

Name: _____

Summer
Week 3-4

Off-Season

Max	Bench:	Incline:	Squat:			Clean:	
Monday	Sets	60%	65%	70%	75%	80%	
Bench Press	10,8,6		10	8	6		
Incline Bench	10,8,6		10	8	6		
Chain Saw	3 X 12						
Tricep Extension	3 X 12						
Pull Ups	2 X 10						
Ab Station							
Tuesday	Sets	60%	65%	70%	75%	80%	
Back Squats	10,8,6		10	8	6		
Power Cleans	10,8,6		10	8	6		
DB Lunges	3 X 10						
Leg Curls/Leg Extension	3 X 10						
Squat Jumps	3 X 20						
Ab Station							
Thursday	Sets	60%	65%	70%	75%	80%	
Bench Press	10,8,6		10	8	6		
Cian Saws	3 X 10						
Chain Saw	3 X 12						
Tricep Extension	3 X 12						
Pull Ups	2 X 10						
Ab Station							
Friday	Sets	60%	65%	70%	75%	80%	
Back Squats	10,8,6		10	8	6		
Power Cleans	10,8,6		10	8	6		
DB Lunges	3 X 10						
Leg Curls/Leg Extension	3 X 10						
Squat Jumps	3 X 20						
Abs: Crunches & Back Extensions	2 X 20						

Time to prepare. No time like the Present!