

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

Cycle 1  
Week 1

Off-Season

<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>	
<b>Bench Press</b>	<b>12,10,8</b>	<b>12</b>	<b>10</b>	<b>8</b>			
Chain Saws	3 X10						
<b>Upright Rows</b>	<b>3 X 12</b>						
Tricep Extension	3 X 12						
Pull Ups	2 X 10						
Ab Station							
<b>Tuesday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
<b>Back Squats</b>	<b>12,10,8</b>	<b>12</b>	<b>10</b>	<b>8</b>			
<b>Power Cleans</b>	<b>12,10,8</b>	<b>12</b>	<b>10</b>	<b>8</b>			
DB Lunges	3 X 10						
Leg Curls/Leg Extension	3 X 10						
Squat Jumps	3 X 20						
Ab Station							
<b>Thursday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
<b>Bench Press</b>	<b>12,10,8</b>	<b>12</b>	<b>10</b>	<b>8</b>			
Chain Saws	3 X10						
<b>Upright Rows</b>	<b>3 X 12</b>						
Tricep Extension	3 X 12						
Pull Ups	2 X 10						
Ab Station							
<b>Friday</b>	<b>Sets</b>	<b>60%</b>	<b>65%</b>	<b>70%</b>	<b>75%</b>	<b>80%</b>	
<b>Back Squats</b>	<b>12,10,8</b>	<b>12</b>	<b>10</b>	<b>8</b>			
<b>Power Cleans</b>	<b>12,10,8</b>	<b>12</b>	<b>10</b>	<b>8</b>			
DB Lunges	3 X 10						
Leg Curls/Leg Extension	3 X 10						
Squat Jumps	3 X 20						
AB Station	2 X 20						

***Time to Prepare! Nothing Like the Present!***