BULLDOG ATHLETICS

Strength & Conditioning Program

"There are only two options regarding commitment:
You're either IN or you're OUT!"

NAME _____

MRM 2/1/2015

Dot Drill

Complete this list consecutively for speed and accuracy

Up and Back (6x)
Right Foot (6x)
Left Foot (6x)
Both Feet (6x)
Turn Arounds (6x)

Ladders

Complete these skills accurately (don't touch the ladder). Go down and back

Forward 1 in the Hole
Forward 2 in the Hole (Left & Right lead)
Lateral 2 in the Hole (Left & Right lead)
Lateral Cross (Left & Right lead)
Forward & Backward Slaloms (1 time each)
Forward 1, 2, 3, Shuffle
Back and Forth

Plyometrics

10 max vertical jumps
10 max broad jumps
5 jumps to a small box
5 jumps to a medium box
5 jumps to a high box
5 sets of a 4 box series
3 sets of power skips at 25 yards

Speed

Use a great starting stance, max effort sprint

10 sprints from 10-50 yards, 30 sec rest.

Flexibility

30 second hold

Hamstring (Left & Right)
Lats
Pecs
Back of leg (Left & Right)
Front of leg (Left & Right)
Quadriceps (Left & Right)
Abs
Adductor
Glutes (Left & Right)
Groin
Hip Flexor (Left & Right)

Core

Choose a Workout

Workout 1

Flutter Kicks **2x20 total kicks**
Oblique Heel Touches **2x20 total touches**
Standing Rotational Chops (Med Ball) **2x12 ea side**
Russian Twist (Med Ball) **2x20 total touches**
Single Leg Raise (Capt) **2x20 total raises**
Double Leg Raise (Capt) **2x12**
Knees to Chest Tucks (Capt) **2x12**
Double Leg Raise/Knee to Chest Tucks (Capt) **1x12**

Workout 2

Underhand Granny Style Squat Throw **2x15**
Overhead Floor Slam **2x15**
Face the Wall Hip Throw & Catch **2x12 ea side**
Back to the Wall Throw & Catch **2x12 ea side**
Side to the Wall Hip Throw & Catch **2x12 ea side**
Side to the Wall Hip Throw & Catch Rotate**2x12 ea**

Welcome to the Bulldog Athletic Strength & Conditioning Program! The main goal of this program is to get you prepared physically and athletically to achieve successful outcomes individually and as a team in New London High School athletic activities. The second goal of the program is to unify the athletic department by providing one workout which is the same for all student-athletes to use. The program is designed for the total athlete, male or female, regardless of which sport you participate in. The Bulldog Athletic Strength & Conditioning Program consists of the following aspects, 1) Strength development using major and assistance lifts, 2) Agility, 3) Speed development, 4) Plyometrics, 5) Flexibility, and 6) Core exercises.

Strength Development

The major lifts (Bench Press, Push Press, Power Clean, Squat) are the most important in developing athletic potential. These lifts work more than one muscle group and require the most amount of time and focus. The major lifts are non-negotiable; you need to complete them on the prescribed lift days.

The assistance lifts will help develop muscular strength by isolating one specific muscle. If you use the suggested assistance lifts you will get a full body workout throughout the week. If you would rather focus on a particular muscle, use sport specific exercises, or perform different assistance lifts you may do so. Just remember to do your major lifts first and make them your primary focus!!

Agility

The agility drills (Dot Drill, Agility Ladders) are used as a warm up to increase body temperature, breathing rate, and heart rate to get you ready for physical activity. The agility drills, when done properly, will improve coordination, foot speed, and increase ankle strength.

Speed

Completing the spring workouts 2x a week can take tenths of seconds off of your sprint times

Plyometrics

Plyometric training uses maximum explosive contractions performed as quickly as possible. Plyometrics will push athletes to a higher level of performance with improvements in speed, explosiveness, and jumping ability.

Flexibility

Flexibility is often overlooked and missing in athletic conditioning programs. By concentrating and using proper technique flexibility training can: increase joint range of motion, increase speed, improve overall performance, improve posture, and decrease the number and severity of injuries. Flexibility training can be performed every day to gain the maximal benefits.

Core

The core consists of the abdominals, pelvic muscles, mid and lower back muscles, and hip muscles. All of these muscles work together to support your spine and skull. A stronger core leads to better athletic performance as it serves as the link between your upper and lower body.

