

Exercise Menu

<p>CORE</p> <p>1</p> <p>10- 20 REPS e</p>	<p>CORE- NON WT'D</p> <p>SHIN ANKLE TOE</p> <p>RUSSIAN TWIST ARM</p> <p>SUITCASE CRUNCH</p> <p>SCISSORS -</p> <p>FLUTTER</p> <p>CANDLE STICKS</p>	<p>CORE</p> <p>2</p> <p>10- 20 REPS e</p>	<p>CORE- WT'D ABS- 5- 25 LB</p> <p>V-UPS 15</p> <p>R TWIST</p> <p>SIT-THRUS</p> <p>R TWIST (REG TEMPO)</p> <p>OPPO HEEL TOUCH 12</p> <p>60 S OF STEEL - L,R,OH, FR</p>	<p>CORE</p> <p>3</p> <p>5-10 REPS e</p>	<p>LOWER ABS- WT'D</p> <p>HANDS ON BENCH 10</p> <p>HANDS ON HEAD 10</p> <p>CRUCIFIX 10</p> <p>HANDS ON BENCH 10</p> <p>30 s</p> <p>AMRAP</p>	<p>CORE</p> <p>4</p> <p>10- 20 REPS e</p>	<p>DEADBUGS</p> <p>PENGUINS</p> <p>X-OVER MTN - CLIMBERS</p> <p>CRUNCHES</p> <p>KNEE TO ELBOW PLANK</p>
						<p>CORE</p> <p>5</p>	<p>PLANK CIRCUIT</p>

OYMPIC- EXPLOSIVE

HANG CLEAN

FLOOR CLEANS

POWER PULLS

SNATCH

SPLIT JERK

PUSH PRESS

UPPER BODY PULLS (BACK)

DB LAWNMOWER PULLS

BENTOVER ROWS

RG BENTOVER ROWS

SHRUG PULLS

DEAD PULLS

UPRIGHT ROWS

WG PULL-UPS

NG PULL-UPS

LEG STRENGTH BILATERAL

SQUAT

FRONT SQUAT

OH SQUAT

DEAD LIFT

BOX SQUATS

ZURCHER SQUATS

SHOULDERS (DELTS)

