

Name: _____

Cycle 1
 Week 7
 July 13-17

Off-Season

Max	Bench:	Incline:	Squat:		Clean:		
Monday	Sets	70%	75%	80%	85%	90%	100%
Bench Press -Push Ups 3x10	6,4,2,1	6			4	2	1
Push Press-Broad Jump 2 sets	6,4,2,1						
Back Squats	6,4,2,1,	6			4	2	1
DB Lunges/Squat Jumps	3x10						
AB Station							
Tuesday	Sets	70%	75%	80%	85%	90%	100%
Step Ups & Side Lunges	3x10						
Chain Saw/Straight Bar Curls	3x10						
Power Cleans	6,4,2,1	6			4	2	1
Pull Ups-Dips	3x10						
Ab Station							
Thursday	Sets	70%	75%	80%	85%	90%	100%
Bench Press -Push Ups 3x10	6,4,2,1	6			4	2	1
Push Press-Broad Jump 2 sets	6,4,2,1						
Back Squats	6,4,2,1,	6			4	2	1
DB Lunges/Squat Jumps	3x10						
AB Station							
Friday	Sets	70%	75%	80%	85%	90%	100%
Step Ups & Side Lunges	3x10						
Chain Saw/Straight Bar Curls	3x10						
Power Cleans	6,4,2,1,	6			4	2	1
Pull Ups-Dips	3x10						
Ab Station							

Take Care of the Process. One thing at a time!