FILLING OUT YOUR LIFTING WORKSHEET

Step 1 Determine your predicted 1 rep max for the Bench Press, Push Press, Squat, and Power Clean

After a brief warm-up, choose a weight that will be challenging to get 3-5 repetitions. The weight is correct if you fail, or almost fail for the last repetition. This will produce a more accurate predicted 1 rep max and also ensure that your future workouts are demanding. Then, use the Predicted One Rep Max chart and determine your 1 rep max.

					Reps	
Wt	**2**	**3**	**4**	**5**	**6**	**7**
65	67	69	71	73	75	78
70	72	74	76	79	81	84
75	77	79	82	84	87	90
80	82	85	87	90	93	96
85	87	90	93	96	99	102

Example:
An athlete bench pressed 85 lbs, 4 times. According to the chart the predicted 1 rep max is 93 lbs. Round that figure up to the next 5 pound increment. Your predicted 1 rep max is 95 lbs.

Step 2 Determine the weight needed for each set of your major lifts and record

	62%	**65%**	**67%**	**70%**	**72%**	**75%**	**77%**	**80%**
75	47	49	50	53	54	56	58	60
80	50	52	54	56	58	60	62	64
85	53	55	57	60	61	64	65	68
90	56	59	60	63	65	68	69	72
95	59	62	64	67	68	71	73	76

Example:
Week 1 uses 4 sets of 8 at 65%, 70%, 75%, and 80% of your predicted 1 rep max. Find 95 lbs on the % chart and determine the weight needed at 65%, 70%, 75%, and 80%. Always round to the nearest 5 pound increment.

Step 3 Complete each set and record the number of repetitions you completed

Date			**Day**	**1**				
	Wt	**Reps**	**Wt**	**Reps**	**Wt**	**Reps**	**Wt**	**Reps**
Dot Drill								
Bench Press 65% 70% 75% 80%	60	8	65	8	70	8	75	8

Example:
Record the number of reps you were able to do at each weight determined in step 2.

Step 4 Record the weights you used for your assistant lifts

Triceps Pushdown	75	8-10	80	8-10
DB Deltoid Fly	25	8-10	25	8-10
High Pull	80	8-10	85	8-10
Push Ups	17	Fail		

Example:
You may pick the weight you are going to use for the assistant lifts. Record all weights, and aim for 8-10 reps.

Step 5 Adjust your 1 Rep Max for the next week. Record the data on your program sheet

Look at the Bench Press, Push Press, Power Clean, and Squat on Day 3 and Day 4 once you have completed all lifts for the week. If you were able to successfully lift all of the required repetitions in your last set you can raise your 1 rep max up 5 pounds for the next week. Record your new 1 rep max on the top of the next week's worksheet.

PREDICTED ONE REP MAX

	Reps								
Wt	2	3	4	5	6	7	8	9	10
25	26	26	27	28	29	30	31	32	33
30	31	32	33	34	35	36	37	39	40
35	36	37	38	39	41	42	43	45	47
40	41	42	44	45	47	48	50	51	53
45	46	48	49	51	52	54	56	58	60
50	51	53	55	56	58	60	62	64	67
55	57	58	60	62	64	66	68	70	73
60	62	64	65	68	70	72	74	77	80
65	67	69	71	73	75	78	81	84	87
70	72	74	76	79	81	84	87	90	93
75	77	79	82	84	87	90	93	96	100
80	82	85	87	90	93	96	99	103	107
85	87	90	93	96	99	102	106	109	113
90	93	95	98	101	105	108	112	116	120
95	98	101	104	107	110	114	118	122	127
100	103	106	109	113	116	120	124	129	133
105	108	111	115	118	122	126	130	135	140
110	113	116	120	124	128	132	137	141	147
115	118	122	125	129	134	138	143	148	153
120	123	127	131	135	139	144	149	154	160
125	129	132	136	141	145	150	155	161	167
130	134	138	142	146	151	156	161	167	173
135	139	143	147	152	157	162	168	174	180
140	144	148	153	158	163	168	174	180	187
145	149	154	158	163	168	174	180	187	193
150	154	159	164	169	174	180	186	193	200
155	159	164	169	174	180	186	192	199	207
160	165	169	175	180	186	192	199	206	213
165	170	175	180	186	192	198	205	212	220
170	175	180	185	191	197	204	211	219	227
175	180	185	191	197	203	210	217	225	233
180	185	191	196	203	209	216	223	231	240
185	190	196	202	208	215	222	230	238	247
190	195	201	207	214	221	228	236	244	253
195	201	207	213	219	226	234	242	251	260
200	206	212	218	225	232	240	248	257	267
205	211	217	224	231	238	246	255	264	273
210	216	222	229	236	244	252	261	270	280
215	221	228	235	242	250	258	267	276	287
220	226	232	240	248	256	264	273	283	294
225	231	238	245	253	261	270	279	289	300
230	237	244	251	259	267	276	286	296	307
235	242	249	256	264	273	282	292	302	313
240	247	254	262	270	279	288	298	309	320
245	252	259	267	276	285	294	304	315	327
250	257	265	273	281	290	300	310	322	333
255	262	270	278	287	296	306	317	328	340
260	267	275	284	293	302	312	323	334	347
265	273	281	289	298	308	318	329	341	353
270	278	286	295	304	314	324	335	347	360
275	283	291	300	309	319	331	341	354	367
280	288	296	305	315	325	336	348	360	373
285	293	302	311	321	331	342	354	367	380
290	298	307	316	326	337	348	360	373	387
295	303	312	322	332	343	354	367	379	393

