

NAME: _____
 WEIGHT CLASS: _____

START JUNE 8, 2009

| DAY 1 | | | | | | | | | | | | | | | | | | | | |
|----------------------------------|---|---|------|-------|--------|--------|---|------|-------|--------|--------|---|------|-------|--------|--------|---|------|-------|--------|
| EXERCISE | INTRO WEEK | | | | | WEEK 2 | | | | | WEEK 3 | | | | | WEEK 4 | | | | |
| | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT |
| DYNAMIC WARM-UP: 7-10min | | | | | | | | | | | | | | | | | | | | |
| SAQ DRILLS: pick 3-4 15-20min | | | | | | | | | | | | | | | | | | | | |
| BOX JUMPS | 3 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | |
| MEDICINE BALL SQUAT THROWS | 3 | X | 8 | | | 4 | X | 8 | | | 4 | X | 8 | | | 4 | X | 8 | | |
| POWER CLEAN, hang | 3 | X | 5 | | | 5 | X | 4 | | | 4 | X | 4 | | | 4 | X | 4 | | |
| BACK SQUAT | 3 | X | 5 | 67.0% | | 5 | X | 5 | 72.0% | | 4 | X | 5 | 77.0% | | 4 | X | 5 | 82.0% | |
| | 1 | X | 10 | 55.0% | | 1 | X | 10 | 60.0% | | 1 | X | 10 | 65.0% | | 1 | X | 10 | 70.0% | |
| PUSH PRESS, front | 3 | X | 5 | 67.0% | | 5 | X | 5 | 72.0% | | 4 | X | 5 | 77.0% | | 4 | X | 5 | 82.0% | |
| | 1 | X | 10 | 55.0% | | 1 | X | 10 | 60.0% | | 1 | X | 10 | 65.0% | | 1 | X | 10 | 70.0% | |
| BB BENT OVER ROWS | 3 | X | 5 | 67.0% | | 5 | X | 5 | 72.0% | | 4 | X | 5 | 77.0% | | 4 | X | 5 | 82.0% | |
| | 1 | X | 10 | 55.0% | | 1 | X | 10 | 60.0% | | 1 | X | 10 | 65.0% | | 1 | X | 10 | 70.0% | |
| SUPERSET: DIPS | 3 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | |
| BB CURLS | 3 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | |
| ABS/LOW BACK: DECLINE SIT-UPS | 3 | X | 20 | | | 3 | X | 20 | | | 3 | X | 20 | | | 3 | X | 20 | | |
| BACK EXTENSIONS | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | |
| DB SIDE BENDS, each side | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | |
| FULLBODY STRETCH | ESPECIALLY SHOULDERS, LOW BACK & HAMSTRINGS | | | | | | | | | | | | | | | | | | | |

