

MACMURRAY

FOOTBALL



2010 Summer

Workout Manual

GENERAL INFORMATION

Coach Berna-O.C./Strength Coach Phone: 217-479-7148 email: justin.berna@mac.edu

Coach Box-Head Coach Phone: 217-479-7151 email: jake.box@mac.edu

Things you MUST HAVE DONE by July 1st:

Physical performed by physician(current) **After June 1st**

Insurance-You must have either personal insurance of your own, through your parents/guardian.

Housing Deposit-on file at MacMurray College

You cannot be involved in any football activities without these completed. Please contact Coach Box or myself with any further information you might need!

Important Dates:

August 13th Reporting Day for Camp

August 21st Student Orientation

August 25th First Day of Class

September 4th Game 1 VS University of MN Morris

Conditioning Test

Six(6) 110 Sprints

Time to Complete for 250LBS Plus Athlete (20 secs and below)

Time to Complete for 249LBS and under Athlete (18 secs and below)

Two(2) 300 Yard Shuttles

Time to Complete for 250LBS Plus Athlete (70 secs and below)

Time to Complete for 249LBS and under Athlete (50 secs and below)

HOW TO USE THE PROGRAM

1. You need to develop an estimated 1-RM using the chart found at the end of this manual. The lifts you need **maxes** for are Incline Press, Power Clean, Squat, and Bench Press. You should attempt a weight that you can perform 3-6 times. Use these maxes to follow the workout plan. **You must be cleared by a Doctor before using this Program if unsure of an exercise consult Coach Box or myself.**
2. **Why use an estimated 1-RM?** We use an estimated 1-RM to first and foremost avoid injuries while maxing. It is also proven to produce results within 5lbs of a 1-RM as well.
3. Always use **perfect form** while lifting. Always have a **spotter** when lifting.
4. Perform lifts in the **order** that they appear on the program. Do not jump around.
5. Set up your **weekly schedule** so you are not running and lifting on the same days each week. Ideally, Day 1 will always be a Monday and Day 7 a Sunday. Always take your days off to allow for proper muscle regeneration.
6. The **trunk/core** workout is a huge part of your strength development. Make sure you are always performing these activities and when performing all abdominal work to hold your abs tight and constricted.
7. **Record** your weights used in the spaces provided **every day**, to use as a measure for lbs. to lift the following week. At the end of each lift there is a box with (+,0,-). This box is for the weights to increase as your strength increases. When performing the last set of each lift attempt extra repetitions. If you can perform 2 extra reps put a plus in the box and increase your max or weight used by 5 lbs. for the following week. If you finish the set, or can only get 1 extra rep put a 0, to stay at the same max/weight used the next time. If you cannot finish the last set for 2 weeks in a row put a – and drop your max/weight on that lift.
8. If you have any **questions** on lifts Call or email Coach Berna.
9. If you have **injuries**, get them looked at as soon as possible and inform Coach Box of all severe situations.

DO NOT SKIP LIFTS AS THEY ARE ALL ESSENTIAL TO DEVELOPMENT AND INJURY PREVENTION

POWER/CONDITIONING PRINCIPLES

1. It is essential to **warm-up and stretch** correctly before all lifting and running. You should also be stretching at least twice everyday of the week. Maintaining your flexibility is a primary key to you improving your speed while putting on muscle mass; as well as decrease the risk of injury.
2. Proper **water consumption** is vital to your daily health and is crucial for athletes to exceed normal fluid intake. You should drink at the minimum of Ten(10)-12 oz. glasses of water per day. This is specifically water that you need to drink and does not include soft drinks, tea, or juice. If you are taking supplements, especially those containing Creatine, you need to double the normal water intake if you do not drink enough water with these supplements you run the risk for; dehydration and developing kidney stones. DO NOT drink Gatorade or sports drinks continuously throughout the day. These drinks are good immediately following workouts, but can be hurtful due to the high sugar and sodium levels if taken in excess.
3. Proper **food consumption** should consist of a high variety of carbohydrates (whole wheat breads, pastas, rice, potatoes, etc.) to provide a source of daily energy. A high intake of proteins (meats, fish, nuts, eggs, beans) are also a must for supplying the building blocks for development/maintenance of muscle mass. You should be drinking Three(3) 12 oz. glasses of 2% or Skim milk per day to maintain bone density. Intake of a variety of fruits in solid form and juices are necessary as well as a good intake of vegetables. If you are not getting a good intake of vegetables, take a daily vitamin.
HAMBURGER, CHICKEN, OR TUNA HELPER IS AN EXCELLENT AND COST EFFICIENT MEAL TO EAT W/ A GLASS OF MILK
4. You need 7-8 hours of continuous **sleep** each night for your body to properly repair itself on a day-day basis. Staleness, a lack of power/strength, and an inability to increase muscle mass will occur with inadequate sleep routines.
5. Make sure that you are doing **Cardio** in between your lifting days. If you are out of shape and try to start the running program you will be prone to injury. Make sure you are getting at least **20 minutes** of straight **cardio** in between your lifting days; cardio days are preferably Tuesday and Thursday.
6. **If you plan on taking any Supplements please contact Coach Berna before purchasing so he can direct you in your supplementation.**

WARM UP/STRETCH/FORM RUN/ & SPRINTS

WARM UP (lifting): Forward quick hops diagonal to the left for 30 seconds
Arm circles forward for 30 seconds
Forward quick hops diagonal to the right for 30 seconds
Arm circles backward for 30 seconds
Twist hops for 30 seconds
15 bodyweight Squats

STRETCH:

Feet together hang down	Lying back-crossover body-both ways
Spread legs-to the right	Quads-both legs
-to the left	Calves-both legs
-down middle	Partner- or use a wall
Saigon squat-force knees out	Arm Across Body
	Back-pull down across body

HOLD ALL STRETCHES FOR A COUNT OF 15 SECONDS

WARM UP-FORM RUN (all Plyo's, Agilities, & Sprints):

STRIDERS (4 at 50yds)-extend stride 50 yds at 80% down and back

HIGH KNEES-drive knees upward

WALKING LUNGES-reach foot out and lower knee to *almost* touching ground
hold stretch for 1 count, keep big chest, hands off legs

SIDE LUNGE-(both ways) reach front leg out in groin stretch position pivot to other leg.

BUTT KICKERS- forcefully pull up grass as you run

SHUFFLE (both ways)-don't click heels, stay on toes, low pad level, high number of steps.

CARIOCA (both ways)-keep shoulders square and knees bent

use low pad level and rotate at the hips.

LONG STRIDE BP- bend knees and reach back as far as possible loosen hips.

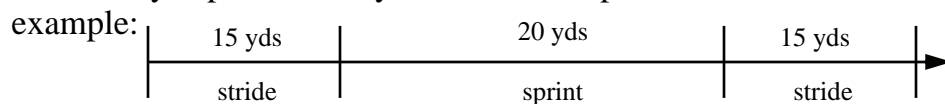
BACKPEDAL-bend knees and keep weight centered, nose over toes.

