

Week- 1 - Muscular Endurance

NAME _____

Monday - Push

Bar warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar ,12 _____,12 _____,12 _____ , 25 Bar L
2. Back Squat – 20x - Bar ,10 _____,10 _____,10 _____ ,10 _____ L
3. Calf Raises – 15 _____, 15 _____ L
4. Push Press – 15 _____, 15 _____ VL
5. Lunges – 20 _____, 20 _____ ea 20lbs dumb bells each hand
6. DB Incline – 20 _____,20 _____ L
7. Dips – 15 _____, 15 _____, 15 _____
8. Skull Crushers – 20 _____, 20 _____, 20 _____
9. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 5 _____, 5 _____ L
2. Clean and Jerk – 5 _____, 5 _____, 5 _____ L
3. Shrugs – 20 _____, 20 _____, 20 _____ 50% Power Clean Max
4. Bar Curls – 30 _____, 30 _____, 30 _____
5. Hammer Curls – 30 _____, 30 _____
6. Bent Row – 20 _____, 20 _____, 20 _____
7. High Pulls – 15 _____, 15 _____
8. RDL'S– 15 _____, 15 _____ 50% of Power Clean Max
9. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Back Squat – 20x – Bar, 10 _____,10 _____,10 _____,10 _____ L – 1 min rest
2. Close Grip Bench Press – 25x - Bar ,12 _____,12 _____,12 _____ L
3. Incline Press – 12 _____, 12 _____, 12 _____, 25 _____ L
4. Seated BNP – 20 _____, 20 _____
5. Step Ups weighted – 20 _____, 20 _____
6. Skull crushers – 20 _____,20 _____, 20 _____
7. Kickbacks – 30 _____, 30 _____
8. Lat. DB Lunges each way– 20 _____, 20 _____
9. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5 _____, 5 _____, 5 _____, 5 _____ L
2. Power Pulls – 10 _____, 10 _____, 10 _____ L
3. RDL's – 15 _____, 15 _____, 15 _____ L
4. Shldr Complex (F,S,R) – 12 _____, 12 _____, 12 _____

Rules for sets, reps and gradual progression

VH= Very Heavy– 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

5. Incline Row – 20 _____, 20 _____, 20 _____
6. Bent Row – 30 _____, 30 _____
7. High Pulls – 30 _____, 30 _____
8. Bent Lateral raises – 20 _____, 20 _____, 20 _____

Ab circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Date: May 24 th – 28 th

Week- 2 - Muscular Endurance

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar ,12 _____,12 _____,12 _____ , 25 _____ Bar_L
2. Front Squats – 20x - Bar, 12 _____, 12 _____, 12 _____ L
3. Back Squat – 20x – Bar, 10 _____,10 _____ L
4. Calf Raises – 15 _____, 15 _____ M
5. Push Press – 10 _____, 10 _____
6. Alt. DB Incline – 20 _____,20 _____ L
7. Pushups – 30 _____, 30 _____, 30 _____
8. Skull Crushers – 20 _____, 20 _____, 20 _____
9. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 5 _____, 5 _____ L
2. Clean and Jerk – 5 _____, 5 _____, 5 _____ L
3. Shrugs – 20 _____, 20 _____, 20 _____ L
4. Bar Curls – 30 _____, 30 _____, 30 _____
5. Hammer Curls – 30 _____, 30 _____
6. Bent Row – 20 _____, 20 _____, 20 _____
7. High Pulls – 30 _____, 30 _____
8. Leg Curls& Leg Ext – 30 _____, 30 _____ each leg
9. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Close Grip Bench Press – 20x - Bar ,20 _____,20 _____ L
2. Incline Press – 10 _____, 10 _____, 10 _____ L
3. Back Squat – 20x – Bar, 10 _____,10 _____,10 _____,10 _____ L 1 min rest
4. DB Military – 15 _____, 15 _____
5. Lunges Weighted – 20 _____, 20 _____ ea
6. Skull crushers – 20 _____,20 _____, 20 _____

