

MISSOURI MILITARY ACADEMY



Summer Strength and Conditioning Program Training Manual

Weightlifting Techniques

To ensure the safety of all participants in the training program, please utilize proper form and technique as described in the description of each lift performed. Please read each word in it's entirety to ensure you understand what is being asked of you. If you have questions

SQUAT



Starting Position: Position the bar on the trapezius muscles. Adjust hands comfortably, wider than shoulder width. Lift the bar off the rack and take one step back. Position your feet slightly wider than shoulder width and flare the toes out at a 45 degree angle. Legs should be wide enough to allow to squat at a proper depth but not too wide so that the knees come inward when squatting.

Movement: Keep heels flat on the floor, chest out and chin up. Begin the descent by flexing at the hips, sticking the rear end out slightly and bending the knees. Keep the head up and chest out throughout the movement. Squat until the thighs are parallel to the floor. Do not bounce in the bottom. Rise from the bottom position forcefully but under control. Imagine pushing the heels through the floor. The shoulders must rise before the hips so that the body stays in the correct position. The back should be flat but angled forward slightly. Raise the hips and chest at the same time. Slow down near the top to maintain control. Settle at the top, take a couple of breaths and perform another rep.

RDL (Romanian Deadlift)



Starting Position: Place hands in an overhand grip slightly wider than shoulder width. Align the feet under the armpits. At the top, slightly bend the knees and tilt the pelvis so the rear end is extended. Retract the shoulder blades.

Movement: While keeping the back flat, chest out, and head up, tilt over with the bar traveling down the legs until the chest is parallel to the floor. Keep the same slight bend in the knee through the entire movement. Keep the rear end high and push the hips back. Weight should be on the heels. Return to the top under control and repeat. Do not round the back during the movement! Only go down as far as parallel. The movement is not at the waist, but rather at the hips. The hips must rotate backwards.

BENCH PRESS



Starting Position: Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Begin the exercise with the bar on the upper chest (clavicles). Keep the elbows under the bar. Keep the torso erect and tight. Eyes face straight ahead. Keep the feet flat and solid underneath the body, slightly wider than shoulder width.

Movement: Begin the movement with a slight bend of the knees. Use the strength of the legs, shoulders and arms to forcefully press the weight overhead. As the bar passes the eyes, slowly push the head “through” to keep the torso erect. Do not lean backwards when pressing. Pause at the top before lowering the barbell back to the shoulders slowly. When using a barbell, it is easiest to take the bar from a rack set at chest height. When using dumbbells, CLEAN them to the shoulders.

BARBELL OR DUMBBELL PUSH PRESS



Starting Position: Grip the bar at shoulder width or slightly wider, thumbs wrapped around the bar, hands evenly spaced. Begin the exercise with the bar on the upper chest (clavicles). Keep the elbows under the bar. Keep the torso erect and tight. Eyes face straight ahead. Keep the feet flat and solid underneath the body, slightly wider than shoulder width.

Movement: Begin the movement with a slight bend of the knees. Use the strength of the legs, shoulders and arms to forcefully press the weight overhead. As the bar passes the eyes, slowly push the head “through” to keep the torso erect. Do not lean backwards when pressing. Pause at the top before lowering the barbell back to the shoulders slowly. When using a barbell, it is easiest to take the bar from a rack set at chest height. When using dumbbells, CLEAN them to the shoulders.

DUMBBELL ROWS



Starting Position: Place the opposite hand on a bench for support. Place feet slightly behind the hips with the knees slightly bent and “soft.” Keep the rear end up through the entire movement. Back flat and head up. Grasp the dumbbell in one hand.

Movement: Begin the exercise with the weight at arm length. Slowly pull the weight to the chest while squeezing the shoulder blades together. Attempt to pull the elbows behind the body. Think of the hands as hooks and pull the weight with the upper back muscles. Pause the weight at the chest and slowly lower the weight to the starting position. Avoid using the lower back muscles by not swinging or throwing the weight at the top.

LATERAL PULL DOWNS



Starting Position: Grip the Bar and get into a seated position. This will start to bring the weight down. Your arms should be fully extended above your head as you grip the bar.

Movement: Slowly pull down in a controlled manner. Pull down until the bar reaches mid chest. For best results, control the weight as you move back into the starting position.

Advanced: Alternate pulling down in front of head and then behind of head.

POWER CLEAN



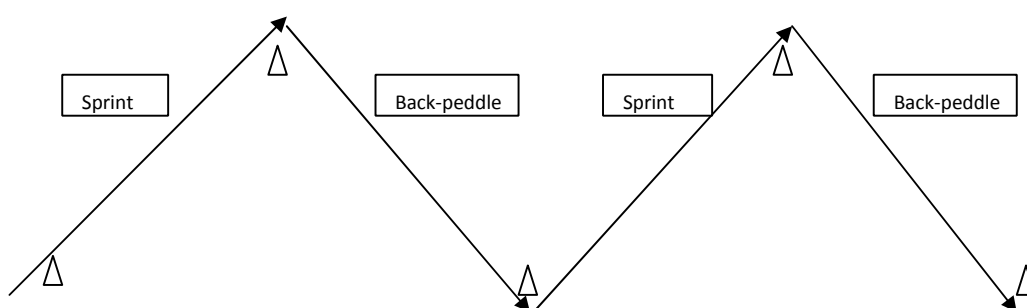
Starting Position: Grip the bar and stand with your feet shoulder width apart (shins touching the bar). Squat down over the bar as to not bend your back. Lock your arms straight and arch your back so your arms remain straight.

Movement: In one clean fluid motion, push up with your legs, pull your chest back to get the weight as high off of the ground as possible. Squat below the bar as it rises, rotating your hands as shown in the picture above. Then stand up straight. Rotate the bar back down to your hips by releasing your elbows and set it on the ground. Repeat. If you are new to this, try using just the bar with no weight on the bar (bar = 45 pounds).

Speed and Agility Drills

The following are the descriptions for the agility drills to be done during your summer workouts.

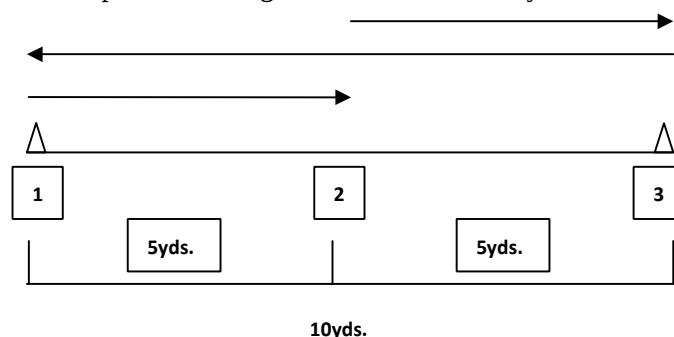
1. **W- Drill**- Begin in an athletic stance beside the first cone (feet shoulder-width apart, shoulders over your toes, back flat). Sprint to the second cone. Push off the outside foot when making the cut around the second cone (**Do Not “Round The Cones!!!!”**) sprint to the third cone. Continue sprinting around all cones until passing the last cone.