SPRINTS:

5's—10's—20's—30's—40's—50's—60's

all apply to the number of yards required for each sprint

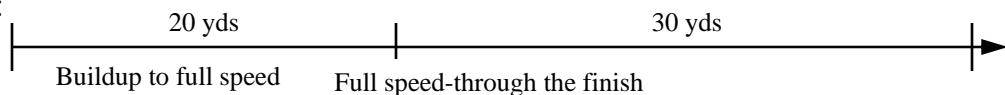
BURSTS: this is a 50 yd sprint where you will stride-sprint-stride



Flying 40's-50's-or 60's

this is a sprint where you begin in a stride and buildup to full speed at the 20 yd point, than finish full speed through the end of end of designated distance. You will always buildup to the 20 yd point.

Example of flying 50:



<You should take a rest period of 20-30 seconds between all sprints, no more than 30 seconds>
You must keep rest time to a minimum to acquire desired training/conditioning results

TECHNIQUE WHILE RUNNING

The technique you use while running can dramatically increase your speed and efficiency while running. You should always concentrate on form while you are performing the form run routine, sprinting, and jogging.

When running it is important that your body is in opposing motion. Example: when your left knee is driving up and out your right wrist should be pumping upward, and vice-versa. This is elementary, but you must concentrate on it as well as following the keys to concentrate on below while running.

KEYS:

HEAD & EYES—should be up and focused directly ahead

SHOULDERS —should remain loose and relaxed, pump arms from shoulder not elbow
should stay square and not twist as you run

ELBOWS —should be locked and remain at 90 degrees, do not pump from elbows
must stay inside and tight to the body

*Remember to pump arms from the shoulder directly forward.
DO NOT swing across body.*

HANDS —relaxed or slightly tensed, do not ball into fists

HIPS —should turn/be square to target (straight ahead while sprinting)
these are your base of power

KNEES —should be driven up & out straight in front of body

FEET —should lead the body and come down slightly in front of knee
be on the balls of your feet and not the heels
should lead the body in a direct line in front of knee, DO NOT step
to the outsides at the beginning, or any time during running.

PLYO'S

SIDEWAYS TWIST (start w/ feet close together)

jump sideways as high as possible and make 1/2 a turn in mid-air
absorb fall and repeat jump turning in the opposite direction

example: jump twisting toward right shoulder

next jump twisting toward left shoulder

ANGLE JUMPS (start w/ feet shoulder width apart straddling a line)

Jump to gain as much height and distance as possible landing on one side of
the line

Absorb your fall and repeat jump landing on the opposite side of the line

SIDEWAYS JUMPS (start w/ feet close together)

jump sideways as high as possible

absorb fall and repeat jump

<ALWAYS USE ARMS WHILE PERFORMING ALL JUMPS>

POWER SKIPS (begin in a skipping pattern)

Forcefully drive knee up while exploding off opposite leg

Arms should be used in a running motion

example: jump off right leg/drive left knee up/swing right arm up

For Height-Drive for as much height, we are not concerned with distance forward

For Distance-Drive to travel forward as far as possible, make sure you continue to drive
your knee upward

QUICK HOPS (begin w/ feet together on one side of a line)

1st set is side-side: hop from one side of line to the other in a sideways motion

2nd set is front-back: hop forward & backward from one side of line to the other

For Speed-Perform both as quickly as possible staying low to the ground

For Height-Perform to get height on each jump, isolating the use of the calf muscle

JULY 20

TUESDAY

PLYO'S

Sideways Twists-2x8

Power Skips - 2x8w/ each leg Quick Hops- 2x50
(For Height) (for Speed)

AGILITIES

W-Drill - 2x Pro Agility- 2x each way/4 total
L-Test - 2x each way/4 total

SPRINTS

2-40's @90% 8-bursts 8-30's

JULY 22

THURSDAY

PLYO'S

Angle Jumps - 2x8

Power Skips - 2x8 w/each leg Quick Hops- 2x30
(for Distance) (for Height)

AGILITIES

W-Drill - 2x Figure 8 - 2x each way/4 total
T-Test - 2x

SPRINTS

2-40's @90% 2-20's 4-40's 6-60's
4-40's 2-20's

W-DRILL(forward-back)

Face the same direction sprinting forward and backpedaling. Make sure to keep hips low and change direction with as few steps as possible.

W-DRILL(side-side)

Flip Hips and run. Keep shoulders square to the direction running the drill. Do not shuffle. Make sure to keep hips low changing direction with as few steps as possible.

PRO AGILITY

facing ↑

You should be facing directly forward. Begin 1st set straddling start line with right hand down on the line. Turn and sprint to the right and touch line with right hand(do not spin). Turn and sprint to opposite line and touch line with left hand(do not spin). Turn and sprint through the start/finish line. Keep hips low. Attempt to run a straight line and remember we will always touch lines facing the same direction. Repeat drill to the left with the left hand down.

FIGURE 8

1st time through-Sprint forward around 1st cone, backpedal around 2nd cone, Sprint to 3rd cone, finish backpedaling through 4th cone.
2nd time through-Backpedal around 1st cone, sprint around 2nd cone, backpedal around 3rd cone, finish sprinting through 4th cone.

L-TEST

Begin in a sprinter's stance. **1**-Sprint forward to cone and touch line, with right hand, where cone is. **2**-Sprint to start/finish line and touch line with right hand. **3**-Sprint to cone and cut around first cone and under second cone. Sprint around third cone and finish through line. Keep hips low when changing direction. Repeat to opposite side touching with left hand.

T-TEST

Sprint forward and touch cone. Shuffle quickly, do not touch heels and keep hips low, to the left cone and touch with left hand. Shuffle to right cone and touch with left hand. Shuffle to middle cone and touch. Backpedal through finish line. You will always face forward in this drill. Repeat drill shuffling to right cone first.

JULY 27

TUESDAY

PLYO'S

Sideways Jumps-2x6

Power Skips - 2x8 w/ each leg Quick Hops- 2x50
(for Height) (for Speed)

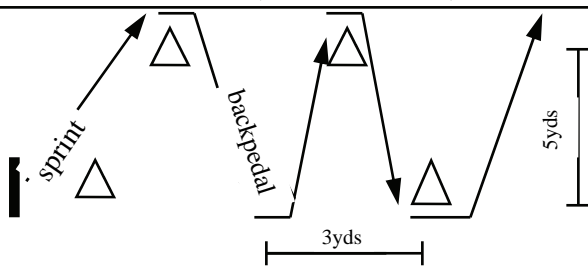
AGILITIES

W-Drill - 2x Pro Agility- 2x each way/4 total
L-Test - 2x each way/4 total

SPRINTS

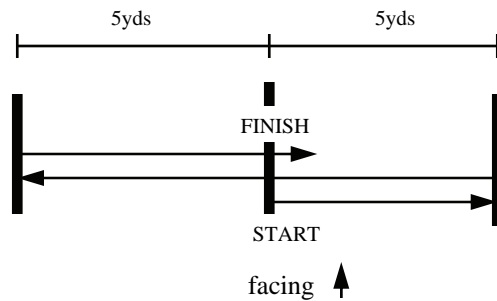
2-40's @90% 8-flying 50's 8-10's

W-DRILL(forward-back)



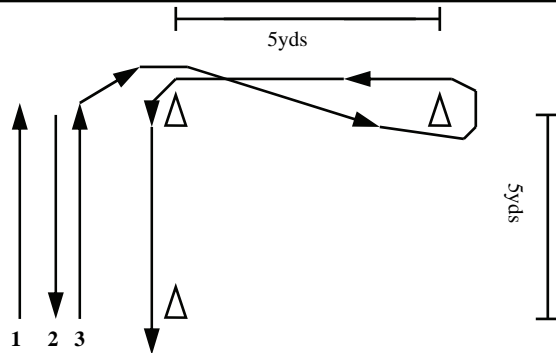
Face the same direction sprinting forward and backpedaling. Make sure to keep hips low and change direction with as few steps as possible.