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

7. Weighted Dips – 15 _____, 15 _____
8. Speed Squats – 30 _____, 30 _____ VL
9. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5 _____, 5 _____, 5 _____, 5 _____ L
2. Power Pulls – 10 _____, 10 _____, 10 _____ L
3. DB Straight Leg Dead lift – 15 _____, 15 _____, 15 _____ H
4. Incline Row – 10 _____, 10 _____, 10 _____
5. Bent Row – 30 _____, 30 _____
6. High Pulls – 30 _____, 30 _____
7. RDL's – 20 _____, 20 _____, 20 _____
8. EZ Bar Curls- 10 _____, 10 _____, 10 _____
9. Ab circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 3- Muscular Endurance

Date: May 31st –June 4th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar ,10 _____,10 _____,10 _____,10 _____, 25_bar_____ M
2. Back Squat – 12x – Bar, 10 _____,10 _____,10 _____ L
3. Calf Raises – 12 _____, 12 _____, 12 _____ H
4. Push Press – 8 _____, 8 _____, 8 _____ M
5. Bar Lunges – 6 _____, 6 _____, 6 _____ ea
6. Close Incline DB – 12 _____,12 _____, 12 _____
7. Close Pushups – 10 _____, 10 _____, 10 _____
8. DB Flies – 12 _____, 12 _____, 12 _____ Thumbs pointed up
9. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 5 _____, 5 _____ M
2. Clean and Jerk – 5 _____, 5 _____, 5 _____ L
3. Power Shrugs – 10 _____, 10 _____, 10 _____ H
4. Bar Curls – 12 _____, 12 _____, 12 _____, 12 _____
5. Hammer Curls – 10 _____, 10 _____, 10 _____
6. Bent DB Row – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Stiff Leg Dead Lift 10 _____, 10 _____, 10 _____
9. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Close Grip Bench Press – 25x - Bar ,12 _____,12 _____,12 _____, 25 _____ L
2. Incline Press – 10 _____, 10 _____, 10 _____ M
3. Back Squat – 12x – Bar, 12 _____,12 _____,12 _____,12 _____ M
4. Seated BNP – 10 _____, 10 _____, 10 _____
5. Step Ups – 10 _____, 10 _____, 10 _____
6. Skull crushers – 12 _____,12 _____, 12 _____, 12 _____
7. Kickbacks – 12 _____, 12 _____, 12 _____,
8. Lat. DB Lunges – 8 _____, 8 _____, 8 _____ ea
9. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5 _____, 5 _____, 5 _____, 5 _____ L
2. Power Pulls – 8 _____, 8 _____, 8 _____ L
3. Straight bar curls – 10 _____, 10 _____, 10 _____ M

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

4. Shldr Complex (F,S,R) – 10 _____, 10 _____, 10 _____
5. Pull-ups – 10 _____, 10 _____, 10 _____, 10 _____
6. Bent Row – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Leg Curls & Leg Ext – 10 _____, 10 _____, 10 _____, 10 _____ Each leg
9. Ab circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 4- Hypertrophy aka Swole