	Reps								
Wt	2	3	4	5	6	7	8	9	10
300	309	318	327	338	348	360	372	386	400
305	314	323	333	343	354	366	379	392	407
310	319	328	338	349	360	372	385	399	413
315	324	334	344	354	366	378	391	405	420
320	329	339	349	360	372	384	397	412	427
325	334	344	355	366	377	390	404	418	433
330	339	349	360	371	383	396	410	424	440
335	345	355	365	377	389	402	416	431	447
340	350	360	371	383	395	408	422	437	453
345	355	365	376	388	401	414	428	444	460
350	360	371	382	394	407	420	435	450	467
355	365	376	387	399	412	426	441	457	473
360	370	381	393	405	418	432	447	463	480
365	375	386	398	411	424	438	453	469	487
370	381	392	404	416	430	444	459	476	493
375	386	397	409	422	436	450	466	482	500
380	391	402	415	428	441	456	472	489	507
385	396	408	420	433	447	462	478	495	513
390	401	413	425	439	453	468	484	502	520
395	406	418	431	444	459	474	490	508	527
400	411	424	436	450	465	480	497	514	533
405	417	429	442	456	470	486	503	521	540
410	422	434	447	461	476	492	509	527	547
415	427	439	453	467	482	498	515	534	553
420	432	445	458	473	488	504	521	540	560
425	437	450	464	478	494	510	528	547	567
430	442	455	469	484	499	516	534	553	573
435	447	461	475	489	505	522	540	559	580
440	453	466	480	495	511	528	546	566	587
445	458	471	485	501	517	534	553	572	593
450	463	476	491	506	523	540	559	579	600
455	468	482	496	512	528	546	565	585	607
460	473	487	502	518	534	552	571	592	614
465	478	492	507	523	540	558	577	298	620
470	483	498	513	529	546	564	584	604	627
475	489	503	518	534	552	570	590	611	634
480	494	508	524	540	557	576	596	617	640
485	499	514	529	546	563	582	602	624	647
490	504	519	535	551	569	588	608	630	654
495	509	524	540	557	575	594	615	637	660
500	514	529	545	563	581	600	621	643	667
505	519	535	551	568	587	606	627	649	674
510	525	540	556	574	592	612	633	656	680
515	530	545	562	579	598	618	639	662	687
520	535	551	567	585	604	624	646	669	694
525	540	556	573	591	610	630	652	675	700
530	545	561	578	596	616	636	658	682	707
535	550	567	584	602	621	642	664	688	714
540	555	572	589	608	627	648	670	694	720
545	561	577	595	613	633	654	677	701	727
550	566	582	600	619	639	660	683	707	734
555	571	588	606	624	645	666	689	714	740
560	576	593	611	630	650	672	695	720	747
565	581	598	616	636	656	678	702	727	754
570	586	604	622	641	662	684	708	733	760

