

Name: _____

Cycle 1
 Week 1-2
 June 1-12

Summer

Maxes (Fill In)	Bench:	Incline:	Squat:	Clean:		
Monday	#Sets/Reps	60%	65%	70%	75%	80%
Bench Press -Push Ups 3x10 SS	3x12,10,8	12	10	8		
Back Squats	3x12,10,8	12	10	8		
Push Press- Broad Jumps 30 ft 2 sets	3x12,10,8					
O.H. DB Lunges & Squat Jumps	3x10					
Ab Station repeat 3 times						
Front Plank 45 sec hold						
Touch the Sky 25 reps						
V Sits 20						
Tuesday	Sets	60%	65%	70%	75%	80%
O.H. Box Step Ups & Plate Side Lunges	3x12					
Straight Bar Curls & Lat Pulls (Behind)	3x12					
PowerCleans	3x12,10,8	12	10	8		
Pull Ups & Dips	3x10					
Ab Station						
Elbow Side Planks 30 sec each						
Russian Twists w/ weight 15 each						
Crunches 25						
Thursday	Sets	60%	65%	70%	75%	80%
Bench Press -Push Ups 3x10	3x12,10,8	12	10	8		
Back Squats	3x12,10,8	12	10	8		
Push Press- Broad Jumps 2 sets	3x12,10,8					
O.H. DB Lunges & Squat Jumps	3x10					
Ab Station						
Front Plank 45 sec hold						
Touch the Sky 25 reps						
V Sits 20						
Friday	Sets	60%	65%	70%	75%	80%
O.H. Box Step Ups & Plate Side Lunges	3x12					
Straight Bar Curls & Lat Pulls (Behind)	3x12					
PowerCleans	3x12,10,8	12	10	8		
Pull Ups & Dips	3x10					
Elbow Side Planks 30 sec each						
Russian Twists w/ weight 15 each						
Crunches 25						

Prepare For Success!

- Warm Up Week 1-2
- 50 Jumping Jacks
- 10 Lunge Twist Right Leg
- 10 Lunge Twist Left Leg
- 10 Squat Twist
- 10 Right Leg Balance
- 10 Left Leg Balance
- Prisoner Walks 10 yds and back