

Name: \_\_\_\_\_

Cycle 1  
 Week 3-4  
 June 15-June 26

Summer

<b>Max</b>	<b>Bench:</b>	<b>Incline:</b>	<b>Squat:</b>			<b>Clean:</b>	
<b>Monday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
Bench Press -Push Ups 3x10	10,8,6		10	8	6		
Back Squats-Jump Squats 3X10	10,8,6		10	8	6		
Push Press-Wall Squats 3X30 sec							
Plate Circuit: Overhead, chin, shrug	3X10						
AB Station 3 x times							
20 V ups							
Front & side planks 45 sec each							
50 crunches							
<b>Tuesday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
Step Ups & Side Lunges	3x12						
Straight Bar Curls- &Lat Pulls (Behind	3x12						
Hang Cleans	10, 8, 6		10	8	6		
Pull Ups & Dips	3x10						
AB Station 3 x times							
45 sec Push up planks							
25 Bicycles							
20 Supermans							
<b>Thursday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
Bench Press -Puch Ups 3x10	10,8,6		10	8	6		
Over the Head Squats-Box Jumps 3x6	10,8,6						
Push Press-Broad Jump 30 ft 3X10	10,8,6		10	8	6		
Plate Circuit: Overhead, Chin, Shrug.	3X10						
AB Station 3 x times							
20 VerticleToe Touches							
2 Point Planks 30 sec							
20 Alternating Swimmers							
<b>Friday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
Step Ups & Side Lunges	3x12						
Straight Bar Curls- &Lat Pulls	3x12						
PowerCleans to Front Squat	10,8,6						
Pull Ups-Dips	3x10						
AB Station 3 x times							
Lunge Twists 10 each side							
Squat Twists 10 each side							
Side planks 30 each side							

- Warm Up Week 3-4  
 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