	50%	55%	60%	62%	65%	67%	70%	72%	75%	77%	80%	82%	85%	87%	90%	92%	95%	97%	100%
75	38	41	45	47	49	50	53	54	56	58	60	62	64	65	68	69	71	73	75
80	40	44	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80
85	43	47	51	53	55	57	60	61	64	65	68	70	72	74	77	78	81	82	85
90	45	50	54	56	59	60	63	65	68	69	72	74	77	78	81	83	86	87	90
95	48	52	57	59	62	64	67	68	71	73	76	78	81	83	86	87	90	92	95
100	50	55	60	62	65	67	70	72	75	77	80	82	85	87	90	92	95	97	100
105	53	58	63	65	68	70	74	76	79	81	84	86	89	91	95	97	100	102	105
110	55	61	66	68	72	74	77	79	83	85	88	90	94	96	99	101	105	107	110
115	58	63	69	71	75	77	81	83	86	89	92	94	98	100	104	106	109	112	115
120	60	66	72	74	78	80	84	86	90	92	96	98	102	104	108	110	114	116	120
125	63	69	75	78	81	84	88	90	94	96	100	103	106	109	113	115	119	121	125
130	65	72	78	81	85	87	91	94	98	100	104	107	111	113	117	120	124	126	130
135	68	74	81	84	88	90	95	97	101	104	108	111	115	117	122	124	128	131	135
140	70	77	84	87	91	94	98	101	105	108	112	115	119	122	126	129	133	136	140
145	73	80	87	90	94	97	102	104	109	112	116	119	123	126	131	133	138	141	145
150	75	83	90	93	98	101	105	108	113	116	120	123	128	131	135	138	143	146	150
155	78	85	93	96	101	104	109	112	116	119	124	127	132	135	140	143	147	150	155
160	80	88	96	99	104	107	112	115	120	123	128	131	136	139	144	147	152	155	160
165	83	91	99	102	107	111	116	119	124	127	132	135	140	144	149	152	157	160	165
170	85	94	102	105	111	114	119	122	128	131	136	139	145	148	153	156	162	165	170
175	88	96	105	109	114	117	123	126	131	135	140	144	149	152	158	161	166	170	175
180	90	99	108	112	117	121	126	130	135	139	144	148	153	157	162	166	171	175	180
185	93	102	111	115	120	124	130	133	139	142	148	152	157	161	167	170	176	179	185
190	95	105	114	118	124	127	133	137	143	146	152	156	162	165	171	175	181	184	190
195	98	107	117	121	127	131	137	140	146	150	156	160	166	170	176	179	185	189	195
200	100	110	120	124	130	134	140	144	150	154	160	164	170	174	180	184	190	194	200
205	103	113	123	127	133	137	144	148	154	158	164	168	174	178	185	189	195	199	205
210	105	116	126	130	137	141	147	151	158	162	168	172	179	183	189	193	200	204	210
215	108	118	129	133	140	144	151	155	161	166	172	176	183	187	194	198	204	209	215
220	110	121	132	136	143	147	154	158	165	169	176	180	187	191	198	202	209	213	220
225	113	124	135	140	146	151	158	162	169	173	180	185	191	196	203	207	214	218	225
230	115	127	138	143	150	154	161	166	173	177	184	189	196	200	207	212	219	223	230
235	118	129	141	146	153	157	165	169	176	181	188	193	200	204	212	216	223	228	235
240	120	132	144	149	156	161	168	173	180	185	192	197	204	209	216	221	228	233	240
245	123	135	147	152	159	164	172	176	184	189	196	201	208	213	221	225	233	238	245
250	125	138	150	155	163	168	175	180	188	193	200	205	213	218	225	230	238	243	250
255	128	140	153	158	166	171	179	184	191	196	204	209	217	222	230	235	242	247	255
260	130	143	156	161	169	174	182	187	195	200	208	213	221	226	234	239	247	252	260
265	133	146	159	164	172	178	186	191	199	204	212	217	225	231	239	244	252	257	265
270	135	149	162	167	176	181	189	194	203	208	216	221	230	235	243	248	257	262	270
275	138	151	165	171	179	184	193	198	206	212	220	226	234	239	248	253	261	267	275
280	140	154	168	174	182	188	196	202	210	216	224	230	238	244	252	258	266	272	280
285	143	157	171	177	185	191	200	205	214	219	228	234	242	248	257	262	271	276	285
290	145	160	174	180	189	194	203	209	218	223	232	238	247	252	261	267	276	281	290
295	148	162	177	183	192	198	207	212	221	227	236	242	251	257	266	271	280	286	295
300	150	165	180	186	195	201	210	216	225	231	240	246	255	261	270	276	285	291	300
305	153	168	183	189	198	204	214	220	229	235	244	250	259	265	275	281	290	296	305
310	155	171	186	192	202	208	217	223	233	239	248	254	264	270	279	285	295	301	310
315	158	173	189	195	205	211	221	227	236	243	252	258	268	274	284	290	299	306	315
320	160	176	192	198	208	214	224	230	240	246	256	262	272	278	288	294	304	310	320
325	163	179	195	202	211	218	228	234	244	250	260	267	276	283	293	299	309	315	325
330	165	182	198	205	215	221	231	238	248	254	264	271	281	287	297	304	314	320	330
335	168	184	201	208	218	224	235	241	251	258	268	275	285	291	302	308	318	325	335
340	170	187	204	211	221	228	238	245	255	262	272	279	289	296	306	313	323	330	340
345	173	190	207	214	224	231	242	248	259	266	276	283	293	300	311	317	328	335	345
350	175	193	210	217	228	235	245	252	263	270	280	287	298	305	315	322	333	340	350
355	178	195	213	220	231	238	249	256	266	273	284	291	302	309	320	327	337	344	355
360	180	198	216	223	234	241	252	259	270	277	288	295	306	313	324	331	342	349	360