Date: June 7th – 11th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar ,12 _____,10 _____,8 _____,8 _____, 25 bar M
2. Back Squat – 12x – Bar, 12 _____,10 _____,8 _____ M
3. Invert Calf Raises – 12 _____, 12 _____, 12 _____ H
4. Push Press – 8 _____, 8 _____, 8 _____
5. Alt Bench DB – 5 _____, 5 _____, 5 _____ ea
6. Alt Incline DB – 5 _____,5 _____, 5 _____
7. Close Pushups – 10 _____, 10 _____, 10 _____
8. Twisted Lunges – 6 _____, 6 _____, 6 _____ ea
9. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 5 _____, 5 _____ M
2. Clean and Jerk – 5 _____, 5 _____, 5 _____ L
3. Power Shrugs – 10 _____, 10 _____, 10 _____ M
4. Bent Bar Curl – 12 _____, 12 _____, 12 _____, 12 _____
5. Underhanded pull ups – 10 _____, 10 _____, 10 _____
6. Bent DB Row – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Plate Raises – 10 _____, 10 _____, 10 _____
9. Ab circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Close Grip Bench Press – 25x - Bar , 10 _____, 10 _____, 8 _____, 25 Bar M
2. Incline Press – 8 _____, 8 _____, 8 _____ M
3. Back Squat – 12x – Bar, 8 _____, 8 _____, 8 _____, 8 _____ M
4. Walking Lunges – 8 _____, 8 _____, 8 _____ ea
5. DB Military – 8 _____, 8 _____, 8 _____
6. Overhead DB Ext. – 12 _____,12 _____, 12 _____, 12 _____
7. Weighted Dips – 12 _____, 12 _____, 12 _____,
8. Overhead Lunges – 8 _____, 8 _____, 8 _____ ea
9. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5 _____, 5 _____, 5 _____, 5 _____ M
2. Power Pulls – 5 _____, 5 _____, 5 _____ H
3. RDL's – 10 _____, 10 _____, 10 _____ L

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

4. Bar Front Raise – 10 _____, 10 _____, 10 _____, 10 _____
5. Lateral DB Raise – 10 _____, 10 _____, 10 _____, 10 _____ H
6. Bent Row – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Leg Ext & Leg Curls – 10 _____, 10 _____, 10 _____, 10 _____
9. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 5- Transition

Date: June 14th – 18th

NAME _____

Monday -Lower Body Power / Biceps

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Back Squat – 12x – Bar, 8 _____, 6 _____, 5 _____, 5 _____, 12 Bar H - H
2. Calf Raises – 12 _____, 12 _____, 12 _____ VH
3. RDL's – 5 _____, 5 _____, 5 _____, 5 _____
4. Step Ups – 5 _____, 5 _____, 5 _____
5. Straight Bar Curls – 12 _____, 12 _____, 12 _____, 12 _____
6. Hammer Curls – 10 _____, 10 _____, 10 _____
7. Preacher Curls – 8 _____, 8 _____, 8 _____
8. Weighted sit-ups- 15 _____, 15 _____, 15 _____
9. Plyo Circuit – Circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Chest / Hamstrings

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Bench Press – 25 x Bar, 8 _____, 6 _____, 4 _____, 2 _____, 12 _____ VH
2. Close Bench – 10 _____, 10 _____, 10 _____, 10 _____
3. Close Pushups – 8 _____, 8 _____, 8 _____
4. DB Bench Fly- 8 _____, 8 _____, 8 _____
5. Plate Raises – 12 _____, 12 _____, 12 _____, 12 _____
6. Triple Threat – 3 x 10 ea
 - Weighted Hyper
 - Hamstring Curl
 - Leg Extensions
7. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Explosive Lower Body / Triceps

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Power Clean – 5 _____, 5 _____, 5 _____, 5 _____, 4 _____ H
2. Clean n Jerk – 3 _____, 3 _____, 3 _____, 3 _____ MH
3. Dips – 3 x 10
4. Power Pulls – 3 x 10
5. Skull crushers – 12 _____, 12 _____, 12 _____, 12 _____
6. Kickbacks – 3 x 10
7. Overhead DB Ext. – 3 x 8
8. Weighted sit-ups- 15 _____, 15 _____, 15 _____
9. Plyo Circuit; circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Shoulders / Quads

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Incline – 25 x Bar, 8 _____, 6 _____, 4 _____, 2 _____, 12 _____ VH
2. Push Press – 6 _____, 6 _____, 6 _____

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

3. Shoulder Circuit (F,S,R) – 3 x 10 ea
4. Wide Pushups – 3 x 10
5. Lunges – 10 _____, 10 _____, 10 _____
6. Step Ups – 8 _____, 8 _____, 8 _____
7. Hip Thrusts – 10 _____, 10 _____, 10 _____ Feet on Ab Ball
8. Weighted sit-ups- 15 _____, 15 _____, 15 _____
9. Plyo' Circuit: circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy- 90-95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 6- Strong like Bull