PRO AGILITY



You should be facing directly forward. Begin 1st set straddling start line with right hand down on the line. Turn and sprint to the right and touch line with right hand(do not spin). Turn and sprint to opposite line and touch line with left hand(do not spin). Turn and sprint through the start/finish line. Keep hips low. Attempt to run a straight line and remember we will always touch lines facing the same direction. Repeat drill to the left with the left hand down.

L-TEST



Begin in a sprinter's stance. 1-Sprint forward to cone and touch line, with right hand, where cone is. 2-Sprint to start/finish line and touch line with right hand. 3-Sprint to cone and cut around first cone and under second cone. Sprint around third cone and finish through line. Keep hips low when changing direction. Repeat to opposite side touching with left hand.

JULY 29

THURSDAY

PLYO'S

Angle Jumps - 2x8

Power Skips - 2x8 w/each leg Quick Hops- 2x30
(for Distance) (for Height)

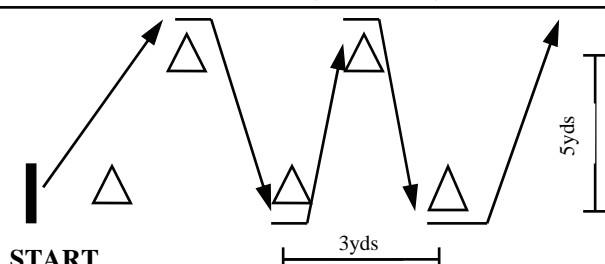
AGILITIES

W-Drill - 2x Figure 8 - 2x each way/4 total
T-Test - 2x

SPRINTS

2-40's @90% 8-20's 6-40's 4-60's

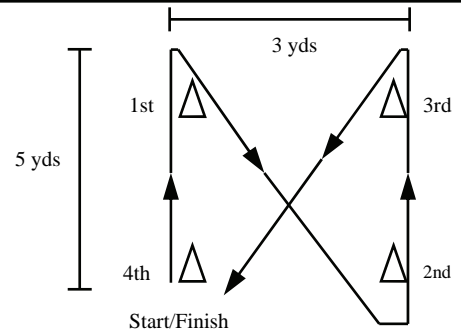
W-DRILL(side-side)



START

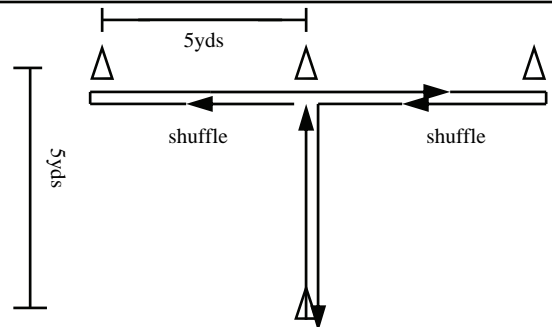
Flip Hips and run. Keep shoulders square to the direction running the drill. Do not shuffle. Make sure to keep hips low changing direction with as few steps as possible.

FIGURE 8



1st time through-Sprint forward around 1st cone, backpedal around 2nd cone, Sprint to 3rd cone, finish backpedaling through 4th cone.
2nd time through-Backpedal around 1st cone, sprint around 2nd cone, backpedal around 3rd cone, finish sprinting through 4th cone.

T-TEST



Sprint forward and touch cone. Shuffle quickly, do not touch heels and keep hips low, to the left cone and touch with left hand. Shuffle to right cone and touch with left hand. Shuffle to middle cone and touch. Backpedal through finish line. You will always face forward in this drill. Repeat drill shuffling to right cone first.

AUG 3

TUESDAY

PLYO'S

Sideways Twists-2x6

Power Skips - 2x6 w/ each leg (for Distance) Quick Hops- 2x50 (for Speed)

AGILITIES

W-Drill - 2x Pro Agility- 2x each way/4 total
L-Test - 2x each way/4 total

SPRINTS

2-40's @90% 8-flying 60's 6-10's

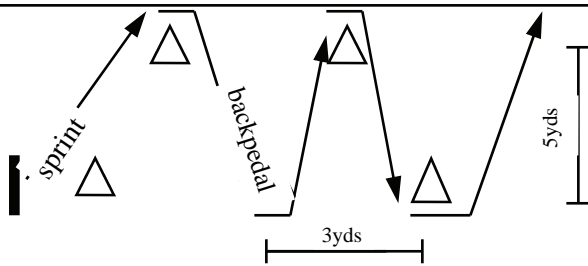
AUG 5

THURSDAY

SPRINTS

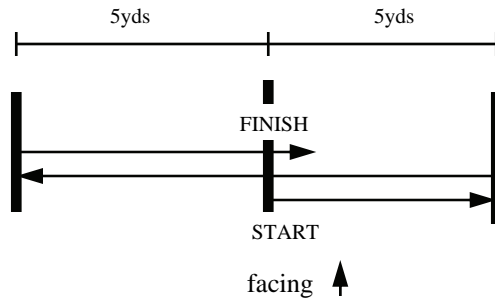
8-100'S @ 85%

W-DRILL(forward-back)



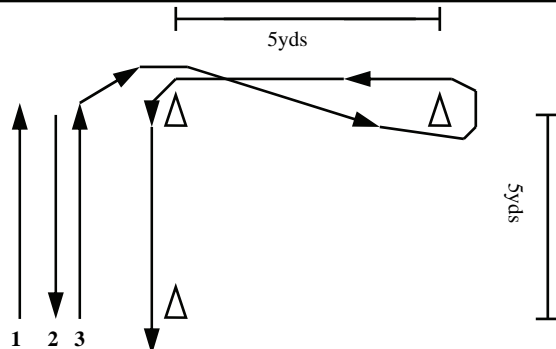
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PRO AGILITY



You should be facing directly forward. Begin 1st set straddling start line with right hand down on the line. Turn and sprint to the right and touch line with right hand(do not spin). Turn and sprint to opposite line and touch line with left hand(do not spin). Turn and sprint through the start/finish line. Keep hips low. Attempt to run a straight line and remember we will always touch lines facing the same direction. Repeat drill to the left with the left hand down.

L-TEST



Begin in a sprinter's stance. 1-Sprint forward to cone and touch line, with right hand, where cone is. 2-Sprint to start/finish line and touch line with right hand. 3-Sprint to cone and cut around first cone and under second cone. Sprint around third cone and finish through line. Keep hips low when changing direction. Repeat to opposite side touching with left hand.