	50%	55%	60%	62%	65%	67%	70%	72%	75%	77%	80%	82%	85%	87%	90%	92%	95%	97%	100%
365	183	201	219	226	237	245	256	263	274	281	292	299	310	318	329	336	347	354	365
370	185	204	222	229	241	248	259	266	278	285	296	303	315	322	333	340	352	359	370
375	188	206	225	233	244	251	263	270	281	289	300	308	319	326	338	345	356	364	375
380	190	209	228	236	247	255	266	274	285	293	304	312	323	331	342	350	361	369	380
385	193	212	231	239	250	258	270	277	289	296	308	316	327	335	347	354	366	373	385
390	195	215	234	242	254	261	273	281	293	300	312	320	332	339	351	359	371	378	390
395	198	217	237	245	257	265	277	284	296	304	316	324	336	344	356	363	375	383	395
400	200	220	240	248	260	268	280	288	300	308	320	328	340	348	360	368	380	388	400
405	203	223	243	251	263	271	284	292	304	312	324	332	344	352	365	373	385	393	405
410	205	226	246	254	267	275	287	295	308	316	328	336	349	357	369	377	390	398	410
415	208	228	249	257	270	278	291	299	311	320	332	340	353	361	374	382	394	403	415
420	210	231	252	260	273	281	294	302	315	323	336	344	357	365	378	386	399	407	420
425	213	234	255	264	276	285	298	306	319	327	340	349	361	370	383	391	404	412	425
430	215	237	258	267	280	288	301	310	323	331	344	353	366	374	387	396	409	417	430
435	218	239	261	270	283	291	305	313	326	335	348	357	370	378	392	400	413	422	435
440	220	242	264	273	286	295	308	317	330	339	352	361	374	383	396	405	418	427	440
445	223	245	267	276	289	298	312	320	334	343	356	365	378	387	401	409	423	432	445
450	225	248	270	279	293	302	315	324	338	347	360	369	383	392	405	414	428	437	450
455	228	250	273	282	296	305	319	328	341	350	364	373	387	396	410	419	432	441	455
460	230	253	276	285	299	308	322	331	345	354	368	377	391	400	414	423	437	446	460
465	233	256	279	288	302	312	326	335	349	358	372	381	395	405	419	428	442	451	465
470	235	259	282	291	306	315	329	338	353	362	376	385	400	409	423	432	447	456	470
475	238	261	285	295	309	318	333	342	356	366	380	390	404	413	428	437	451	461	475
480	240	264	288	298	312	322	336	346	360	370	384	394	408	418	432	442	456	466	480
485	243	267	291	301	315	325	340	349	364	373	388	398	412	422	437	446	461	470	485
490	245	270	294	304	319	328	343	353	368	377	392	402	417	426	441	451	466	475	490
495	248	272	297	307	322	332	347	356	371	381	396	406	421	431	446	455	470	480	495
500	250	275	300	310	325	335	350	360	375	385	400	410	425	435	450	460	475	485	500

Week 1

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It's not about how bad you want it, it's about how hard you are willing to work for it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 2

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It will be difficult. It will take time. It will require sacrifice. It will be worth it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 3

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Don't mistake routine for commitment. Just showing up isn't enough. Work hard!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 4

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"If you are going to be a winner, you must be willing to pay a greater price than your opponent!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 5

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Hard work is the price of admission for the opportunity to reach a standard of excellence!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 6

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"The harder you work, the harder it is to surrender!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 1

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It's not about how bad you want it, it's about how hard you are willing to work for it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 2

