

Lower 1	Tempo	Set	Weight							
			Week 1	Week 2	Week 3	Week 4				
A. Progressive Range Cleans (high hang, above knee, below knee, mid shin, floor) <u>do a warm up set at 40%</u> 3 min rest *Increase weight each set	2/x/x 4min	5x5		55.00%		60.00%		65.00%		70.00%
*Write in your weight!			Week 1	Week 2	Week 3	Week 4				
			5x6	6x6	7x6	6x6				
B. Deep Back 2 min rest Notice 1 Second Pause Squat Max= *write in weights!!	5/1/x 3min			65.00%		67.50%		72.00%		75.00%
				67.50%		72.00%		77.00%		80.00%
				72.00%		75.00%		80.00%		83.00%
				72.00%		77.00%		83.00%		85.00%
				72.00%		77.00%		83.00%		85.00%
					Week 1	Week 2	Week 3	Week 4		
C1. Elevated RDL's **Stand on bumpers, knees slightly bent Build up in weight each week *Write in your weight!	4/x/x 3min	4x6	Men Women	Start @ 185 Start @ 135						
					Week 1	Week 2	Week 3	Week 4		
C2. Lateral DB Step Up 18" Build up in weight each week		4x8	Men - start with 75 Women - start with 45							
					Week 1	Week 2	Week 3	Week 4		
D1. Straight Bar Crunch Build up in weight each week		4x20								
	1min		Start with 45lbs *Write in your weight!							
					Week 1	Week 2	Week 3	Week 4		
D2. Hanging Garhammers *Ask for Demo!		4x8 <u>each way!</u>								
	1min		*Write in your weight!							
Upper 1	Tempo	Set	Weight							
			Week 1	Week 2	Week 3	Week 4				
			5x6	6x6	7x6	6x6				
A. Incline Bench use 90% of flat bench	4/1/2003 3min			70%		72%		75%		77%
				72%		75%		80%		82%
				75%		80%		82%		85%

EX. Flat bench max 325 *.9 = about 290				75%		80%		85%		87%
*Write in your weight!				75%		80%		85%		90%
B1. Lat Pull Down to Chest or Weighted Pull Ups	2/x/x	4x6		Medium		Medium		Medium		Medium
	2min			Medium		Medium		Medium		Medium
				Medium		Medium		Heavy		Heavy
	*Write in your weight!			Heavy		Heavy		Heavy		Heavy
B2. Standing strict Press Lockout	3/1/2003	4x6		Medium		Medium		Medium		Medium
	2min			Medium		Medium		Medium		Medium
				Medium		Medium		Heavy		Heavy
	*Write in your weight!			Heavy		Heavy		Heavy		Heavy
C1. Poliquin Press (Shrug, elbow up, rotate up, rotate down, relax) *Ask for Demo!	2min	4x6		Light		Light		Light		Light
				Light		Light		Light		Light
				Light		Light		Light		Light
				Light		Light		Light		Light
			Week 1		Week 2		Week 3		Week 4	
			4x5		4x4		4x3		4x3	
C2. Walking Flys Men - Approx 12-20lbs Women - Approx 8-15lbs	2min									
D. Ab Circuit		4x10	(Med-ball Sit-up, Weighted Side Crunch, Weighted Leg Raise, Standing Med-Ball Juggle)							
1 min rest		10	10-each way			10	10-each way			
Lower 2	Tempo	Set	Weight							
			Week 1		Week 2		Week 3		Week 4	
			5x6		5x5		5x4		5x4	
A.Power Snatch	x/x/x			55%		60%		65%		70%
	4min									
	do a warm up set at 40%									
*Write in your weight!			Week 1		Week 2		Week 3		Week 4	
			5x6		5x6		5x5		5x4	
B. Dead Lift	4/1/.4			Elevated		Elevated				
*First 2 weeks - sets 1 & 2 are elevated				Elevated		Elevated				

Men- 1st week start at 300									
women- 225	3min								
Increase weight each set!									
C1. DB Bosu Ball or Box Step up	4x12		Medium		Medium		Medium		Medium
Opposite Knee to chest!		each way	Medium		Medium		Medium		Medium
<u>parallel height box</u>	2min		Medium		Medium		Medium		Medium
*Write in your weight!			Medium		Medium		Medium		Medium
C2. Over Head Plate Lunges	4x12		Light		Medium		Medium		Medium
Men 35-45	2min	Each Leg	Medium		Medium		Medium		Medium
Women 20-35			Medium		Medium		Heavy		Heavy
*Ask for Demo!			Medium		Heavy		Heavy		Heavy
D1. Reverse Hyper		3x12							
Or weighted Glute-Ham	2min								
D2. Explosive Jumps (your choice)	3x5								
(Weighted if you can)	2min								
	Tempo	Set	Weight						
<u>Upper 2</u>			Week 1	Week 2	Week 3	Week 4			
			Reps	Reps	Reps	Reps			
A1. DB Bench	3/1/2003		8	8	8	8			
Build Up (Use common sense or ask)			8	8	8	8			
	3min		8	8	6	6			
			6	6	6	5			
*Write in your weight!			6	5	5	5			
A2. One Arm Straight Bar	2/x/x	5x12							
Bent Over Row									
	3min								
*Write in your weight!									
B1. Curl to Press	2/x/x	4x12	Medium	Medium	Medium	Medium		Medium	
			Medium	Medium	Medium	Medium		Medium	
	2min		Medium	Medium	Heavy	Heavy		Heavy	
*Write in your weight!			Heavy	Heavy	Heavy	Heavy		Heavy	

B2. Thumbs Facing db Flys	2/x/x	4x12		Light		Medium		Medium		Medium				
				Medium		Medium		Medium		Medium				
	2min			Medium		Medium		Heavy		Heavy				
*Write in your weight!				Medium		Medium		Heavy		Heavy				