AUG 10

TUESDAY

PLYO'S

Sideways Twists-2x8

Power Skips - 2x6 w/ each leg Quick Hops- 2x50
(for Height) (for Speed)

AGILITIES

W-Drill - 2x Pro Agility- 2x each way/4 total
L-Test - 2x each way/4 total

SPRINTS

2-40's @90% 8-flying 60's 6-10's

AUG 12

THURSDAY

PLYO'S

Angle Jumps - 2x6

Power Skips - 2x6 w/each leg Quick Hops- 2x30
(for Distance) (for Height)

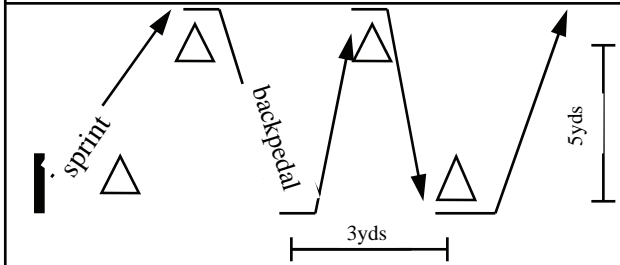
AGILITIES

W-Drill - 2x Figure 8 - 2x each way/4 total
T-Test - 2x

SPRINTS

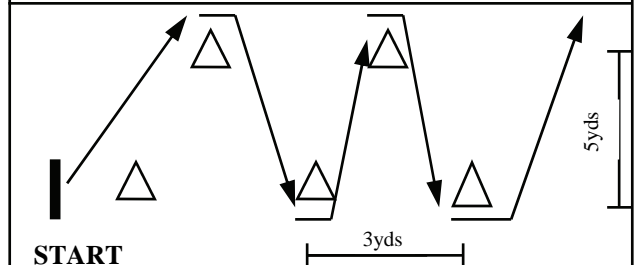
2-40's @90% 8-10's 4-50's 6-20's

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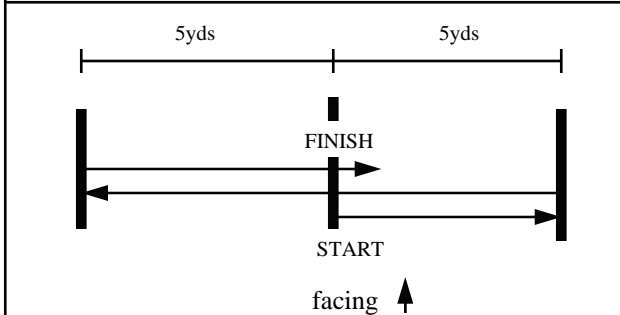
W-DRILL(side-side)



START

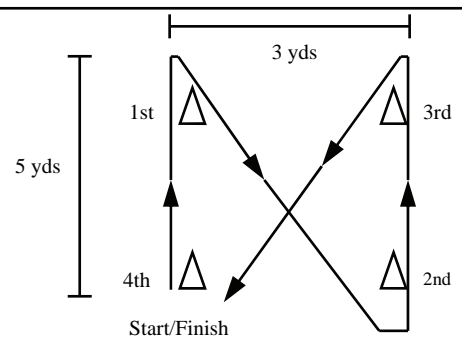
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PRO AGILITY



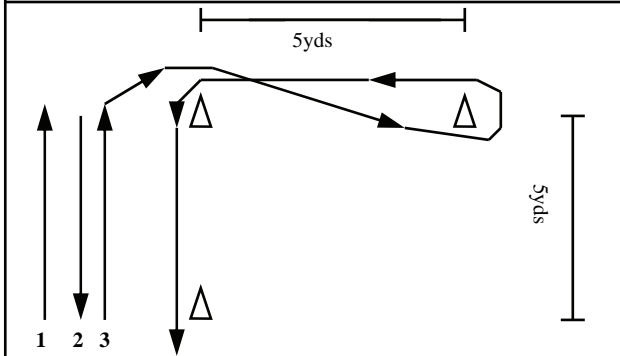
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FIGURE 8



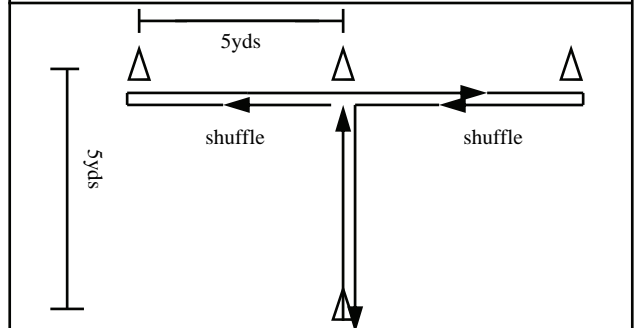
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17-May

WEEK 1

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Exp Leg Press		5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical		Angle flat opposite		Angle forward identical		Angle flat opposite		
Incline Press		10x60%		8x65%		8x65%		8x70%		
Dips		8x		8x		8x		8x		
Flat Bench DB Fly's		8x		8x		8x				
Wide Grip Pull Ups		8x		8x		8x				
Bent Over Rows		8x		8x		8x				
One Leg Squat		6xeach leg		6xeach leg						
Trunk	Hurdles (angle) 4x					Lumbar -Hip Raise x 15			Abs -Hip thrust x 20	
	Bridge 60 Seconds					Lumbar -Lame Dog Quads-8/side			Abs -Md Ball Tw x10	

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Wheelbarrow		Reverse x 10		Circle Walk Left		Reverse x 10		Circle Walk Right		
Pwr Cln		5x70%		5x75%		4x80%				
Deep Squat Jumps		5x		5x		5x				
Squat		10x60%		8x65%		8x65%		8x70%		
Lunges		6xleg		6xleg		6xleg				
Straight Leg DL		8x		8x		8x				
Trunk	Hurdle (under) 4x					Lumbar -Back Ext x 10(Bench)			Abs -Inchworm x 15	
	Elbow Tripod Leg Lift x20/side					Lumbar -Kneel quads-8/side			Abs -Plate Chops 10x	

DAY 3-MIX		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Med Ball Pushups		8x Plate		8xRgt Med Ball		8xLeft Med Ball		8xDble Med Ball		
Hang Snatch		5x		5x		5x				
Butt Kick Jumps Side to Side		x5		x5		x5				
DB Bench Press		8x		8x		6x				
Wide Grip Pulldown		8x		8x		8x				
Front Squat(% Pwr Cln Max)		10x65%		8x70%		8x70%		8x75%		
Overhead Squat		8x		8x						
Trunk	Hurdle (Leg kicks) 6x					Lumbar -Lying Quads-8/side			Abs -Bdy Ball Crnch x25	
	Tripods -40s					Lumbar -Med Ball Wall Throwx12/side			Abs -Leg Throws x 30	