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It will be difficult. It will take time. It will require sacrifice. It will be worth it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 3

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Don't mistake routine for commitment. Just showing up isn't enough. Work hard!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 4

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"If you are going to be a winner, you must be willing to pay a greater price than your opponent!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 5

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Hard work is the price of admission for the opportunity to reach a standard of excellence!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 6

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"The harder you work, the harder it is to surrender!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 1

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It's not about how bad you want it, it's about how hard you are willing to work for it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 2

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It will be difficult. It will take time. It will require sacrifice. It will be worth it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 3

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Don't mistake routine for commitment. Just showing up isn't enough. Work hard!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 4

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"If you are going to be a winner, you must be willing to pay a greater price than your opponent!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 5

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Hard work is the price of admission for the opportunity to reach a standard of excellence!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 6

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"The harder you work, the harder it is to surrender!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 1

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It's not about how bad you want it, it's about how hard you are willing to work for it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 2

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It will be difficult. It will take time. It will require sacrifice. It will be worth it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 3

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Don't mistake routine for commitment. Just showing up isn't enough. Work hard!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 4

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"If you are going to be a winner, you must be willing to pay a greater price than your opponent!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 5

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Hard work is the price of admission for the opportunity to reach a standard of excellence!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 6

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"The harder you work, the harder it is to surrender!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 1

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It's not about how bad you want it, it's about how hard you are willing to work for it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 70% 75% 80%		8		8		8		8
Push Press 65% 70% 75% 80%		8		8		8		8
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 65% 70% 75% 80%		8		8		8		8
Squat 65% 70% 75% 80%		8		8		8		8
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 2

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"It will be difficult. It will take time. It will require sacrifice. It will be worth it!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 77% 82% 85%		6		6		6		6
Push Press 75% 77% 82% 85%		6		6		6		6
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 77% 82% 85%		6		6		6		6
Squat 75% 77% 82% 85%		6		6		6		6
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 3

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Don't mistake routine for commitment. Just showing up isn't enough. Work hard!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 75% 80% 85% 87%		4		4		4		4
Push Press 75% 80% 85% 87%		4		4		4		4
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 75% 80% 85% 87%		4		4		4		4
Squat 75% 80% 85% 87%		4		4		4		4
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 4

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"If you are going to be a winner, you must be willing to pay a greater price than your opponent!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 77% 85% 87% 90%		3		3		3		3
Push Press 77% 85% 87% 90%		3		3		3		3
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 87% 90%		3		3		3		3
Squat 77% 85% 87% 90%		3		3		3		3
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 5

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"Hard work is the price of admission for the opportunity to reach a standard of excellence!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 85% 95%		8		6		4		2
Push Press 65% 75% 85% 95%		8		6		4		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 77% 85% 90% 95%		3		3		3		3
Squat 65% 75% 85% 95%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Week 6

1 Rep Max Bench Press ☐ Push Press ☐ Power Clean ☐ Squat ☐

"The harder you work, the harder it is to surrender!"

Date	Day 1							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Triceps Pushdown		8-10		8-10				
DB Deltoid Fly		8-10		8-10				
High Pull		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 2							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
RDL		8-10		8-10				
Preacher Curls		8-10		8-10				
DB Row		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

Date	Day 3							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Dot Drill								
Bench Press 65% 75% 90% 105%		8		6		4		2
Push Press 90% 90% 95% 95%		2		2		2		2
Skull Crusher		8-10		8-10				
DB Shrugs		8-10		8-10				
DB Deltoid Raise		8-10		8-10				
Push Ups		Fail						
Sprint Workout								
Core Workout								

Date	Day 4							
	Wt	Reps	Wt	Reps	Wt	Reps	Wt	Reps
Agility Ladder								
Power Clean 90% 90% 95% 95%		2		2		2		2
Squat 65% 75% 90% 105%		8		6		4		2
Hex Dead Lift		8-10		8-10				
Lat Pulldown		8-10		8-10				
Alt DB Curl		8-10		8-10				
Pull Ups		Fail						
1, 2, 3, 4 Flex								
Plyometric Workout								

PERSONAL RECORDS

Weight Lifting Exercises

Bench Press	*Date*	Push Press	*Date*	Power Clean	*Date*	Squat	*Date*

Jumping, Agility, Flexibility, and Speed

Vert Jump	*Date*	Dot Drill	*Date*	Sit and Reach	*Date*	40 yd Dash	*Date*