Variations-

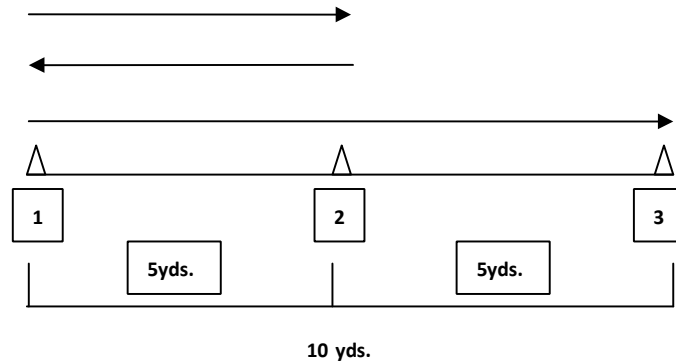
- A. Sprint/Shuffle-keep knees apart while shuffling.
- B. Sprint/Back-peddle-remain Low and lead with your butt, Not with your shoulders while back-peddling.
- C. Shuffle/Back-peddle

5-10-5 Change of Direction Drill-Place two cones ten yards apart. Begin drill by assuming a three point stance between the two cones [if you're moving to the right left hand should be down- If you're moving to the left, right hand should be down]. Sprint to the right cone and touch the base of the cone with your right hand, then sprint to the left cone [crossing the center line] and touch the base of the cone with your left hand. Finish the drill by sprinting through the center line. You should stay as low as possible during the turns. Never turn your back.



Variations- A. Shuffle instead of sprinting to each cone.

5-5-10 Drill- Place Three cones five yards apart. Begin drill beside the first cone in an athletic stance. Sprint to the second cone, back-peddle back to the first cone, then sprint through the third cone. Concentrate on quick change of directions, and staying low in the back-peddle. Lead with your butt [not your shoulder] in the back-peddle.

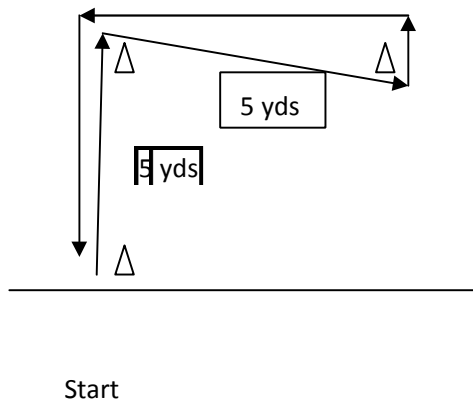


Variations- A. Shuffle/Shuffle/Sprint

B. Carioca/Carioca/Sprint

Three Cone Drill

Out of a three point stance, sprint 5 yards, around the outside of the first cone. Staying tight to that cone sprint to the inside of the next cone and around, staying close and sprint pass the first one, and back to starting point.



4 Cone Drill

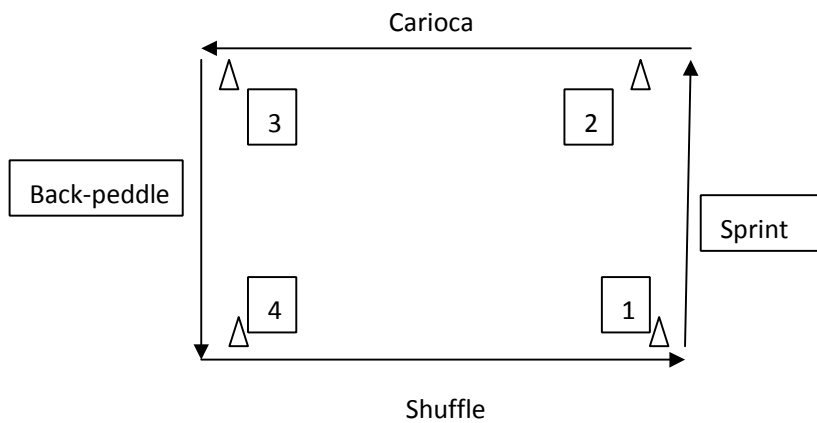
Begin in an athletic Stance beside the first cone. Sprint forward to the second cone.

Carioca to the left past the third cone.

Back-peddle to the fourth cone.

Shuffle to the right past the first cone.

10 Yards between each Cone.



Plyometric Exercises

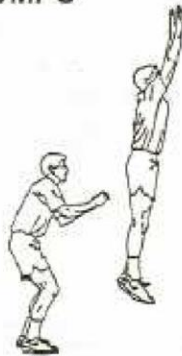
BOX JUMPS



Directions:

Begin drill with a 1/4 squat. Then using double arm swing, jump from the ground onto the center of the box. Land with the knees bent, under control and on the balls of the feet. The box should be 12"-36" high, depending on the skill level.

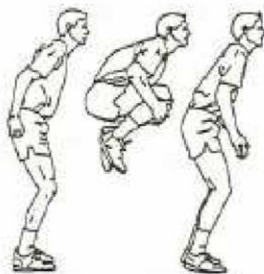
POWER JUMPS



Directions:

Stand with feet shoulder width apart and in an upright position. Drop hips into a power position and explode upward. Use your arms to jump as high as possible. Land in the same place, regroup and repeat. Emphasis on height and form.

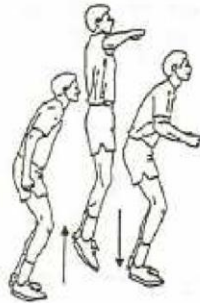
TUCK JUMPS



Directions:

Stand with feet shoulder width apart. Drop hips into the power position and explode upward. Bring knees to chest and grab with both hands, then release. Upon landing, immediately repeat. Emphasize grabbing the knees. Skill and big players only.

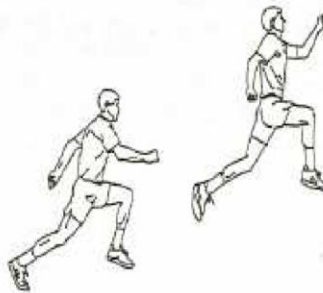
DOUBLE LEG HOPS



Directions:

Stand with feet shoulder width apart and in the power position Drop hips and while using arms explode outward and upward. Upon landing repeat. Emphasis is on speed and distance. Perform in a diagonal pattern.

