

Day 1: Explosive Strength

Day 1	Week 1		Week 2		Week 3		Week 4	
WARM-UP	Dynamic 1		Dynamic 1		Dynamic 2		Dynamic 2	
	Med ball slams	2x10	Broad Jumps	2x8	Squat jumps	2x10	Vertical jump into 10 yd sprint	2x8
Lifts								
Back Squat 2 minute rest	Back Squat		Back Squat		Back Squat		Back Squat	
	12x (WU)		12x (WU)		12x (WU)		12x (WU)	
	8x		8x		8x		8x	
	6x		6x		6x		6x	
	6x		6x		6x		4x	
6x		4x		6x		4x		
Box Jumps Superset w/ Hang Clean 1:30 minute rest	Box Jumps	Hang Clean	Box Jumps	Hang Clean	Box Jumps	Hang Clean	Box Jumps	Hang Clean
	8x	5x	8x	6x	8x	5x	8x	6x
	8x	5x	8x	4x	8x	5x	8x	4x
	8x	3x	8x	4x	8x	3x	8x	4x
	8x	3x	8x	3x	8x	3x	8x	3x
Incline Press Superset w/ Shoulder Press 1 minute rest	Incline Press	Shoulder Press	Incline Press	Shoulder Press	Incline Press	Shoulder Press	Incline Press	Shoulder Press
	6x	8x	8x	8x	6x	8x	8x	8x
	6x	8x	6x	8x	6x	8x	6x	8x
	4x	6x	6x	8x	4x	6x	6x	8x
	4x	6x	4x	8x	4x	6x	4x	8x
DB Bicep Curls Superset w/ DB Hammer Curls 1 minute rest	Bicep Curls	Hammer Curls	Bicep Curls	Hammer Curls	Bicep Curls	Hammer Curls	Bicep Curls	Hammer Curls
	10x	10x	10x	10x	10x	10x	10x	10x
	8x	8x	8x	8x	8x	8x	8x	8x
	8x	8x	8x	8x	8x	8x	8x	8x
	8x	8x	8x	8x	8x	8x	8x	8x
Core (Choose 2)								
Plank	2xF		2xF		2xF		2xF	
Med Ball Russian Twist	2x25 (ea. side)		2x25 (ea. side)		2x25 (ea. side)		2x25 (ea. side)	
Ab wheel roller	2xF		2xF		2xF		2xF	
Optional-complete before abs								
Med Ball Slams	10		10		10		10	
	10		10		10		10	
	8		8		8		8	
Lunges	8 ea. leg		8 ea. leg		8 ea. leg		8 ea. leg	
	8 ea. leg		8 ea. leg		8 ea. leg		8 ea. leg	
	8 ea. leg		8 ea. leg		8 ea. leg		8 ea. leg	
Tricep Extensions	10		10		10		10	
	10		10		10		10	
	8		8		8		8	
Notes								

Superset=Complete both exercises back to back with no rest between.
WU=Warm up set. Use very light weight (just the bar) and go full range of motion focusing on technique.
Or=Choose one of the exercises.
F=Work to failure using proper form.

Day 2: Push/Pull

Day 1	Week 1		Week 2		Week 3		Week 4	
WARM-UP	Dynamic 2		Dynamic 2		Dynamic 1		Dynamic 1	
	Squat jumps	2x10	Med ball slams	2x10	Vertical jump into 10 yd sprint	2x8	Broad Jumps	2x8
Lifts								
Bench Press 2 minute rest	Bench Press		Bench Press		Bench Press		Bench Press	
	12x (WU)		12x (WU)		12x (WU)		12x (WU)	
	8x		8x		8x		8x	
	6x		6x		6x		6x	
	6x		6x		6x		6x	
Bent Over Row Superset w/ Shoulder Shrugs 1 minute rest	BOR	Shrugs	BOR	Shrugs	BOR	Shrugs	BOR	Shrugs
	10x	8x	10x	8x	10x	8x	10x	8x
	8x	8x	8x	8x	8x	8x	8x	8x
	8x	8x	8x	8x	8x	8x	8x	8x
	8x	8x	8x	8x	8x	8x	8x	8x
Wide Grip Bench Press Superset w/ Seated Row	Wide Bench	Seated Row	Wide Bench	Seated Row	Wide Bench	Seated Row	Wide Bench	Seated Row
	10x	8x	8x	8x	10x	8x	8x	8x
	8x	8x	6x	8x	8x	8x	6x	8x
	6x	8x	6x	8x	6x	8x	6x	8x
	4x	8x	4x	8x	4x	8x	4x	8x
Push ups Superset w/ Narrow Grip Bicep Curl 1 minute rest	Push ups	Narrow Curl	Push ups	Narrow Curl	Push ups	Narrow Curl	Push ups	Narrow Curl
	15x	10x	20x	10x	15x	10x	12x	10x
	10x	8x	15x	8x	10x	8x	10x	8x
	5x	8x	10x	8x	5x	8x	5x	8x
	F	8x	F	8x	F	8x	F	8x
Core (Choose 2)								
Bicycle	2x50		2x50		2x50		2x50	
Sit ups	2x25		2x25		2x25		2x25	
Leg Scissors	2x25		2x25		2x25		2x25	
Optional-Complete before abs								
DB Tricep Kickbacks	6x ea. Arm		6x ea. Arm		6x ea. Arm		6x ea. Arm	
	6x ea. Arm		6x ea. Arm		6x ea. Arm		6x ea. Arm	
	6x ea. Arm		6x ea. Arm		6x ea. Arm		6x ea. Arm	
DB Shoulder Circuit <small>**Light Weight</small>	10x		10x		10x		10x	
	10x		10x		10x		10x	
	10x		10x		10x		10x	
Battle Ropes	:30		:30		:30		:30	
	:30		:30		:30		:30	
	:30		:30		:30		:30	
Notes								