Date: June 21st – 25th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar, 8 _____, 6 _____, 6 _____, 6 _____, 5 _____, 8 _____ VH
2. Back Squat – 12x – Bar, 8 _____, 6 _____, 6 _____, 8 _____ H
3. Invert Calf Raises – 12 _____, 12 _____, 12 _____ H
4. Push Press – 8 _____, 8 _____, 6 _____, 6 _____
5. Close Incline DB – 8 _____, 8 _____, 6 _____
6. Close Pushups – 10 _____, 10 _____, 10 _____
7. Skull Crushers – 10 _____, 10 _____, 10 _____
8. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 4 _____, 4 _____ H
2. Clean and Jerk – 3 _____, 3 _____, 3 _____, 3 _____ M
3. Power Shrugs – 5 _____, 5 _____, 5 _____ VH
4. Bar Curls – 8 _____, 8 _____, 8 _____, 8 _____ VH
5. Incline DB Rows – 10 _____, 10 _____, 10 _____
6. High Pulls – 10 _____, 10 _____, 10 _____
7. Triple Threat 3X – 10 _____, 10 _____, 10 _____
 - *Weighted Hyper
 - *Hamstring Curl
 - *Leg Extensions

7. Plyo Circuit: circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Incline Press – 25x Bar, 8 _____, 8 _____, 8 _____ H
2. Back Squat – 12x – Bar, 8 _____, 6 _____, 6 _____, 6 _____, 8 _____ H
3. Lunges – 8 _____, 8 _____, 8 _____ ea
4. BNP – 8 _____, 8 _____, 8 _____
5. Weighted Pushups – 12 _____, 12 _____, 12 _____, 12 _____
6. Calf Rasies – 12 _____, 12 _____, 12 _____
7. Overhead Squats – 5 _____, 5 _____, 5 _____
8. Plyo Complex 2
9. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5 _____, 4 _____, 4 _____, 3 _____ H
2. Power Pulls – 8 _____, 8 _____, 8 _____ M

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

3. Power Shrugs – 4 _____, 4 _____, 4 _____ H
4. Lat Raise – 10 _____, 10 _____, 10 _____, 10 _____
5. Bent Row – 10 _____, 10 _____, 10 _____
6. High Pulls – 10 _____, 10 _____, 10 _____
7. Wide Pull-ups – 8 _____, 8 _____, 8 _____ Over handed
8. Straight Leg Dead lift – 10 _____, 10 _____, 10 _____, 10 _____
9. 10. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 7- OFF

NAME _____

Date: June 28th-July 2nd

Monday - Push

OFF HAPPY FORTH OF JULY WEEK ENJOY YOUR TIME OFF, But make sure you have some active rest. Walk, Jog, Eat right and make sure you are getting your sleep at night. Next week will be a tough week if you don't take care of yourself

Tuesday – Pull

OFF HAPPY FORTH OF JULY WEEK ENJOY YOUR TIME OFF, But make sure you have some active rest. Walk, Jog, Eat right and make sure you are getting your sleep at night. Next week will be a tough week if you don't take care of yourself

Thursday – Push

OFF HAPPY FORTH OF JULY WEEK ENJOY YOUR TIME OFF, But make sure you have some active rest. Walk, Jog, Eat right and make sure you are getting your sleep at night. Next week will be a tough week if you don't take care of yourself

Friday- Pull

OFF HAPPY FORTH OF JULY WEEK ENJOY YOUR TIME OFF, But make sure you have some active rest. Walk, Jog, Eat right and make sure you are getting your sleep at night. Next week will be a tough week if you don't take care of yourself