OH BB PRESS

OH SWISS BAR PRESS

OH NG DB PRESS

OH NG DB 112 PRESS

ARNOLDS

CUBAN PRESSES

ARNOLD TO CUBAN PRESS

BENTOVER FLIES

CHEST STRENGTH UNILAERAL

DB NG 112 BENCH / INCLINE

ALT DB PRESS

DB NG INCLINE /BENCH PRESS

CHEST STRENGTH

BENCH PRESS

INCLINE PRESS

NG DOUBLE CLUTCH

TRAPS

BB SHRUGS

DB SHRUGS

PISTOL SHRUGS

POSTERIOR CHAIN

RDL

LOWER BODY / FLEXIBILITY / UNILATERAL

KB SIDE LUNGE

TABATA SQUAT

KB SWING

SPLIT SQUAT

PISTOL SQUATS

BULGARIAN SPLIT SQUATS

GOBLET SQUATS

PLYO-BOX

BOX JUMP

VERT TO BOX

DEPTH DROPS

BOX TO DEPTH

LATERAL BOX JUMPS

DEPTH TO VERT

DEPTH TO BROAD

CHIN-UPS	RAISES- HAND POSITION THUMB UP, DOWN, OR NEUTRAL	SINGLE LEG RDL	90 DEGREE BOX JUMP
SUPINE PULL-UPS	<i>FRONT</i>	GLUTE HAM RAISE	180 FWD PIVOT TO BOX
LAT PULLDOWN	<i>FRONT V</i>	GLUTE HAM NEGATIVES	180 REVERSE PIVOT TO BOX
	<i>LATERAL</i>	RAZORS	CHIMNEY JUMPS
	<i>SKIER</i>	HYPERS	SINGLE LEG BOX JUMPS
ISO METRIC CORE	CROSSOVER SYMETRY BANDS	FULL HYPERS	SKIER TO BOX
PRONE PLANK	BAND PULL APARTS	WT'D HYPERS	LATERAL SINGLE LEG BOX JUMPS
SINGLE ARM PRONE PLANK (L,R)	BICEPS	DBL LEG HIP RAISE	STEP UPS
ALTENATE ARM / LEG PLANK	BB CURLS (WIDE , NARROW)	SINGLE LEG HIP RAISE	ALTERNATING STEP UPS
SIDE PLANK	DB HAMMER CURLS	DBL LEG HIP RAISE	QUICK STEPS
SIDE PLANK WITH LEG RAISE		<i>SQUEEZING MED BALL</i>	2 ON 1 OFF
			SEATED BOX JUMPS
EQ ASSIST CORE	TRICEPS		
BB ROLL-OUTS	BRAINCRUSHERS		
MB SLAMS	DIPS		
ROTATIONAL MB SLAM	3-WAY		
MB ADDUCTION LEG LIFTS	NARROW GRIP BENCH		
MB WINDSHIELD WIPERS	TRICEP PUSH DOWN		
TOTAL BODY COMBOS			
MAN MAKERS			
DB			
SWISS BAR			
THRUSTERS			

***IN-SEASON SPORTS - 3 WEEK ROTATION
FOR CORE LIFTS***

3X6 @ 76

3X5 @ 80

3X4 @ 83

OFF-SEASON CYCLE

TESTING-

WK 1 4X6 @ 76

WK 2 4X5 @ 80

WK 3 4X4 @ 83

WK 4 4X3 @ 86

WK 5 5X2 @ 90

WK 6 4x4 @86

WK 7 4X6 @ 80

WK 8 4X8 @ 73

Cycles

Cycle for Core Lifts (Squat, Deadlift, Bench, Incline)

4x5 @80, 1x FAILURE @ 70
4x5 @83, 1x FAILURE @ 70
4x4 @86, 1x FAILURE @ 70
5x3 @86-90
5x2 @90-95
5x5 @80, 1x FAILURE @ 70
5x5 @83, 1x FAILURE @ 70
5x4 @86, 1x FAILURE @ 70
5x3 @86-90
6x2 @90

5/80, 4/83, 3/86, 2/90, 1/95, 1/10, 1/100+

Cycle for Olympic Lifts

4x5 @73
4x5 @76
4x4 @80
5x3 @83
5x2 @86-90
5x5 @73
5x5 @76
5x4 @ 76-80
5x3 @83-86
6x2 @86-90

5/80, 4/83, 3/86, 2/90, 1/95, 1/10, 1/100+

Weekly Guide

MONDAY

CORE

SQUAT

CLEAN

TUESDAY

CORE

BENCH

INCLINE

WEDNESDAY

CORE

DEADLIFT

CLEAN

THURSDAY

CORE

BENCH

INCLINE

FRIDAY

CORE

SQUAT

CLEAN

AUXILLARY

BACK, TRAPS, BICEPS
POSTERIOR CHAIN,
CORE STRENGTHENING

AUXILLARY

CHEST UNILATERAL,
TRICEPS, DELTS
LOWER BODY
FLEXIBILITY,
PLYOMETRICS
CORE STRENGTHENING

AUXILLARY

BACK, TRAPS, BICEPS
POSTERIOR CHAIN,
CORE STRENGTHENING

AUXILLARY

CHEST UNILATERAL,
TRICEPS, DELTS
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AUXILLARY

BACK, TRAPS, BICEPS
POSTERIOR CHAIN,
CORE STRENGTHENING

CORE

FOLLOW THE CYCLES AND EACH WEEK ADVANCE TO THE NEXT CYCLE. MAKE SURE YOU HAVE A SPOTTER. **DO NOT LIFT THE CORE EXERCISES UNSUPERVISED!!!!**

AUXILLARY

PICK 1 OR 2 EXERCISES FROM EACH OF THE AUXILIARIES AND DO 3-5 SETS WHERE THE TOTAL NUMBER OF REPS IS SOMEWHERE AROUND 25-35