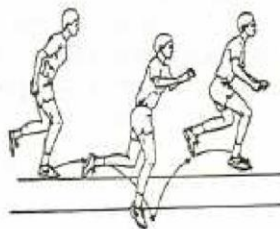
POWER SKIPS



Directions

Stand with one foot in front of the other and arms to the side. Begin to skip and then hard and explosively push off the support leg and bring opposite leg as high as possible toward the chest. Swing arm of the support leg through as in running. Repeat for required distance.

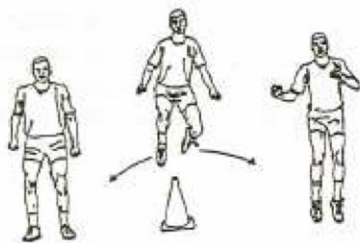
SINGLE LEG ICE SKATERS



Directions:

Start on one foot and arms to the side as a skater. Hard and explosively push off the leg while swinging arms across the body. Land on the other foot and repeat. Emphasis on distance and speed of movement.

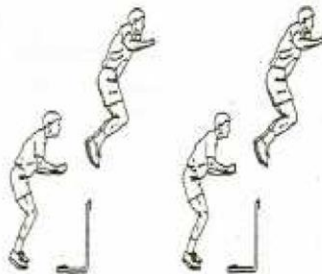
LATERAL CONE JUMPS



Directions

Begin with the feet together and knees bent starting next to a small 4-6" cone. Begin by jumping over the cone as quick as possible for a desired time. Emphasis is on speed.

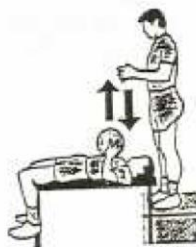
HURDLE HOPS



Directions

Jump forward over the hurdles(12-36"). Keep feet close together and action comes from the hips and knees. Keep the body vertical. Use double arm swing to maintain balance and gain height.

BENCH PRESS THROW

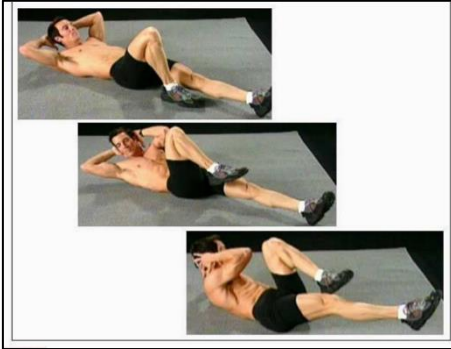


Directions

Begin drill on a supine bench with arms extended in front of the body. Catch the ball over the chest, bend the arms, and explode the ball back to your partner standing above.

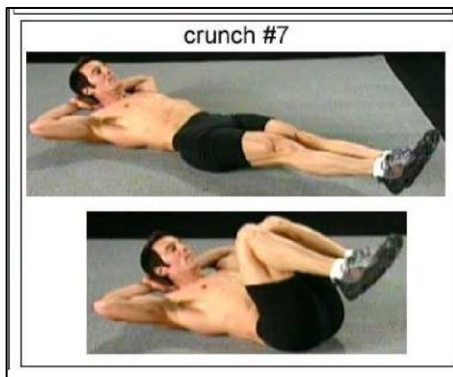
Abdominal Exercises & Description

Bicycle Crunch



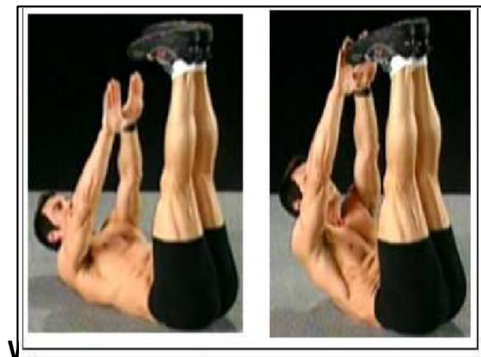
Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head, bringing your knees up to a 45- degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Be sure to keep even and relaxed breathing throughout.

Knee-Ups



Feet Six inches from the floor, bring knees to chest, then return to extended leg position. Do not let legs touch the floor until set is over.

V-Ups



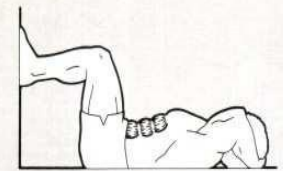
1) Starting position: Lie back onto floor or bench with knees bent and hands extended towards ceiling. Head should be in a neutral position with a space between chin and chest.

2) Leading with the chin and chest towards the ceiling, contract the abdominal muscle and raise shoulders off floor or bench. Also raise legs up towards ceiling and attempt to touch your hands to your feet.

3) 3) Return to start position and repeat

Crunches, Hyperextensions, and Lying Leg Raises

3 CRUNCHES

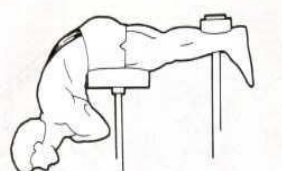
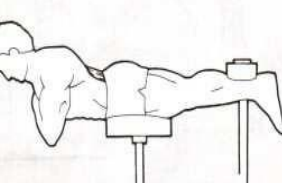



Start Position
Lie on your back with knees bent and feet up against the wall as in illustration 1. Hands should be placed behind the head.

Execution
Slowly raise your upper body towards your knees until you reach a fully contracted position and return to the start position. This movement exercises the upper abdominals.

Special Notes
Try to keep your lower back on the floor throughout the movement. This movement may also be effected with legs crossed whilst sitting on the bed or on the floor.

5 HYPEREXTENSIONS

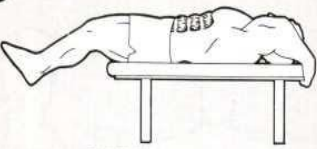
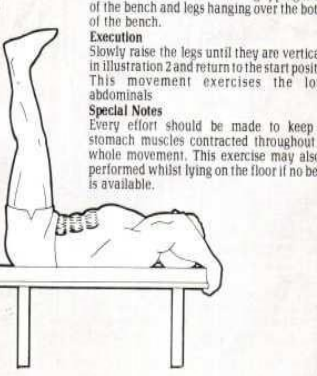



Start Position
Lie across a hyperextension bench with the pelvis supported by the cushion pad and the heels tucked under the heel pads as in illustration 1.

Execution
Keeping the arms crossed over the chest raise the upper body as high as possible as in illustration 2, and return to the start position. This exercise works the lower back muscles (Erectors).

Special Notes
For maximum effect ensure the heels are in line with the pelvis.

4 LYING LEG RAISES

Start Position
Lie on a flat bench with hands gripping the top of the bench and legs hanging over the bottom of the bench.