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 8 - Strong like Bull

Date: July 5th – 9th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar , 8 _____, 6 _____, 5 _____, 5 _____, 5 _____, 10 _____ VH
2. Back Squat – 12x – Bar, 8 _____, 6 _____, 6 _____, 5 _____ VH
3. Calf Raises – 12 _____, 12 _____, 12 _____ VH
4. Push Press – 5 _____, 5 _____, 5 _____, 5 _____
5. Wide Incline DB – 8 _____, 8 _____, 8 _____
6. Wide Pushups – 10 _____, 10 _____, 10 _____
7. Skull Crushers – 10 _____, 10 _____, 10 _____
8. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 4 _____, 3 _____ VH
2. Clean and Jerk – 3 _____, 3 _____, 3 _____, 3 _____ H
3. Power Shrugs – 5 _____, 5 _____, 5 _____ VH
4. Bar Curls – 12 _____, 12 _____, 12 _____, 12 _____
5. Hammer Curls – 10 _____, 10 _____, 10 _____
6. Bent Rows – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Triple Threat 3X – 10 _____, 10 _____, 10 _____
9. Plyo Circuit: circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Incline Press –25x Bar, 5 _____, 5 _____, 5 _____ H
2. Back Squat – 12x – Bar, 5 _____, 4 _____, 3 _____, 2 _____, 1 _____, 10 _____ VH
3. Lunges – 8 _____, 8 _____, 8 _____ ea
4. BNP – 8 _____, 8 _____, 8 _____, 6 _____
5. Weighted Pushups – 12 _____, 12 _____, 12 _____, 12 _____
6. Overhead Squats – 5 _____, 5 _____, 5 _____
7. Plyo Complex 2
8. Weighted sit-ups- 15 _____, 15 _____, 15 _____

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

1. Power Cleans – 3 _____, 3 _____, 3 _____, 3 _____ VH
2. Power Pulls – 6 _____, 6 _____, 6 _____ H
3. Front Raise – 10 _____, 10 _____, 10 _____, 10 _____
4. Bent Row – 10 _____, 10 _____, 10 _____
5. High Pulls – 10 _____, 10 _____, 10 _____
6. Under handed Pull-ups – 8 _____, 8 _____, 8 _____
7. RDL's – 10 _____, 10 _____, 10 _____, 10 _____
9. Weighted sit-ups- 15 _____, 15 _____, 15 _____
10. Plyo circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 9 - Strong like Bull

Date: July 12th – July 16th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 8____, 6____, 6____, 5____, 4____ VH
2. Back Squat – 12x – Bar, 5____, 5____, 5____, 5____ H
3. Calf Raises – 12____, 12____, 12____ H
4. Wide Pushups – 10____, 10____, 10____, 10____
5. Skull Crushers – 10____, 10____, 10____, 10____
6. DIPS- 15____, 15____, 15____
7. DB INCLINE- 3X6 VH
8. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 1 rep Max
2. Shrugs – 8____, 8____, 8____, 8____ VH
3. Bar Curls – 12____, 12____, 12____, 12____
4. Hammer Curls – 10____, 10____, 10____
5. Triple Threat 3X – 10____, 10____, 10____
 - Weighted Hyper
 - Hamstring Curls
 - Leg Extensions
6. Weighted sit-ups- 15____, 15____, 15____
7. Plyo circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Back Squat – 8____, 6____, 6____, 5____, 4____ VH
2. Incline- 8____, 6____, 6____, 5____, 4____ VH
3. BNP – 5____, 5____, 5____ VH
4. Weighted Pushups – 8____, 8____, 8____
5. Overhead Squats – 5____, 5____, 5____ L
6. Reverse Bench-8____, 6____, 6____, 6____ L
7. Plyo circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5____, 4____, 4____, 3____ VH
2. Front Raise – 10____, 10____, 10____, 10____ M
3. High Pulls – 10____, 10____, 10____ H

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

4. Wide Pull-ups – 8 _____, 8 _____, 8 _____
5. RDL's – 10 _____, 10 _____, 10 _____, 10 _____ VH
6. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy- 90-95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 10- Strong like Bull

