

Name: _____

Summer
Weeks 5-6

Off-Season

Max	Bench:	Incline:	Squat:			Clean:	
Monday	Sets	60%	65%	70%	75%	80%	
Bench Press	8,6,4			8	6	4	
Chain Saws	3 X10						
Uright Rows	3x 10						
Tricep Extension	3 x10						
Pull Ups	2 X 10						
Ab Station							
Tuesday	Sets	60%	65%	70%	75%	80%	
Back Squats	8, 6, 4			8	6	4	
Power Cleans	8, 6, 4			8	6	4	
DB Lunges	3 X 10						
Leg Extension/Leg Curls	3 x 10						
Jump Squats	3 X 20						
AB Station							
Thursday	Sets	60%	65%	70%	75%	80%	
Bench Press	8,6,4			8	6	4	
Chain Saws	3 x10						
Upright Rows	3 x10						
Tricep Extension	3 x10						
Pull Ups	2 X 10						
Friday	Sets	60%	65%	70%	75%	80%	
Back Squats	8, 6, 4			8	6	4	
Power Cleans	8, 6, 4			8	6	4	
DB Lunges	3 X 10						
Leg Extension/Leg Curls	3 x 10						
Jump Squats	3 X 20						
Abs: Crunches & Back Extension	3 X 20						

Are You Working Harder Than the Other Team!100% Every Rep!