| DAY 2 | | | | | | | | | | | | | | | | | | | | |
|--|---|---|-------|-------|--------|--------|---|-------|-------|--------|--------|---|-------|-------|--------|--------|---|-------|-------|--------|
| EXERCISE | INTRO WEEK | | | | | WEEK 2 | | | | | WEEK 3 | | | | | WEEK 4 | | | | |
| | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT |
| DYNAMIC WARM-UP: 7-10min | | | | | | | | | | | | | | | | | | | | |
| SAQ DRILLS: pick 3-4 15-20min | | | | | | | | | | | | | | | | | | | | |
| BROAD JUMPS | 3 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | |
| WOODCHOPPERS | 3 | X | 8 | | | 4 | X | 8 | | | 4 | X | 8 | | | 4 | X | 8 | | |
| CLEAN PULL, hang (power position) | 3 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | |
| DEADLIFT, conventional | 3 | X | 5 | 67.0% | | 5 | X | 5 | 72.0% | | 4 | X | 5 | 77.0% | | 4 | X | 5 | 82.0% | |
| | 1 | X | 10 | 55.0% | | 1 | X | 10 | 60.0% | | 1 | X | 10 | 65.0% | | 1 | X | 10 | 70.0% | |
| BENCH PRESS | 3 | X | 5 | 67.0% | | 5 | X | 5 | 72.0% | | 4 | X | 5 | 77.0% | | 4 | X | 5 | 82.0% | |
| | 1 | X | 10 | 55.0% | | 1 | X | 10 | 60.0% | | 1 | X | 10 | 65.0% | | 1 | X | 10 | 70.0% | |
| PULL-UPS | | X | 40 | | | | X | 50 | | | | X | 55 | | | | X | 60 | | |
| | AS MANY SETS AS NECESSARY TO ACCOMPLISH ALL REPETITIONS | | | | | | | | | | | | | | | | | | | |
| SUPERSET: WRIST CURLS, palms up | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | |
| WRIST CURLS, palms down | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | |
| ABS/LOW BACK: HANGING LEG RAISES | 3 | X | 20 | | | 3 | X | 20 | | | 3 | X | 20 | | | 3 | X | 20 | | |
| BACK EXTENSIONS ISO-HOLDS (hold top position for designated time) | 3 | X | 20sec | | | 3 | X | 20sec | | | 3 | X | 20sec | | | 3 | X | 20sec | | |
| DECLINE RUSSIAN TWISTS | 3 | X | 30 | | | 3 | X | 30 | | | 3 | X | 30 | | | 3 | X | 30 | | |
| FULLBODY STRETCH | ESPECIALLY SHOULDERS, LOW BACK & HAMSTRINGS | | | | | | | | | | | | | | | | | | | |

| DAY 3 | | | | | | | | | | | | | | | | | | | | |
|---|---|---|------|-------|--------|--------|---|------|-------|--------|--------|---|------|-------|--------|--------|---|------|-------|--------|
| EXERCISE | INTRO WEEK | | | | | WEEK 2 | | | | | WEEK 3 | | | | | WEEK 4 | | | | |
| | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT | SETS | x | REPS | % | WEIGHT |
| DYNAMIC WARM-UP: 7-10min | | | | | | | | | | | | | | | | | | | | |
| SAQ DRILLS: pick 3-4 15-20min | | | | | | | | | | | | | | | | | | | | |
| 1-LEG BOX JUMPS | 3 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | |
| MEDICINE BALL CHEST THROWS | 3 | X | 8 | | | 4 | X | 8 | | | 4 | X | 8 | | | 4 | X | 8 | | |
| CLEAN-GRIP HIGH PULL (from the hang) | 3 | X | 5 | | | 5 | X | 4 | | | 4 | X | 4 | | | 4 | X | 4 | | |
| RDL | 3 | X | 5 | 67.0% | | 5 | X | 5 | 72.0% | | 4 | X | 5 | 77.0% | | 4 | X | 5 | 82.0% | |
| | 1 | X | 10 | 55.0% | | 1 | X | 10 | 60.0% | | 1 | X | 10 | 65.0% | | 1 | X | 10 | 70.0% | |
| WALKING LUNGE | 3 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | |
| DB INCLINE BENCH COMBO | 3 | X | 5 | | | 5 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | |
| | RT ARM, THEN LEFT ARM, THEN BOTH ARMS = 1 REP | | | | | | | | | | | | | | | | | | | |
| DB BENT OVER ROW COMBO | 3 | X | 5 | | | 5 | X | 5 | | | 4 | X | 5 | | | 4 | X | 5 | | |
| | RT ARM, THEN LEFT ARM, THEN BOTH ARMS = 1 REP | | | | | | | | | | | | | | | | | | | |
| SUPERSET: HAMMER CURLS | 3 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | |
| TRICEP PUSHDOWNS | 3 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | | 4 | X | 10 | | |
| ABS/LOW BACK: TOE TOUCHES | 3 | X | 25 | | | 3 | X | 25 | | | 3 | X | 30 | | | 3 | X | 30 | | |
| BACK EXTENSIONS | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | | 3 | X | 15 | | |
| V-UPS | 3 | X | 20 | | | 3 | X | 20 | | | 3 | X | 20 | | | 3 | X | 20 | | |
| FULLBODY STRETCH | ESPECIALLY SHOULDERS, LOW BACK & HAMSTRINGS | | | | | | | | | | | | | | | | | | | |