

Name: _____

Summer
Week 7

Off-Season

Max	Bench:	Incline:	Squat:			Clean:		
			70%	75%	80%	85%	90%	100%
Monday	Sets		70%	75%	80%	85%	90%	100%
Bench Press	6,4,2,1	6				4	2	1
Chain Saws	3 X10							
Upright Row	3 X 10							
Lat Pull Downs	3 X 10							
Pull Ups	2 X 10							
AB Station								
Tuesday	Sets		70%	75%	80%	85%	90%	100%
Back Squats	6, 4, 2, 1	6				4	2	1
Power Cleans	6, 4, 2, 1	6				4	2	1
DB Lunges	3 X 10							
Leg Ext/Leg Curls	3x10							
Jump Squats	3 X 20							
Ab Station								
Thursday	Sets		70%	75%	80%	85%	90%	100%
Bench Press	6,4,2,1	6				4	2	1
Chain Saws	3 X 10							
Upright Row	3 X 10							
Lat Pull Downs	3 X 10							
Pull Ups	2 X 10							
AB Station								
Friday	Sets		70%	75%	80%	85%	90%	100%
Back Squats	6, 4, 2, 1	6				4	2	1
Power Cleans	6, 4, 2, 1	6				4	2	1
DB Lunges	3 X 10							
Leg Ext/Leg Curls	3x10							
Jump Squats	3 X 20							
Ab Station	3 X 20							

Finish! If you are going to talk the talk, then walk the walk!