Execution
Slowly raise the legs until they are vertical as in illustration 2 and return to the start position. This movement exercises the lower abdominals.

Special Notes
Every effort should be made to keep the stomach muscles contracted throughout the whole movement. This exercise may also be performed whilst lying on the floor if no bench is available.

Superman



Starting Position: Start the movement in a plank position. Holding that position raise your right arm and left leg off of the ground.

Return to the starting position and repeat with the other arm and leg. Hold each lift for 1-2 seconds and repeat for the desired number or repetitions.

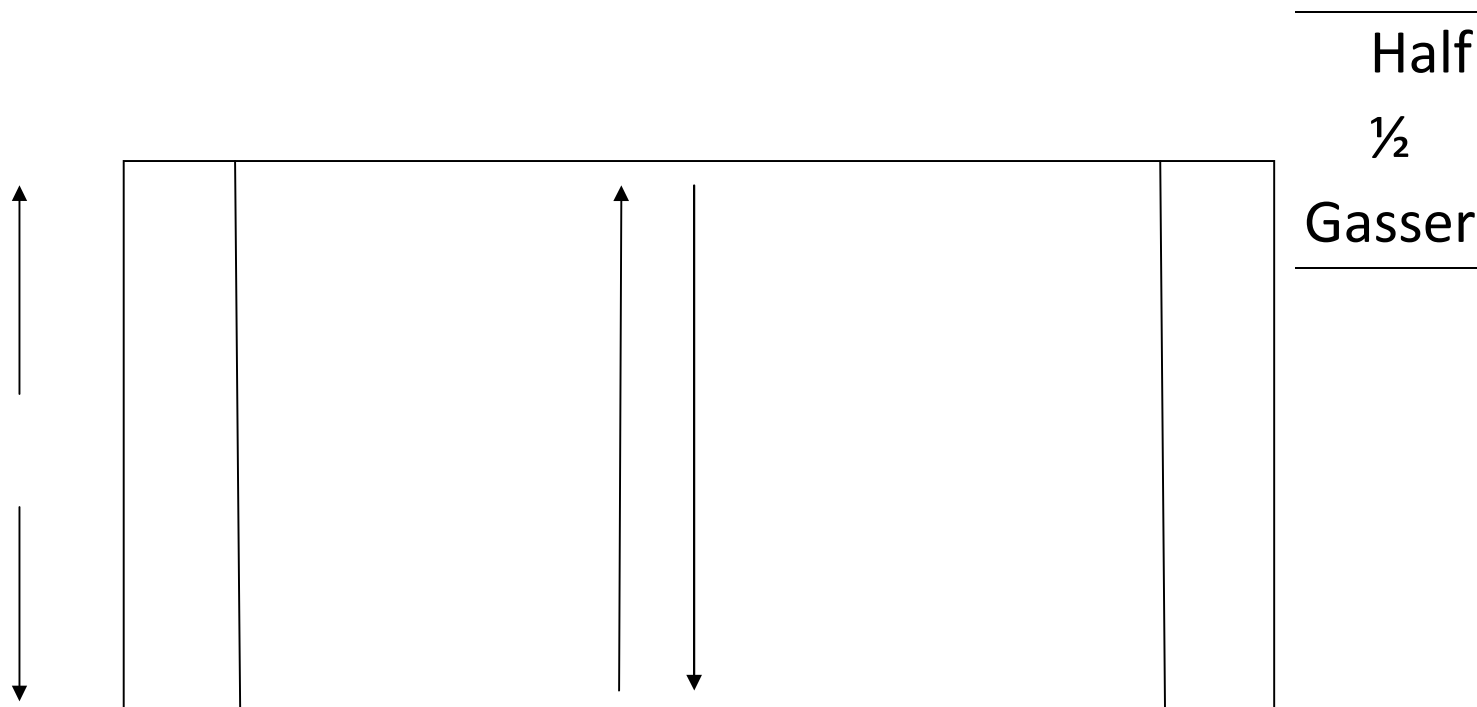
2020 Running Test

Follow the running calendar that has been included in this manual. For maximum benefits adhere to the following.

- 1 . Perform *the entire* running on the calendar. If you perform all of the running at the proper intensity, we **guarantee** you will be ready to compete when you return in the Fall.
- 2 . Realize that fatigue should *not* be a factor when training for speed. Maximum speed and explosion, after the warm-up, with complete recovery between efforts, should dictate the tempo of the workout.
- 3 . Fatigue *should* be a factor during our conditioning workouts. We condition hard all year round! Keep any extra speed-development workouts that you wish to perform separate from our scheduled conditioning workouts.
- 4 . **Realize that your teammates and competitors are training at a high level of intensity. Match it.**

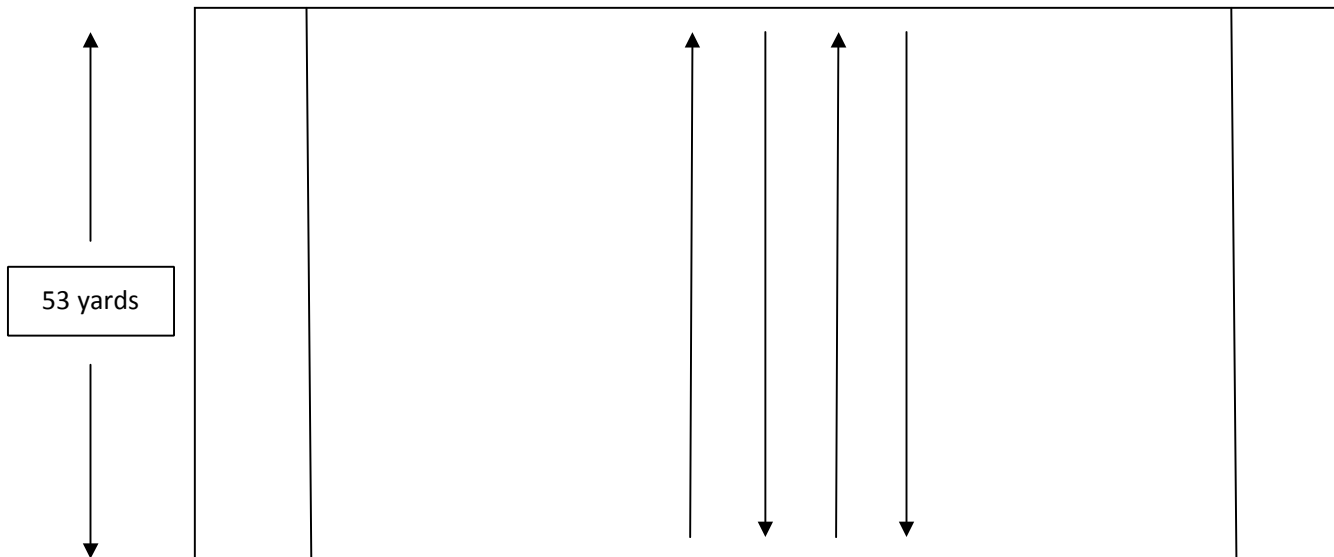
	First 10 ½ Gassers	Second 10 ½ Gassers
OL/DL	21 Sec.	22 Sec.
TE/FB/LB/SS/K	19 Sec.	20 Sec.
DB/WR/TB/QB	17 Sec.	18 Sec.