24-May

WEEK 2

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Deep Squat Jumps		5x		5x		5x				
Set Jumps		6x		5x		6x				
		Angle Forward		Forward		Angle Lateral				
Bench Press		8x65%		8x70%		8x75%		6x80%		
DB Military Press		8x		8x		8x		6x		
Incline DB Fly's		8x		8x		8x				
Chin Ups Close Grip		8x		8x		8x				
DB Rows		8xarm		8xarm		8xarm				
One Leg Squat		6xleg		6xleg						
Trunk		Hurdles(over) 4x				Lumbar-Leg Raise 15x				Abs-Bridge 60 sec
		Abs-Alt Toe Touchesx50				Lumbar-Inv Leg Chop 10x				Abs-Leg Twist x 24

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
EXP Pushups		Clapx10		Side to Sidex10		Clapx10				
Split Stance Push Press		5x		5x		5x				
Squat		8x65%		8x70%		8x75%		6x80%		
Step Ups		6xleg		6xleg		6xleg				
Good Mornings		8x		6x		6x				
3 Way Delts		x5		x5		x5				
TRUNK		Hurdles(angle) 4x				Lumbar-Hip Raise x 12				Abs-Hip thrust x 20
		Elbow Tripod Leg Liftx20/side				Lumbar-Lame Dog Quads-8/side				Abs-Md Ball Tw x10

DAY 3-MIX		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Body Ball Push Ups		8x		8x		8x				
Pwr Cln		5x70%		5x75%		4x80%				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Incline Press		8x		8x		8x		6x		
Close Grip Pull Ups		8x		8x		8x				
Front Squat(% Pwr Cln Max)		8x70%		8x75%		8x80%		6x85%		
Trunk		Hurdle(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
		Tripods-40s				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

31-May

WEEK 3

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		lckey-Forward		Walk Dog-Side				
Exp Leg Press		5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical		Angle flat opposite		Angle forward identical		Angle flat opposite		
Incline Press		8x70%		6x75%		6x80%		4x80%		
Dips		8x		8x		8x		8x		
Flat Bench DB Fly's		8x		8x		8x				
Wide Grip Pull Ups		8x		8x		8x				
Bent Over Rows		8x		8x		8x				
One Leg Squat		6xeach leg		6xeach leg						
Trunk	Hurdle (Leg kicks) 6x				Lumbar -Lying Quads-8/side				Abs -Bdy Ball Crnch x25	
	Abs -Toe Touchesx50				Lumbar -Med Ball Wall Throwx12/side				Abs -Leg Throws x 30	

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Wheelbarrow		Reverse x 10		Circle Walk Left		Reverse x 10		Circle Walk Right		
Hang Snatch		5x		5x		5x				
Deep Squat Jumps		5x		5x		5x				
Squat		8x70%		6x75%		6x80%		4x80%		
Lunges		6xleg		6xleg		6xleg				
Straight Leg DL		8x		8x		8x				
Trunk	Hurdles (over) 4x				Lumbar -Leg Raise 15x				Abs -Bridge 60 sec	
	Elbow Tripod Leg Lift x20/side				Lumbar -Inv Leg Chop 10x				Abs -Leg Twist x 24	

DAY 3-MIX		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Med Ball Push Ups		8x Plate		8xRgt Med Ball		8xLeft Med Ball		8xDble Med Ball		
Split Stance Push Press		5x		5x		5x				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Bench Press		8x		6x		6x		4x		
Wide Grip Pulldown		8x		8x		8x				
Front Squat		8x75%		6x80%		6x85%		4x85%		
Overhead Squat		8x		8x		8x				
Trunk	Hurdles (angle) 4x				Lumbar -Hip Raise x 15				Abs -Hip thrust x 20	
	Tripods -40s				Lumbar -Lame Dog Quads-8/side				Abs -Md Ball Tw x10	

7-Jun

WEEK 4

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Deep Squat Jumps		5x		5x		5x				
Set Jumps		6x		5x		6x				
		Angle Forward		Forward		Angle Lateral				
Bench Press		8x65%		8x70%		8x75%		6x80%		
DB Military Press		8x		8x		8x		6x		
Incline DB Fly's		8x		8x		8x				
Chinups Close Grip		8x		8x		8x				
DB Rows		8xarm		8xarm		8xarm				
One Leg Squat		6xleg		6xleg						
Trunk		Hurdles(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
		Abs-Alt Toe Touchesx50				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
<i>EXP Pushups</i>		Clapx10		Side to Sidex10		Clapx10				
Pwr Cln		5x70%		5x75%		4x80%				
Squat		8x65%		8x70%		8x75%		6x80%		
Step Ups		6xleg		6xleg		6xleg				
Good Mornings		8x		6x		6x				
3 Way Delts		x5		x5		x5				
TRUNK		Hurdles(leg kick) 6x				Lumbar-Lying Quads-8/side				Abs-Bdy Ball Crnch x25
		Elbow Tripod Leg Liftx20/side				Lumbar-Med Ball Wall Throwx12/side				Abs-Leg Throws x 30

DAY 3-MIX		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Body Ball Push Ups		8x		8x		8x				
Hang Snatch		5x		5x		5x				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Incline Press		8x		8x		8x		6x		
Close Grip Pull Ups		8x		8x		8x				
Front Squat(% Pwr Cln Max)		8x70%		8x75%		8x80%		6x85%		
Trunk		Hurdle(over) 4x				Lumbar-Leg Raise 15x				Abs-Bridge 60 sec
		Tripods-40s				Lumbar-Inv Leg Chop 10x				Abs-Leg Twist x 24

14-Jun

WEEK 5

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		lckey-Forward		Walk Dog-Side				
Exp Leg Press		5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical		Angle flat opposite		Angle forward identical		Angle flat opposite		
Incline Press		8x70%		6x75%		6x80%		4x80%		
Dips		8x		8x		8x		8x		
Flat Bench DB Fly's		8x		8x		8x				
Rope Pull Ups		8x		8x		8x				
Bent Over Rows		8x		8x		8x				
One Leg Squat		6xeach leg		6xeach leg						
Trunk	Hurdles(angle) 4x				Lumbar-Hip Raise x 12				Abs-Hip thrust x 20	
	Bridge-60 Seconds				Lumbar-Lame Dog Quads-8/side				Abs-Md Ball Tw x10	

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Wheelbarrow		Reverse x 10		Circle Walk Left		Reverse x 10		Circle Walk Right		
Split Stance Push Press		5x		5x		5x				
Deep Squat Jumps		5x		5x		5x				
Squat		8x70%		6x75%		6x80%		4x80%		
Lunges		6xleg		6xleg		6xleg				
Straight Leg DL		8x		8x		8x				
Trunk	Hurdles(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15x	
	Elbow Tripod Leg Liftx20/side				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x	

DAY 3-MIX		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Med Ball Push Ups		8x Plate		8xRgt Med Ball		8xLeft Med Ball		8xDble Med Ball		
Pwr Cln		5x70%		3x80%		3x85%				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Bench Press		8x		6x		6x		4x		
Wide Grip Pulldown		8x		8x		8x				
Front Squat(% Pwr Cln Max)		8x75%		6x80%		6x85%		4x85%		
Overhead Squat		8x		8x		8x				
Trunk	Hurdle(Leg kicks) 6x				Lumbar-Lying Quads-8/side				Abs-Bdy Ball Crnch x25	
	Tripods-40s				Lumbar-Med Ball Wall Throwx12/side				Abs-Leg Throws x 30	