Date: July 19th – July 23rd

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Back Squat- 8____,6____,5____,4____,3____ VH
2. Front Squat – 12x – Bar, 8____,8____,8____, 8____ L
3. Calf Raises – 12____, 12____, 12____ VH
4. Bench Press – 8____, 6____, 5____, 4____,3____ VH
5. Skull Crushers – 10____, 10____, 10____, 10____ VH
6. DB LUNGES- 3X10
7. DIPS- 3X12 (Weighted Heavy)
8. DB Incline 3X6 VH
9. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5____,5____,4____,4____,3____ VH
2. Shrugs – 8____, 8____, 8____, 8____ VH
3. Bar Curls – 12____, 12____, 12____, 12____
4. Hammer Curls – 10____, 10____, 10____
5. Triple Threat – 10____, 10____, 10____
 - a. Weighted Hyper
 - b. Hamstring Curl
 - c. Leg Extensions
6. Plyo circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 8____,6____,5____,4____,3____ VH
2. BNP – 5____, 5____, 5____
3. DB Incline Press – 8____, 8____, 8____
4. Squat – 8____, 6____, 5____,4____,3____ VH
5. Overhead Squats – 5____, 5____,5____ L
6. Dips 2X12
7. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Push Press – 5X3 rep max
2. Hang Cleans – 3____, 3____, 3____ VH
3. Front Raise – 10____, 10____, 10____, 10____

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

4. High Pulls – 10 _____, 10 _____, 10 _____
5. Wide Pull-ups – 8 _____, 8 _____, 8 _____
6. RDL's – 10 _____, 10 _____, 10 _____, 10 _____
7. Weighted sit-ups- 15 _____, 15 _____, 15 _____
8. Plyo circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Week- 11-Hypertrophy

Date: July 26th – 30th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar ,12 _____,10 _____,10 _____,8 _____, 25_ Bar _____ H
2. Back Squat – 12x – Bar, 12 _____,10 _____,8 _____ H
3. Invert Calf Raises – 12 _____, 12 _____, 12 _____ H
4. Push Press – 8 _____, 8 _____, 8 _____
5. Alt Bench DB – 5 _____, 5 _____, 5 _____ ea
6. Close Incline DB – 8 _____,8 _____, 8 _____
7. Close Pushups – 10 _____, 10 _____, 10 _____
8. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 5 _____, 5 _____ H
2. Clean and Jerk – 5 _____, 5 _____, 5 _____ H
3. Power Shrugs – 10 _____, 10 _____, 10 _____ VH
4. Bent Bar Curl – 12 _____, 12 _____, 12 _____, 12 _____
5. Rev. Curls – 10 _____, 10 _____, 10 _____
6. Bent DB Row – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Plyo Circuit 1
9. Ab circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Close Grip Bench Press – 25x - Bar , 6 _____, 6 _____, 6 _____, 6 _____ H
2. Incline Press – 8 _____, 8 _____, 8 _____ H
3. Back Squat – 12x – Bar, 8 _____, 6 _____, 4 _____, 4 _____ H
4. Walking Lunges – 8 _____, 8 _____, 8 _____ ea
5. DB Military – 10 _____, 10 _____, 10 _____
6. Overhead DB Ext. – 12 _____, 12 _____, 12 _____, 12 _____
7. Plyo Circuit 3
8. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5_____, 5_____, 5_____, 5_____ M
2. Power Pulls – 8_____, 8_____, 8_____ L
3. Dead lift – 10_____, 10_____, 10_____ L
4. Bar Front Raise – 10_____, 10_____, 10_____, 10_____
5. Lateral DB Raise – 10_____, 10_____, 10_____, 10_____ H
6. Bent Row – 10_____, 10_____, 10_____
7. High Pulls – 10_____, 10_____, 10_____
8. Plyo Circuit 4
9. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 12- Hypertrophy