- A. The first set of 10 intervals will be run with 30 seconds rest between
 - B. The second set of 10 intervals will be run with 45 seconds rest between
- The interval running is run on a football field going from sideline to sideline. Also known as a “Half” ½ Gasser as seen below



Start on the sideline of a football field or a [Marked off 53Yds], Sprint Across the field touching the line with your hand. Immediately sprint back across the field to finish where you started.

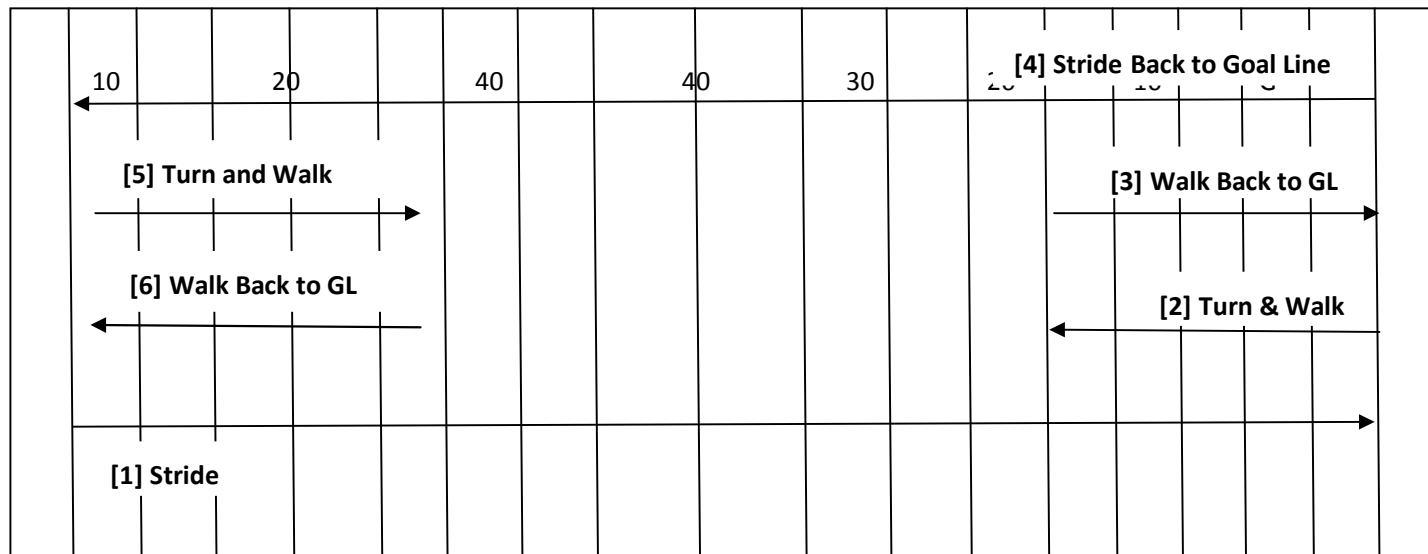
Full Gasser



Same as two half gassers. Two trips across the field.

Tempo Run

G



Start on the goal line of a marked football field and stride run 100yds at 75-85% sprint.

When you reach the opposite goal line, turn and walk up to the 25 yd line. Then turn and walk back to the goal line. This gives you cool down walking steps.

Then stride back down the field 100yds.

DOWN & BACK = 1 rep

Summer Strength
&
Conditioning



Percentage Chart

895 – 690 pounds

100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
895	850	805	760	716	671	626	581	537	492	447
890	845	801	756	712	667	623	578	534	489	445
885	840	796	752	708	663	619	575	531	486	442
880	836	792	748	704	660	616	572	528	484	440
875	831	787	743	700	656	612	568	525	481	437
870	826	783	739	696	652	609	565	522	478	435
865	821	778	735	692	648	605	562	519	475	432
860	817	774	731	688	645	602	559	516	473	430
855	812	769	726	684	641	598	555	513	470	427
850	807	765	722	680	637	595	552	510	467	425
845	802	760	718	676	633	591	549	507	464	422
840	798	756	714	672	630	588	546	504	462	420
835	793	751	709	668	626	584	542	501	459	417
830	788	747	705	664	622	581	539	498	456	415
825	783	742	701	660	618	577	536	495	453	412
820	779	738	697	656	615	574	533	492	451	410
815	774	733	692	652	611	570	529	489	448	407
810	769	729	688	648	607	567	526	486	445	405
805	764	724	684	644	603	563	523	483	442	402
800	760	720	680	640	600	560	520	480	440	400
795	755	715	675	636	596	556	516	477	437	397
790	750	711	671	632	592	553	513	474	434	395
785	745	706	667	628	588	549	510	471	431	392
780	741	702	663	624	585	546	507	468	429	390
775	736	697	658	620	581	542	503	465	426	387
770	731	693	654	616	577	539	500	462	423	385
765	726	688	650	612	573	535	497	459	420	382
760	722	684	646	608	570	532	494	456	418	380
755	717	679	641	604	566	528	490	453	415	377
750	712	675	637	600	562	525	487	450	412	375
745	707	670	633	596	558	521	484	447	409	372
740	703	666	629	592	555	518	481	444	407	370
735	698	661	624	588	551	514	477	441	404	367
730	693	657	620	584	547	511	474	438	401	365
725	688	652	616	580	543	507	471	435	398	362
720	684	648	612	576	540	504	468	432	396	360
715	679	643	607	572	536	500	464	429	393	357
710	674	639	603	568	532	497	461	426	390	355
705	669	634	599	564	528	493	458	423	387	352
700	665	630	595	560	525	490	455	420	385	350

695	660	625	590	556	521	486	451	417	381	348
690	655	621	585	552	517	483	448	414	378	345
685	650	617	580	548	513	479	445	411	376	343