21-Jun

WEEK 6

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		lckey-Forward		Walk Dog-Side				
Deep Squat Jumps		5x		5x		5x				
Set Jumps		6x		5x		6x				
		Angle Forward		Forward		Angle Lateral				
Bench Press		8x65%		8x70%		8x75%		6x80%		
DB Military Press		8x		8x		6x				
Incline DB Fly's		8x		8x		6x				
Wide Grip Pullups		8x		8x		8x				
DB Rows		8xarm		8xarm		8xarm				
One Leg Squat		6xleg		6xleg						
Trunk		Hurdle(over) 4x				Lumbar-Leg Raise 15x				Abs-Bridge 60 sec
		Abs-Toe Touchesx50				Lumbar-Inv Leg Chop 10x				Abs-Leg Twist x 24

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
EXP Pushups		Clapx10		Side to Sidex10		Clapx10				
Hang Snatch		5x		5x		5x				
Squat		8x65%		8x70%		8x75%		6x80%		
Step Ups		6xleg		6xleg		6xleg				
Good Mornings		8x		6x		6x				
3 Way Delts		x5		x5		x5				
TRUNK		Hurdle(angle) 4x				Lumbar-Hip Raise x 12				Abs-Hip thrust x 20
		Elbow Tripod Leg Liftx20/side				Lumbar-Lame Dog Quads-8/side				Abs-Md Ball Tw x10

DAY 3-MIX		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Body Ball Push Ups		8x		8x		8x				
Split Stance Push Press		5x		5x		5x				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Incline Press		8x		8x		8x		6x		
Close Grip Pull Ups		8x		8x		8x				
Front Squat(% Pwr Cln Max)		8x70%		8x75%		8x80%		6x85%		
Trunk		Hurdles(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
		Tripods-40s				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

28-Jun

WEEK 7**RUNNING WORKOUT WEEK 1**

DAY 1-UPPER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Exp Leg Press		5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical		Angle flat opposite		Angle forward identical		Angle flat opposite		
Incline Press		8x70%		6x75%		6x80%		4x80%		
Dips		8x		8x		8x		8x		
Flat Bench DB Fly's		8x		8x		8x				
Rope Pull Ups		8x		8x		8x				
Bent Over Rows		8x		8x		8x				
One Leg Squat		6xeach leg		6xeach leg						
Trunk	Hurdle (Leg kicks) 6x					Lumbar-Lying Quads -8/side			Abs-Bdy Ball Crnch x25	
	Abs-Alt Toe Touches x50					Lumbar-Med Ball Wall Throw x12/side			Abs-Leg Throws x 30	

DAY 2-LOWER		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Wheelbarrow		Reverse x 10		Circle Walk Left		Reverse x 10		Circle Walk Right		
Pwr Cln		4x75%		4x75%		4x85%				
Deep Squat Jumps		5x		5x		5x				
Squat		8x70%		6x75%		6x80%		4x80%		
Lunges		6xleg		6xleg		6xleg				
Straight Leg DL		8x		8x		8x				
Trunk	Hurdles (over) 4x					Lumbar-Leg Raise 15x			Abs-Bridge 60 sec	
	Elbow Tripod Leg Lift x20/side					Lumbar-Inv Leg Chop 10x			Abs-Leg Twist x 24	

4th of July Weekend--Take DAY OFF

Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Med Ball Push Ups		8x Plate		8xRgt Med Ball		8xLeft Med Ball		8xDble Med Ball		
Hang Snatch		5x		5x		5x				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Bench Press		8x		6x		6x		4x		
Wide Grip Pulldown		8x		8x		8x				
Front Squat(% Pwr Cln Max)		8x75%		6x80%		6x85%		4x85%		
Overhead Squat		8x		8x		8x				
Trunk	Hurdles (angle) 4x					Lumbar-Hip Raise x 12			Abs-Hip thrust x 20	
	Tripods -40s					Lumbar-Lame Dog Quads -8/side			Abs-Md Ball Tw x10	

5-Jul

WEEK 8**RUNNING WORKOUT WEEK 2**

DAY 1-UPPER	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder	2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Deep Squat Jumps	5x		5x		5x				
Set Jumps	6x		5x		6x				
	Angle Forward		Forward		Angle Lateral				
Bench Press	8x65%		8x70%		8x75%		6x80%		
DB Military Press	8x		8x		6x				
Incline DB Fly's	8x		8x		6x				
Wide Grip Pullups	8x		8x		8x				
DB Rows	8xarm		8xarm		8xarm				
One Leg Squat	6xleg		6xleg						
Trunk	Hurdle(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
	Abs-Toe Touchesx50				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

DAY 2-LOWER	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
EXP Pushups	Clapx10		Side to Sidex10		Clapx10				
Hang Snatch	5x		5x		5x				
Squat	8x65%		8x70%		8x75%		6x80%		
Step Ups	6xleg		6xleg		6xleg				
Good Mornings	8x		6x		6x				
3 Way Delts	x5		x5		x5				
TRUNK	Hurdle(Leg kicks) 6x				Lumbar-Lying Quads-8/side				Abs-Bdy Ball Crnch x25
	Elbow Tripod Leg Liftx20/side				Lumbar-Med Ball Wall Throwx12/side				Abs-Leg Throws x 30

DAY 3-MIX	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders	1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Med Ball Push Ups	8x Plate		8xRgt Med Ball		8xLeft Med Ball		8xDble Med Ball		
Split Stance Push Press	5x		5x		5x				
DB Incline Press	8x		8x		8x		6x		
Close Grip Pull Ups	8x		8x		8x				
Front Squat(% Pwr Cln Max)	8x70%		8x75%		8x80%		6x85%		
Trunk	Hurdles(over) 4x				Lumbar-Leg Raise 15x				Abs-Bridge 60 sec
	Tripods-40s				Lumbar-Inv Leg Chop 10x				Abs-Leg Twist x 24

12-Jul

WEEK 9

RUNNING WORKOUT WEEK 3

Day 1	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder	2 in each-Forward		lckey-Forward		Walk Dog-Side				
Power Clean	5x70%		5x75%		4x80%				
Butt Kick Jumps Side to Side	5x		5x		5x				
DB Incline Press	8x		8x		8x		6x		
Squat	6x65%		8x70%		8x75%		6x80%		
Close Grip Flat Bench	8x		8x		Fatigue				
Bent Over Rows	8x		8x		8x				
3 Way Delts	x5		x5		x5				
Trunk	Hurdle(angle) 4x				Lumbar-Hip Raise x 12				Abs-Hip thrust x 20
	Bridge-60 Seconds				Lumbar-Lame Dog Quads-8/side				Abs-Md Ball Tw x10

DAY 2	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Wheelbarrow	Reverse x 10		Circle Walk Left		Reverse x 10		Circle Walk Right		
Deep Squat Jumps	5x		5x		5x				
Set Jumps(DB)	6x		5x		6x				
	Angle Forward		Forward		Angle Lateral				
Military Press	8x		8x		8x		6x		
Step Ups	6xleg		6xleg		6xleg				
Body Ball Push Ups	8x		8x		Fatigue				
DB Rows	8x		8x		6x		6x		
Flat Bench DB Fly's	8x		8x		6x		6x		
Trunk	Hurdle(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
	Elbow Tripod Leg Liftx20/side				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