Date: August 2nd – 6th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Bench Press – 25x - Bar ,10 _____,8 _____,6 _____,4 _____, 25 BAR VH
2. Back Squat – 12x – Bar, 12 _____,12 _____,12 _____ L
3. Invert Calf Raises – 12 _____, 12 _____, 12 _____ H
4. Push Press – 8 _____, 8 _____, 8 _____
5. Alt Bench DB – 5 _____, 5 _____, 5 _____ ea
6. Close Incline DB – 12 _____,12 _____, 12 _____
7. Close Pushups – 10 _____, 10 _____, 10 _____
8. Plyo Circuit 1
9. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Hang Cleans – 5 _____, 5 _____, 5 _____, 5 _____ M
2. Clean and Jerk – 5 _____, 5 _____, 5 _____ L
3. Power Shrugs – 5 _____, 5 _____, 5 _____ M
4. Bent Bar Curl – 12 _____, 12 _____, 12 _____, 12 _____
5. Rev. Curls – 10 _____, 10 _____, 10 _____
6. Bent DB Row – 10 _____, 10 _____, 10 _____
7. High Pulls – 10 _____, 10 _____, 10 _____
8. Plyo Circuit 2
9. Ab circuit 4

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Close Grip Bench Press – 25x - Bar , 12 _____, 12 _____, 12 _____, 25 Bar L
2. Incline Press – 6 _____, 6 _____, 6 _____ H
3. Back Squat – 12x – Bar, 12 _____, 10 _____, 10 _____, 8 _____ M
4. Lateral Lunges – 8 _____, 8 _____, 8 _____ ea
5. DB Military – 10 _____, 10 _____, 10 _____
6. Overhead DB Ext. – 12 _____,12 _____, 12 _____, 12 _____
7. Plyo Circuit 3
8. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Power Cleans – 5 _____, 5 _____, 5 _____, 5 _____ M
2. Power Pulls – 8 _____, 8 _____, 8 _____ L
3. RDL's – 10 _____, 10 _____, 10 _____ L
4. Bar Front Raise – 10 _____, 10 _____, 10 _____, 10 _____

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

5. Lateral DB Raise – 10 _____, 10 _____, 10 _____, 10 _____ H

6. Bent Row – 10 _____, 10 _____, 10 _____

7. High Pulls – 10 _____, 10 _____, 10 _____

8. Plyo Circuit 4

9. Ab circuit 3

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

VH= Very Heavy– 90–95%

Rules for sets, reps and gradual progression

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%

Week- 13- Hypertrophy

Date: August 9th – 13th

NAME _____

Monday - Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

10. Bench Press – 25x - Bar ,12 _____,12 _____,10 _____,8 _____, 25 _____ Bar L
11. Back Squat – 12x – Bar, 12 _____,12 _____,12 _____ L
12. Invert Calf Raises – 12 _____, 12 _____, 12 _____ L
13. Push Press – 12 _____, 12 _____, 12 _____
14. Alt Bench DB – 5 _____, 5 _____, 5 _____ ea
15. Close Incline DB – 12 _____,12 _____, 12 _____
16. Close Pushups – 10 _____, 10 _____, 10 _____
17. Plyo Circuit 1
18. Weighted sit-ups- 15 _____, 15 _____, 15 _____
19. Ab circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Tuesday – Pull

Bar Warm-up – Overhead Squat, Hang Snatch, Clean and Press, Hi Pulls – 5 reps ea.

Hang Clean Squats – 3 reps @ 90 lbs

1. Weighted sit-ups- 15 _____, 15 _____, 15 _____
2. Plyo Circuit 2

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Thursday – Push

Bar Warm-up – Overhead Press, Overhead Squat, Front Squat n Press – 5 reps ea.

1. Plyo Circuit 3
2. Ab circuit 1

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Friday- Pull

Hang, stretch & recovery- Water, protein supplement, snack bar, meal, and/or treatment

Reporting date! You are ready; You have done the work. Now let's have fun and play some football. VICTORY FOR LIFE! Go Cardinals!

Rules for sets, reps and gradual progression

VH= Very Heavy- 90-95%

H= Heavy- 80-85%

M= Medium- 70-75%

L= Light- 60-65%