Superset=Complete both exercises back to back with no rest between.
WU=Warm up set. Use very light weight (just the bar) and go full range of motion focusing on technique.
Or=Choose one of the exercises.
F=Work to failure using proper form.

Day 3: Full Body Strength

Day 1	Week 1		Week 2		Week 3		Week 4	
WARM-UP	Dynamic 1		Dynamic 1		Dynamic 2		Dynamic 2	
	Vertical jump into 10 yd sprint	2x8	Squat Jumps	2x10	Broad Jumps	2x10	Med ball slams	2x10
Lifts								
Power Clean Or Dead Lift <small>2 minute rest</small>	Dead Lift	Clean	Dead Lift	Clean	Dead Lift	Clean	Dead Lift	Clean
	10x (WU)	8x (WU)	10x (WU)	8x (WU)	10x (WU)	8x (WU)	10x (WU)	8x (WU)
	10x	6x	8x	6x	10x	6x	8x	6x
	8x	4x	6x	6x	8x	4x	6x	4x
	6x	4x	6x	4x	6x	4x	6x	4x
6x	4x	4x	4x	6x	4x	4x	4x	
Lat Pulldown Superset w/ Pull ups <small>1 minute rest</small>	Lat Pull	Pull ups	Lat Pull	Pull ups	Lat Pull	Pull ups	Lat Pull	Pull ups
	10x	8x	10x	8x	10x	8x	10x	8x
	10x	6x	10x	6x	10x	6x	10x	6x
	8x	4x	8x	4x	8x	4x	8x	4x
8x	F	8x	F	8x	F	8x	F	
Front Squat Superset w/ Step ups <small>1 minute rest</small>	Front Squat	Step ups	Front Squat	Step ups	Front Squat	Step ups	Front Squat	Step ups
	12x	8x	12x	8x	12x	8x	12x	8x
	10x	8x	10x	8x	10x	8x	10x	8x
	10x	8x	8x	8x	8x	8x	8x	8x
8x	8x	8x	8x	8x	8x	6x	8x	
Tricep Cable Pushdown Superset w/ DB Bench Press <small>1 minute rest</small>	Pushdown	DB Bench	Pushdown	DB Bench	Pushdown	DB Bench	Pushdown	DB Bench
	10x	10x	10x	10x	10x	10x	10x	10x
	10x	8x	10x	8x	10x	6x	10x	8x
	8x	6x	8x	6x	8x	6x	8x	6x
8x	6x	8x	4x	8x	4x	8x	6x	
Core (Choose 2)								
Bosu Ball Crunches	2x15		2x20		2x20		2x15	
Plank	3x :30		2x :45		1x1:00 1x:30		3x :45	
Russian Twist	2x25		2x25		2x25		2x25	
Optional-Complete before abs								
Reverse Curl	8x		12x		8x		12x	
	8x		10x		8x		10x	
	8x		8x		8x		8x	
1 Arm DB Bentover Row	8x ea arm		8x ea arm		8x ea arm		8x ea arm	
	8x ea arm		8x ea arm		8x ea arm		8x ea arm	
	8x ea arm		8x ea arm		8x ea arm		8x ea arm	
DB Lateral Raise (light weight)	10		10		10		10	
	10		10		10		10	
	10		10		10		10	
Notes								

Superset=Complete both exercises back to back with no rest between.
WU=Warm up set. Use very light weight (just the bar) and go full range of motion focusing on technique.
Or=Choose one of the exercises.
F=Work to failure using proper form.