DAY 3	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders	1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Hang Snatch	5x		5x		5x				
Bench Press	6x65%		8x70%		8x75%		6x80%		
Close Grip Pull Ups Chinups	8x		8x		8x				
Front Squat (% Pwr Cln)	6x65%		8x70%		8x75%		6x80%		
Good Mornings	8x		8x		8x				
One Leg Squat	x6/leg		x6/leg						
TRUNK	Hurdle(Leg kicks) 6x				Lumbar-Lying Quads-8/side				Abs-Bdy Ball Crnch x25
	Tripods-40s				Lumbar-Med Ball Wall Throwx12/side				Abs-Leg Throws x 30

19-Jul

WEEK 10**RUNNING WORKOUT WEEK 4**

Day 1		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		lckey-Forward		Walk Dog-Side				
Exp Leg Press		5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical		Angle flat opposite		Angle forward identical		Angle flat opposite		
Incline Press		8x70%		6x75%		6x80%		4x80%		
Squat		8x70%		6x75%		6x75%		4x80%		
DB Close Grip Bench		8x		6x		6x		4x		
Side Lunge		6xleg		6xleg		6xleg				
Wide Grip Pullups		8x		8x		8x		8x		
3 Way Delts		x5		x5		x5				
Trunk		Hurdles(over) 4x				Lumbar-Leg Raise 15x				Abs-Bridge 60 sec
		Abs-Alt Toe Touchesx50				Lumbar-Inv Leg Chop 10x				Abs-Leg Twist x 24

DAY 2		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
EXP Pushups		Clapx10		Side to Sidex10		Clapx10				
Split Stance Push Press		5x		5x		5x				
Deep Squat Jumps		5x		5x		5x				
DB Military Press		8x		8x		6x		6x		
Lunges		6xleg		6xleg		6xleg		6xleg		
Dips		8x		8x		6x		6x		
Close Grip Rows		8x		8x		6x		6x		
Incline DB Fly's		8x		6x		6x		4x		
Overhead Squat		8x		8x		8x				
Trunk		Hurdles(angle) 4x				Lumbar-Hip Raise x 12				Abs-Hip thrust x 20
		Elbow Tripod Leg Liftx20/side				Lumbar-Lame Dog Quads-8/side				Abs-Md Ball Tw x8

DAY 3		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Power Clean		4x75%		4x80%		3x85%				
Butt Kick Jumps Side to Side		5x		5x		5x				
DB Bench Press		8x		6x		6x		4x		
Front Squat (% Pwr Cln)		5x70%		6x75%		6x80%		4x80%		
Close Grip Incline		8x		6x		6x		4x		
Rope Pull-Ups		8x		8x		8x		8x		
Straight Leg DL		8x		8x		8x				
One Leg Squat		x6/leg		x6/leg		x6/leg				
Trunk		Hurdle(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
		Tripods-40s				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

26-Jul

WEEK 11

RUNNING WORKOUT WEEK 5

Day 1	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder	2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Deep Squat Jumps	5x		5x		5x				
Set Jumps	6x		5x		6x				
	Angle Forward		Forward		Angle Lateral				
DB Incline Press	8x		6x		6x		4x		
Squat	8x70%		6x75%		6x80%		4x85%		
Close Grip Flat Bench	8x		6x		6x		4x		
Bent Over Rows	8x		8x		6x		6x		
3 Way Delts	x5		x5		x5				
Trunk	Hurdle (Leg kicks) 6x				Lumbar -Lying Quads-8/side				Abs -Bdy Ball Crnch x25
	Abs -Toe Touchesx50				Lumbar -Med Ball Wall Throwx12/side				Abs -Leg Throws x 30

DAY 2	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Med Ball Push Ups	8x Plate		8xRgt Med Ball		8xLeft Med Ball		8xDble Med Ball		
Hang Snatch	5x		5x		5x				
Butt Kick Jumps Side to Side	5x		5x		5x				
Military Press	8x		6x		6x		4x		
Step Ups	6xleg		6xleg		6xleg		6xleg		
Body Ball Push Ups	8x		8x		Fatigue				
DB Rows	8x		8x		6x		6x		
Flat Bench DB Fly's	8x		8x		6x		6x		
Trunk	Hurdles (over) 4x				Lumbar -Leg Raise 15x				Abs -Bridge 60 sec
	Elbow Tripod Leg Lift x20/side				Lumbar -Inv Leg Chop 10x				Abs -Leg Twist x 24

DAY 3	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders	1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Exp Leg Press	5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical	Angle flat opposite		Angle forward identical		Angle flat opposite		
Bench Press									
Close Grip Pull Ups	8x		8x		8x				
Front Squat (% Pwr Cln)	8x70%		6x75%		6x80%		4x85%		
DB Close Grip Incline	8x		6x		6x		4x		
Good Mornings	8x		8x		8x				
One Leg Squat	x6/leg		x6/leg						
TRUNK	Hurdles (angle) 4x				Lumbar -Hip Raise x 12				Abs -Hip thrust x 20
	Tripods -40s				Lumbar -Lame Dog Quads-8/side				Abs -Md Ball Tw x10

2-Aug

WEEK 12**RUNNING WORKOUT WEEK 6**

Day 1	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder	2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Split Stance Push Press	5x		5x		5x				
Squat	8x65%		8x70%		8x75%		6x80%		
Incline Press	8x65%		8x70%		8x75%		6x80%		
DB Close Grip Bench	8x		8x		8x		6x		
Wide Grip Pulldown	8x		8x		8x		8x		
Side Lunge	6xleg		6xleg		6xleg				
3 Way Delts	x5		x5		x5				
Trunk	Hurdle(under) 4x				Lumbar-Back Ext x 10(Bench)		Abs-Inchworm x 15		
	Abs-Alt Toe Touchesx50				Lumbar-Kneel quads-8/side		Abs-Plate Chops 10x		

DAY 2	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Wheelbarrow	Reverse x 10		Circle Walk Left		Reverse x 10		Circle Walk Right		
Power Clean	4x75%		4x80%		3x85%				
Butt Kick Jumps Side to Side	5x		5x		5x				
Lunges	6xleg		6xleg		6xleg		6xleg		
DB Military Press	8x		8x		6x		6x		
Dips	8x		8x		6x		6x		
Incline DB Fly's	8x		6x		6x		4x		
Close Grip Rows	8x		8x		6x		6x		
Overhead Squat	8x		8x		8x				
Trunk	Hurdle(Leg kicks) 6x				Lumbar-Lying Quads-8/side		Abs-Bdy Ball Crnch x25		
	Elbow Tripod Leg Liftx20/side				Lumbar-Med Ball Wall Throwx12/side		Abs-Leg Throws x 30		

