pushup**: BW X8, BW X8, BW X8, BW X10
- **Single Leg Squat to Box**: BW X6EA, BW X6EA, BW X7EA, BW X6EA
- **Barbell Row to Chin Up**: BW X6EA, BW X6EA, BW X7EA, BW X6EA
- **Barbell Good Morning**: 65% X8, 65% X10, 65% X12, 65% X10

**Commitment Points**

- **Front Squat**: 3rd lower-3rd pause
- **Clean Grip Hang Snatch**: 85% X5
- **Barbell Bench Press**: 85% X5
- **Barbell Deadlift**: 85% X5
- **Hurdle Jumps**: 85% X5
- **Weighted Pushup**: 85% X5
- **Single Leg Squat to Box**: 85% X5
- **Barbell Row to Chin Up**: 85% X5
- **Barbell Good Morning**: 85% X5