1 Rep Max Conversion Chart

Max weight (lbs)	Recommended Reps-2	3	4	5	6	7	8	9	10
50	45	45	45	45	40	40	40	40	40
55	50	50	50	50	45	45	45	45	40
60	55	55	55	50	50	50	50	45	45
65	60	60	55	55	55	55	50	50	50
70	65	65	60	60	60	60	55	55	50
75	70	70	65	65	65	60	60	60	55
80	75	75	70	70	70	65	65	60	60
85	80	80	75	75	70	70	70	65	65
90	85	85	80	80	75	75	70	70	70
95	90	90	85	85	80	80	75	75	70
100	95	90	90	85	85	80	80	80	75
105	100	95	95	90	90	85	85	80	80
110	105	100	100	95	95	90	90	85	80
115	110	105	105	100	100	95	90	90	85
120	115	110	110	105	100	100	95	95	90
125	120	115	115	110	105	105	100	100	95
130	125	120	120	115	110	105	105	100	100
135	130	125	120	120	115	110	110	105	100
140	135	130	125	120	120	115	110	110	105
145	140	135	130	125	125	120	115	115	110
150	145	140	135	130	125	125	120	115	115
155	145	145	140	135	130	125	125	120	115
160	150	150	145	140	135	130	130	125	120
165	155	150	150	145	140	135	130	130	125
170	160	155	150	150	145	140	135	135	125
175	165	160	155	155	150	145	140	140	130
180	170	165	160	160	155	150	145	140	135
185	175	170	165	160	160	150	150	145	140
190	180	175	170	165	160	155	150	150	145
195	185	180	175	170	165	160	155	155	145
200	190	185	180	175	170	165	160	155	150
205	195	190	185	180	175	170	165	160	155
210	200	195	190	185	180	175	170	165	160
215	205	200	195	190	180	175	170	170	160
220	210	205	200	190	185	180	175	170	165
225	215	210	200	195	190	185	180	175	170
230	220	210	205	200	195	190	185	180	175
235	225	215	210	205	200	195	190	185	175
240	230	220	215	210	205	200	190	190	180
245	230	225	220	215	210	200	195	190	185
250	235	230	225	220	210	205	200	195	190
255	240	235	230	225	215	210	205	200	190
260	245	240	235	230	220	215	210	205	195
265	250	245	240	230	225	220	210	210	200
270	255	250	245	235	230	220	215	210	200

Max weight (lbs)	Recommended Reps-2	3	4	5	6	7	8	9	10
275	260	255	250	240	235	225	220	215	205
280	265	260	250	245	240	230	225	220	210
285	270	265	255	250	245	235	230	225	215
290	275	270	260	255	245	240	230	230	220
295	280	275	265	260	250	245	235	230	220
300	285	275	270	260	255	245	240	235	225
305	290	280	275	265	260	250	245	240	230
310	295	285	280	270	265	255	250	245	230
315	300	290	285	275	265	260	250	250	235
320	305	295	290	280	270	265	255	250	240
325	310	300	295	285	275	270	260	255	245
330	315	305	300	290	280	275	265	260	245
335	320	310	300	295	285	275	270	260	250
340	325	315	305	300	290	280	270	265	255
345	330	320	310	300	295	285	275	270	260
350	335	325	315	305	300	290	280	275	265
355	340	330	320	310	300	290	285	280	265
360	345	335	325	315	305	295	290	280	270
365	350	335	330	320	310	300	290	285	275
370	355	340	335	325	315	305	295	290	280
375	360	345	340	330	320	310	300	295	280
380	365	350	340	330	325	315	305	300	285
385	370	355	345	335	330	315	310	300	290
390	375	360	350	340	330	320	310	305	295
395	375	365	355	345	335	325	315	310	300
400	380	370	360	350	340	330	320	315	300
405	385	375	365	355	345	335	325	320	305
410	390	380	370	360	350	340	330	320	310
415	395	380	375	365	350	345	330	325	310
420	400	385	380	365	360	345	335	330	315
425	405	390	385	370	360	350	340	335	320
430	410	400	390	375	365	355	345	335	325
435	415	405	395	380	370	360	350	340	325
440	420	410	400	385	375	365	350	345	330
445	425	415	405	390	380	365	355	350	335
450	430	420	410	395	380	370	360	355	340