Percentage Chart

680 – 510 pounds

100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
680	645	612	575	544	509	476	441	408	373	340
675	640	608	570	540	505	472	438	405	370	338
670	635	603	565	536	502	469	435	402	368	335
665	632	599	560	532	498	465	431	399	365	333
660	627	594	555	528	494	462	428	396	362	330
655	622	590	550	524	491	458	425	393	359	327
650	618	586	545	520	487	455	422	390	357	325
645	613	580	540	516	483	451	418	387	354	323
640	608	576	535	512	479	448	415	384	351	320
635	603	572	530	508	476	444	412	381	349	317
630	599	567	526	504	472	441	408	378	346	315
625	595	563	523	500	468	437	405	375	343	313
620	591	558	522	496	465	434	402	372	341	310
615	586	554	519	492	461	430	398	369	338	308
610	581	549	516	488	457	427	395	366	335	305
605	575	544	513	484	453	423	392	363	332	302
600	570	540	510	480	450	420	390	360	330	300
595	565	536	506	476	446	417	387	357	327	297
590	561	531	502	472	443	413	384	354	324	294
585	556	527	497	468	439	410	380	351	321	292
580	551	522	493	464	435	406	377	348	318	290
575	546	518	489	460	431	403	374	345	315	288
570	542	513	485	456	428	399	371	342	312	285
565	537	509	480	452	424	396	367	339	309	282
560	532	504	476	448	420	392	364	336	307	280
555	527	500	472	444	416	389	360.5	333	304	278
550	523	495	468	440	413	385	358	330	301	276
545	518	491	463	436	409	382	354	327	298	273
540	513	486	459	432	406	378	351	324	295	270
535	508	482	455	428	401	375	348	321	292	269
530	504	478	451	424	398	371	345	318	290	267
525	494	473	446	420	394	368	341	315	287	264
520	490	468	442	416	390	364	338	312	285	261
515	489	464	438	412	386	361	334	309	283	258
510	485	459	434	408	383	357	331	306	281	256

Percentage Chart

505 – 325 pounds

100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
505	480	505	429	404	379	354	328	303	279	254
500	475	450	425	400	375	350	325	300	275	250
495	470	445	420	396	371	346	321	297	272	247
490	465	441	416	392	367	343	318	294	269	245
485	460	436	412	388	363	339	315	291	266	242
480	456	432	408	384	360	336	312	288	264	240
475	451	427	403	380	356	332	308	285	261	237
470	446	423	399	376	352	329	305	282	258	235
465	441	418	395	372	348	325	302	279	255	232
460	437	414	391	368	345	322	299	276	253	230
455	432	409	386	364	341	318	295	273	250	227
450	427	405	382	360	337	315	292	270	247	225
445	422	400	378	356	333	311	289	267	244	222
440	418	396	374	352	330	308	286	264	242	220
435	413	391	369	348	326	304	282	261	239	217
430	408	387	365	344	322	301	279	258	236	215
425	403	382	361	340	318	297	276	255	233	212
420	399	378	357	336	315	294	273	252	231	210
415	394	373	352	332	311	290	269	249	228	207
410	389	369	348	328	307	287	266	246	225	205
405	384	364	344	324	303	283	263	243	222	202
400	380	360	340	320	300	280	260	240	220	200
395	375	355	335	315	296	276	256	237	217	197
390	370	350	331	312	292	273	253	234	214	195
385	365	346	327	308	288	269	250	231	211	192
380	361	342	323	304	285	266	247	228	209	190
375	356	337	318	300	281	262	243	225	206	187
370	351	333	314	296	277	259	240	222	203	185
365	346	328	310	292	273	255	237	219	200	182
360	342	324	306	288	270	252	234	216	198	180
355	337	319	301	284	266	248	230	231	195	177
350	332	315	297	280	262	245	227	210	192	175
345	327	310	293	276	258	241	224	207	189	172
340	323	306	289	272	255	238	221	204	187	170
335	318	301	284	268	251	234	217	201	184	167
330	313	297	280	264	247	231	214	198	181	165
325	308	292	276	260	243	227	211	195	178	162

Percentage Chart

320 - 150 pounds

100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
320	304	288	272	256	240	224	208	192	176	160
315	299	283	267	525	236	220	204	189	173	157
310	294	279	263	248	232	217	201	186	170	155
305	289	274	259	244	228	213	198	183	167	152
300	285	270	255	240	225	210	195	180	165	150
295	280.2	265	246	236	221	206	191	177	162	147
290	275	261	242	232	217	203	188	174	159	145
285	270	256	238	228	213	199	185	171	156	142
280	266	252	233	224	210	196	182	168	154	140
275	261	247	229	220	206	192	178	165	151	137
270	265	243	225	216	202	189	175	162	148	135
265	251	238	221	212	198	185	172	159	145	132
260	247	234	216	208	195	182	169	156	143	130
255	242	229	212	204	191	178	165	153	140	127
250	237	225	208	200	187	175	162	150	137	125
245	232	220	204	196	183	171	159	147	134	122
240	228	216	199	192	180	168	156	144	132	120
235	223	211	195	188	176	164	152	141	129	117
230	218	207	191	184	172	161	149	138	126	115
225	213	202	187	180	168	157	146	135	123	112
220	209	195	182	176	165	154	143	132	121	110
215	204	193	178	172	161	150	139	129	118	107
210	199	189	174	168	157	147	136	126	115	105
205	194	184	170	164	153	143	133	123	112	102
200	190	180	165	160	150	140	130	120	110	100
195	185	175	161	156	146	136	126	117	107	97
190	180	171	157	152	142	133	124	114	104	95
185	175	166	153	148	138	129	120	111	101	92
180	171	162	148	144	135	126	117	108	99	90
175	166	157	144	140	131	122	113	105	96	87
170	161	153	140	136	127	119	110	102	93	85
165	156	148	136	132	123	115	107	99	90	82
160	152	144	131	128	120	112	104	96	88	80
155	147	139	127	124	116	108	100	93	85	77
150	142	135	123	120	112	105	97	90	82	75

Percentage Chart

145 - 100 pounds

100%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
145	137	130	119	116	108	101	94	87	79	72
140	133	126	114	112	105	98	91	84	77	70
135	128	121	110	108	101	94	87	81	74	67
130	123	117	106	104	97	91	84	78	71	65
125	118	112	102	100	93	87	81	75	68	62
120	114	108	97	96	90	84	78	72	66	60
115	109	103	93	92	86	80	74	69	63	57
110	104	99	89	88	82	77	71	66	60	55
105	99	94	85	84	78	73	68	63	57	52
100	95	90	85	80	75	70	65	60	55	50

Week 1 (May 25- May 29)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday	Reps	% of Max	
Warm-ups			Running
Back Squat	4x5	60	60 yard sprints (6) @ Max Effort
Power Clean	5,4,3,3	70,75,80,80	½ Gasser
Bench Press	10,8,6,4	60,65,70,75	
Bent Over Rows	3x10	60	
Barbell Dumbbell Press	3x10	60	
Lateral Pull Downs	3x15	50	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 5) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 5) | 13. Lying leg raises (3x20) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 5) | 14. Sit-ups (4 x 20) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 20) | 15. Push-ups (4 x 20) |