DAY 3	SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders	1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Deep Squat Jumps	5x		5x		5x				
Set Jumps	6x		5x		6x				
	Angle Forward		Forward		Angle Lateral				
Front Squat (% Pwr Cln)	8x65%		8x70%		8x75%		6x80%		
Straight Leg DL	8x		8x		8x				
DB Bench Press	8x		8x		8x		6x		
Close Grip Incline	8x		6x		6x		4x		
Rope Pull-Ups	8x		8x		8x				
One Leg Squat	x6/leg		x6/leg						
Trunk	Hurdles(over) 4x				Lumbar-Leg Raise 15x		Abs-Bridge 60 sec		
	Tripods-40s				Lumbar-Inv Leg Chop 10x		Abs-Leg Twist x 24		

9-Aug

WEEK 13

RUNNING WORKOUT WEEK 7

Day 1		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladder		2 in each-Forward		Ickey-Forward		Walk Dog-Side				
Hang Snatch		5x		5x		5x				
DB Incline Press		8x		6x		6x		4x		
Close Grip Flat Bench		8x		6x		6x		4x		
Squat		6x70%		6x75%		4x80%		4x85%		
Bent Over Rows		8x		8x		6x		6x		
3 Way Delts		x5		x5		x5				
Trunk		Hurdle(angle) 4x				Lumbar-Hip Raise x 12				Abs-Hip thrust x 20
		Bridge-60 Seconds				Lumbar-Lame Dog Quads-8/side				Abs-Md Ball Tw x10

DAY 2		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
<i>EXP Pushups</i>		Clapx10		Side to Sidex10		Clapx10				
Exp Leg Press		5x		5x		5x				
1-Step Jumps(DB)	4 jumps each set	Angle forward identical		Angle flat opposite		Angle forward identical		Angle flat opposite		
Military Press		8x		6x		6x		4x		
Body Ball Push Ups		8x		8x		Fatigue				
Flat Bench DB Fly's		8x		6x		6x				
Wide Grip Pullups		6x		6x		6x		fatigue		
Step Ups		6xleg		6xleg		6xleg				
Trunk		Hurdle(under) 4x				Lumbar-Back Ext x 10(Bench)				Abs-Inchworm x 15
		Elbow Tripod Leg Liftx20/side				Lumbar-Kneel quads-8/side				Abs-Plate Chops 10x

DAY 3		SET--1	wgt	SET--2	wgt	SET--3	wgt	SET--4	wgt	(+ 0 -)
Ladders		1 in each-Forward		Hopscotch-Forward		Scissors-Side				
Split Stance Push Press		5x		5x		5x				
Bench Press		8x70%		6x75%		6x80%		4x85%		
DB Close Grip Incline		8x		6x		6x		4x		
Front Squat (% Pwr Cln)		6x70%		6x75%		4x80%		4x85%		
Good Mornings		6x		6x		6x				
Close Grip Pull Ups-Chinups		8x		8x		8x				
One Leg Squat		x6/leg		x6/leg						
TRUNK		Hurdle(Leg kicks) 6x				Lumbar-Lying Quads-8/side				Abs-Bdy Ball Crnch x25
		Tripods-40s				Lumbar-Med Ball Wall Throwx12/side				Abs-Leg Throws x 30

Percentage Lifting Chart

MAX

	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
190	95	105	114	124	133	143	152	162	171	181
195	98	107	117	127	137	146	156	166	176	185
200	100	110	120	130	140	150	160	170	180	190
205	103	113	123	133	144	154	164	174	185	195
210	105	116	126	137	147	158	168	179	189	200
215	108	118	129	140	151	161	172	183	194	204
220	110	121	132	143	154	165	176	187	198	209
225	113	124	135	146	158	169	180	191	203	214
230	115	127	138	150	161	173	184	196	207	219
235	118	129	141	153	165	176	188	200	212	223
240	120	132	144	156	168	180	192	204	216	228
245	123	135	147	159	172	184	196	208	221	233
250	125	138	150	163	175	188	200	213	225	238
255	128	140	153	166	179	191	204	217	230	242
260	130	143	156	169	182	195	208	221	234	247
265	133	146	159	172	186	199	212	225	239	252
270	135	149	162	176	189	203	216	230	243	257
275	138	151	165	179	193	206	220	234	248	261
280	140	154	168	182	196	210	224	238	252	266
285	143	157	171	185	200	214	228	242	257	271
290	145	160	174	189	203	218	232	247	261	276
295	148	162	177	192	207	221	236	251	266	280
300	150	165	180	195	210	225	240	255	270	285
305	153	168	183	198	214	229	244	259	275	290
310	155	171	186	202	217	233	248	264	279	295
315	158	173	189	205	221	236	252	268	284	299
320	160	176	192	208	224	240	256	272	288	304
325	163	179	195	211	228	244	260	276	293	309
330	165	182	198	215	231	248	264	281	297	314
335	168	184	201	218	235	251	268	285	302	318
340	170	187	204	221	238	255	272	289	306	323
345	173	190	207	224	242	259	276	293	311	328
350	175	193	210	228	245	263	280	298	315	333
355	178	195	213	231	249	266	284	302	320	337
360	180	198	216	234	252	270	288	306	324	342
365	183	201	219	237	256	274	292	310	329	347
370	185	204	222	241	259	278	296	315	333	352
375	188	206	225	244	263	281	300	319	338	356

MAX

	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%
380	190	209	228	247	266	285	304	323	342	361
385	193	212	231	250	270	289	308	327	347	366
390	195	215	234	254	273	293	312	332	351	371
395	198	217	237	257	277	296	316	336	356	375
400	200	220	240	260	280	300	320	340	360	380
410	205	226	246	267	287	308	328	349	369	390
420	210	231	252	273	294	315	336	357	378	399
430	215	237	258	280	301	323	344	366	387	409
440	220	242	264	286	308	330	352	374	396	418
450	225	248	270	293	315	338	360	383	405	428
460	230	253	276	299	322	345	368	391	414	437
470	235	259	282	306	329	353	376	400	423	447
480	240	264	288	312	336	360	384	408	432	456
490	245	270	294	319	343	368	392	417	441	466
500	250	275	300	325	350	375	400	425	450	475
510	255	281	306	332	357	383	408	434	459	485
520	260	286	312	338	364	390	416	442	468	494
530	265	292	318	345	371	398	424	451	477	504
540	270	297	324	351	378	405	432	459	486	513
550	275	303	330	358	385	413	440	468	495	523
560	280	308	336	364	392	420	448	476	504	532
570	285	314	342	371	399	428	456	485	513	542
580	290	319	348	377	406	435	464	493	522	551
590	295	325	354	384	413	443	472	502	531	561
600	300	330	360	390	420	450	480	510	540	570
610	305	336	366	397	427	458	488	519	549	580
620	310	341	372	403	434	465	496	527	558	589
630	315	347	378	410	441	473	504	536	567	599
640	320	352	384	416	448	480	512	544	576	608
650	325	358	390	423	455	488	520	553	585	618
660	330	363	396	429	462	495	528	561	594	627
670	335	369	402	436	469	503	536	570	603	637
680	340	374	408	442	476	510	544	578	612	646
690	345	380	414	449	483	518	552	587	621	656
700	350	385	420	455	490	525	560	595	630	665
715	358	393	429	465	501	536	572	608	644	679
730	365	402	438	475	511	548	584	621	657	694
750	375	413	450	488	525	563	600	638	675	713