Wednesday	Reps	% of Max	
Warm-ups			Running
Back Squat	5,4,3,3	70,75,80,80	60 yard Sprints (6) @ Max Effort
Power Clean	5,4,3,3	70,75,80,80	½ Gasser
Bench Press	10,8,6,4	60,65,70,75	
Bent Over Rows	3x10	65	
Barbell Dumbbell Press	3x10	65	
Lateral Pull Downs	3x15	55	
60 yard sprints	6	Max Effort	

Thursday

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|------------------|-------------------------------|-----------------------------|
| 6. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 7. W-Drill | 7. Power Jumps (4 x 5) | 12. V-ups (3 x 10) |
| 8. 5-10-5 Drill | 8. Double Leg Hops (4 x 5) | 13. Lying leg raises (3x20) |
| 9. 5-5-10 Drill | 9. Power Skips (4 x 5) | 14. Sit-ups (4 x 20) |
| 10. 3 Cone Drill | 10. Bicycle Crunches (3 x 20) | 15. Push-ups (4 x 20) |

Friday	Reps	% of Max	
Warm-ups			Running
Back Squat	5,4,3,3	70,75,80,85	60 yard Sprints (6) @ Max Effort
Power Clean	5,4,3,3	70,75,80,85	½ Gasser
Bench Press	10,8,6,4	60,65,70,80	
RDL's	3x10	65	
Barbell Dumbbell Press	3x10	65	
Lateral Pull Downs	3x15	55	

Parent Signature _____

Week 2 (June 1- June 5)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	5,4,4,4	70,75,80,85	60 yard sprints (8) @ Max Effort
Power Clean	5,4,4,3	70,75,80, 85	½ Gasser
Bench Press	10,8,6,4	60,65,70,75	
Bent Over Rows	3x10	70	
Barbell Dumbbell Press	3x10	70	
Lateral Pull Downs	3x15	60	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 5) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 5) | 13. Lying leg raises (3x20) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 5) | 14. Sit-ups (4 x 20) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 20) | 15. Push-ups (4 x 20) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	5,4,3,3	70,75,80,85	60 yard sprints (8) @ Max effort
Power Clean	5,4,3,3	70,75,80,85	½ gasser
Bench Press	10,8,6,4	60,65,70,75	
Bent Over Rows	3x10	70	
Barbell Dumbbell Press	3x10	70	
Lateral Pull Downs	3x15	65	

Thursday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 5) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 5) | 13. Lying leg raises (3x20) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 5) | 14. Sit-ups (4 x 20) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 20) | 15. Push-ups (4 x 20) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	5,4,3,3	75,80,85,85	60 yard sprints (8) @ Max effort
Power Clean	5,4,3,3	75,80,85,85	½ Gasser
Bench Press	10,8,6,4	60,65,70,75	
RDL's	3x10	70	
Barbell Dumbbell Press	3x10	70	
Lateral Pull Downs	3x15	65	

Parent Signature _____

Week 3 (June 8- June 12)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,5,4,3	80,85,85,90	60 yard sprints (10) @ Max Effort
Power Clean	5,4,4,3	75,80,85,90	1 Gasser
Bench Press	10,8,6,4	65,70,75,80	
Bent Over Rows	4x10	70	
Barbell Dumbbell Press	4x10	70	
Lateral Pull Downs	4x15	60	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 10) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 10) | 13. Lying leg raises (3x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 10) | 14. Sit-ups (4 x 25) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 20) | 15. Push-ups (4 x 25) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,4,3,3	80,85,85,90	60 yard sprints (10) @ Max effort
Power Clean	5,4,3,3	75,80,85,90	1 gasser
Bench Press	10,8,6,4	65,70,75,80	
Bent Over Rows	4x10	70	
Barbell Dumbbell Press	4x10	70	
Lateral Pull Downs	4x15	65	

Thursday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 10) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 10) | 13. Lying leg raises (3x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 10) | 14. Sit-ups (4 x 25) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 25) | 15. Push-ups (4 x 25) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,5,3,3	80,85,85,90	60 yard sprints (10) @ Max effort
Power Clean	5,4,3,3	75,80,85,85	1 Gasser
Bench Press	10,8,6,4	65,70,75,80	
RDL's	3x10	70	
Barbell Dumbbell Press	3x10	70	
Lateral Pull Downs	3x15	65	

Parent Signature _____

Week 4 (June 15- June 19)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,5,4,3	80,85,85,95	60 yard sprints (10) @ Max Effort
Power Clean	5,4,4,3	75,80,85,90	1 ½ Gasser
Bench Press	10,8,6,4	65,70,75,80	
Bent Over Rows	4x10	70	
Barbell Dumbbell Press	4x10	70	
Lateral Pull Downs	4x15	60	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 10) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 10) | 13. Lying leg raises (3x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 10) | 14. Sit-ups (4 x 25) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 25) | 15. Push-ups (4 x 25) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,4,3,3	80,85,85,90	60 yard sprints (10) @ Max effort
Power Clean	5,4,3,3	75,80,85,90	1 ½ Gasser
Bench Press	10,8,6,4	65,70,75,80	
Bent Over Rows	4x10	70	
Barbell Dumbbell Press	4x10	70	
Lateral Pull Downs	4x15	65	

Thursday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 10) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 10) | 13. Lying leg raises (3x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 10) | 14. Sit-ups (4 x 25) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 25) | 15. Push-ups (4 x 25) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,4,3,3	75,80,85,85	60 yard sprints (10) @ Max effort
Power Clean	5,4,3,3	75,80,85,85	1 ½ Gasser
Bench Press	10,8,6,4	65,70,75,80	
RDL's	3x10	70	
Barbell Dumbbell Press	3x10	70	
Lateral Pull Downs	3x15	65	

Parent Signature _____

Week 5 (June 22- June 26)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,5,4,3	85,85,90,95	60 yard sprints (12) @ Max Effort
Power Clean	5,4,4,3	80,85,90, 95	1 ½ Gasser
Bench Press	10,8,6,4	70,75,80, 85	
Bent Over Rows	4x10	75	
Barbell Dumbbell Press	4x10	75	
Lateral Pull Downs	4x15	70	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 10) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 10) | 13. Lying leg raises (4x20) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 10) | 14. Sit-ups (4 x 30) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 30) | 15. Push-ups (4 x 30) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,4,3,3	85,85,90,95	60 yard sprints (12) @ Max effort
Power Clean	5,4,3,3	80,85,90,95	1 ½ Gasser
Bench Press	10,8,6,4	70,75,80,85	
Bent Over Rows	4x10	75	
Barbell Dumbbell Press	4x10	75	
Lateral Pull Downs	4x15	70	

Thursday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 10) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 10) | 13. Lying leg raises (4x20) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 10) | 14. Sit-ups (4 x 30) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (3 x 30) | 15. Push-ups (4 x 30) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,4,3,3	85,85,90,95	60 yard sprints (12) @ Max effort
Power Clean	5,4,3,3	80,85,90,95	1 ½ Gasser
Bench Press	10,8,6,4	70,75,80,85	
RDL's	3x10	75	
Barbell Dumbbell Press	3x10	75	
Lateral Pull Downs	3x15	70	

Parent Signature _____

Week 6 (June 29- July 3)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,4	85,85,90,95	60 yard sprints (14) @ Max Effort
Power Clean	5,5,4,4	80,85,90, 95	2 Gassers
Bench Press	10,8,6,4	75,80,85,90	
Bent Over Rows	4x10	80	
Barbell Dumbbell Press	4x10	80	
Lateral Pull Downs	4x15	75	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 35) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 35) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,4	85,85,90,95	60 yard sprints (14) @ Max effort
Power Clean	5,5,4,4,	80,85,90,95	2 Gassers
Bench Press	10,8,6,4	70,75,80,85	
Bent Over Rows	4x10	80	
Barbell Dumbbell Press	4x10	80	
Lateral Pull Downs	4x15	75	

Thursday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 35) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 35) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,4	85,85,90,95	60 yard sprints (14) @ Max effort
Power Clean	5,5,4,4	80,85,90,95	2 ½ Gassers
Bench Press	10,8,6,4	70,75,80,85	
RDL's	4x10	80	
Barbell Dumbbell Press	4x10	80	
Lateral Pull Downs	4x15	75	

Parent Signature _____

Week 7 (July 6 - July 10)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,4	85,90,95,95	60 yard sprints (16) @ Max Effort
Power Clean	5,5,4,4	85,90,95,95	2 ½ Gassers
Bench Press	10,8,6,4	80,85,90,95	
Bent Over Rows	4x10	85	
Barbell Dumbbell Press	4x10	85	
Lateral Pull Downs	4x15	80	

Tuesday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 40) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 40) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,4	85,90,95,95	60 yard sprints (16) @ Max effort
Power Clean	5,5,4,4,	85,90,95,95	3 Gassers
Bench Press	10,8,6,4	80,85,90,95	
Bent Over Rows	4x10	85	
Barbell Dumbbell Press	4x10	85	
Lateral Pull Downs	4x15	80	

Thursday

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|-----------------|-------------------------------|-----------------------------|
| 1. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 2. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 3. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 4. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 40) |
| 5. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 40) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,3	85,90,95,100	60 yard sprints (16) @ Max effort
Power Clean	5,5,4,4	85,90,95,100	3 Gassers
Bench Press	10,8,6,4	80,85,90,95	
RDL's	4x10	85	
Barbell Dumbbell Press	4x10	85	
Lateral Pull Downs	4x15	80	

Parent Signature _____

Week 8 (July 13 - July 17)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,3	90,95,95,100	60 yard sprints (16) @ Max Effort
Power Clean	5,5,4,3	90,95,95,100	3 Gassers
Bench Press	10,8,6,3	85,90,95,100	
Bent Over Rows	4x10	90	
Barbell Dumbbell Press	4x10	90	
Lateral Pull Downs	4x15	85	

Tuesday

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|------------------|-------------------------------|-----------------------------|
| 6. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 7. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 8. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 9. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 40) |
| 10. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 40) |

Wednesday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,3	90,95,95,100	60 yard sprints (16) @ Max effort
Power Clean	5,5,4,3	90,95,95,100	3 Gassers
Bench Press	10,8,6,3	85,90,95,100	
Bent Over Rows	4x10	90	
Barbell Dumbbell Press	4x10	90	
Lateral Pull Downs	4x15	85	

Thursday

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|------------------|-------------------------------|-----------------------------|
| 6. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 7. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 8. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 9. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 40) |
| 10. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 40) |

Friday

	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,3	90,95,100,100	60 yard sprints (16) @ Max effort
Power Clean	5,5,4,4	90,95,100,100	3 ½ Gassers
Bench Press	10,8,6,4	85,90,95,100	
RDL's	4x10	95	
Barbell Dumbbell Press	4x10	95	
Lateral Pull Downs	4x15	90	

Parent Signature _____

Week 9 (July 20 - July 24)

Warm-ups: (5) each of Jumping Jacks, Squats, Push-ups, Leg lifts, Mountain Climbers

Monday	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,3	95,95,100,100	60 yard sprints (16) @ Max Effort
Power Clean	5,5,4,3	95,95,100,100	3 Gassers
Bench Press	10,8,6,3	90,95,100,100	
Bent Over Rows	4x10	95	
Barbell Dumbbell Press	4x10	95	
Lateral Pull Downs	4x15	90	

Tuesday

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|------------------|-------------------------------|-----------------------------|
| 11. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 12. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 13. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 14. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 40) |
| 15. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 40) |

Wednesday	Reps	% of Max	
Warm-ups			Running
Back Squat	6,6,5,3	95,95,100,100	60 yard sprints (16) @ Max effort
Power Clean	5,5,4,3	95,95,100,100	3 Gassers
Bench Press	10,8,6,3	90,95,100,100	
Bent Over Rows	4x10	95	
Barbell Dumbbell Press	4x10	95	
Lateral Pull Downs	4x15	90	

Thursday

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|------------------|-------------------------------|-----------------------------|
| 11. Warm-ups | 6. Tempo-Run | 11. Knee-ups (3 x 10) |
| 12. W-Drill | 7. Power Jumps (4 x 15) | 12. V-ups (3 x 10) |
| 13. 5-10-5 Drill | 8. Double Leg Hops (4 x 15) | 13. Lying leg raises (4x25) |
| 14. 5-5-10 Drill | 9. Power Skips (4 x 15) | 14. Sit-ups (4 x 40) |
| 15. 3 Cone Drill | 10. Bicycle Crunches (4 x 25) | 15. Push-ups (4 x 40) |

Friday	Reps	% of Max	
Warm-ups			Running
Back Squat	6,3,3,3	90,95,100,100	60 yard sprints (16) @ Max effort
Power Clean	5,3,3,3	90,95,100,100	3 ½ Gassers
Bench Press	8,6,4,3	85,90,95,100	
RDL's	4x5	100	
Barbell Dumbbell Press	4x5	100	
Lateral Pull Downs	4x5	100	

Parent Signature _____