

SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory  
Anatomical Adaptation

Football: Rookie

Day 1		Reps		Sets		Tempo			Rest	Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2		Set 1	2		Set 1	2	3	Set 1	2	3
1	Squat Jump	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
2	DB Bench Press	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
3	Skater Jump	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
4	DB Military Press	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
5	Split Squat Jump	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
6	Pull-Ups	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
7	Wall Sits	50 sec		1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
8	Plank Series & Team Abdominals									Reps	Reps	Reps	Do all of set 1 first then progress to 2 then to 3								
										wt	wt	wt									

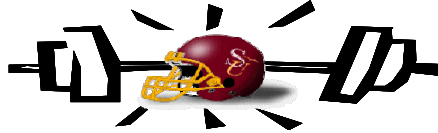
Day 2		Reps		Sets		Tempo			Rest	Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2		Set 1	2		Set 1	2	3	Set 1	2	3
1	Walking Lunge - ea.	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
2	Wide Lat Pulldown	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
3	Quick Step Ups	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
4	Seated Row	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
5	Hamstring Curl	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
6	Plyo Push-Ups	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
7	Lateral Cone Touches	50 sec		1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
8	Bridge Series & Team Abdominals									Do all of set 1 first then progress to 2 then to 3											

Day 3		Reps		Sets		Tempo			Rest	Week 1			Week 2			Week 3			Week 4		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2		Set 1	2		1	2	3	Set 1	2	3
1	Single Leg Box Expl.	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
2	Mountain Climbers	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
3	Glute/Ham Raise	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
4	DB Bent Over Row	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
5	Lunge & Press	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
6	Incline Bench Press	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
7	Side Lunge	15	25	1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
8	Quick Foot Taps	50 sec		1.5	3	1	0	1	15	/	/		/	/		/	/		/	/	
9	Quadruped Series & Team Abdominals									Do all of set 1 first then progress to 2 then to 3											

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SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory Hypertrophy

Football: Rookie

Day 1		Reps		Sets		Tempo			Rest	Week 5			Week 6			Week 7			Week 8			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3	
1	Back Squat	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
2	Leg Extension	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
3	Hamstring Curl	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
4	DB Military Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
5	DB Bench Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
6	Pull Ups/4 Way Neck	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
7	DB Curl/Tricep Ext	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
8	Plank Series & Team Abdominals									Reps Wt	Reps Wt	Reps Wt										

Day 2		Reps		Sets		Tempo			Rest	Week 5			Week 6			Week 7			Week 8			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	1	2	3	Set 1	2	3	Set 1	2	3	
1	Bench Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
2	Wide Lat Pulldown	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
3	Seated Row	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
4	Front/Side Raise	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
5	RDL	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
6	Forward Lunge - Bar	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
7	DB Step Ups	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
8	Bridge Series & Team Abdominals																					

Day 3		Reps		Sets		Tempo			Rest	Week 5			Week 6			Week 7			Week 8			
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	1	2	3	Set 1	2	3	
1	Push/Split Jerk	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
2	Leg Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
3	Glute/Ham Raise	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
4	Lunge & Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
5	Bar Shrugs	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
6	Incline Bench Press	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
7	1 Arm DB Row	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
8	4 Way Neck	8	12	3	3	2	0	2	45	/	/	/	/	/	/	/	/	/	/	/	/	
9	Superman Series & Team Abdominals																					

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SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory Strength

Football: Rookie

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Day 1		Reps		Sets		Tempo			Rest	Week 9			Week 10			Week 11			Week 12		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Back Squat	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
2	Leg Extension	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
3	Hamstring Curl	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
4	DB Military Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
5	DB Bench Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
6	Pull Ups/4 Way Neck	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Curl/Tricep Ext	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
8	MB Floor Series	10	10	2	2	1	0	1	60												

Day 2		Reps		Sets		Tempo			Rest	Week 9			Week 10			Week 11			Week 12		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	1	2	3	Set 1	2	3	Set 1	2	3
1	Bench Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
2	Wide Lat Pulldown	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
3	Seated Row	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
4	Front/Side Raise	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
5	RDL	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
6	Forward Lunge - Bar	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Step Ups	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
8	Plank Series & Team Abdominals																				

Day 3		Reps		Sets		Tempo			Rest	Week 9			Week 10			Week 11			Week 12		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	1	2	3	Set 1	2	3
1	Push/Split Jerk	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
2	Leg Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
3	Glute/Ham Raise	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
4	Lunge & Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
5	Bar Shrugs	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
6	Incline Bench Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
7	1 Arm DB Row	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
8	4 Way Neck	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
9	MB Floor Series	10	10	2	2	1	0	1	60												

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SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory  
Conversion to Power  
High Load

Football: Rookie

4

Day 1		Reps		Sets		Tempo			Rest	Week 13			Week 14			Week 15			Week 16		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Back Squat	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
2	Power Pull/Seated Balance	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
3	Physball Hamstring Curl	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
4	Alt DB Military Press	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
5	Alt DB Bench Press	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
6	Pull Ups/4 Way Neck	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Curl/Tricep Ext	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
8	Chop Series	15	15	2	2	1	0	1	60												

Day 2		Reps		Sets		Tempo			Rest	Week 13			Week 14			Week 15			Week 16		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Bench Press	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
2	Narrow Lat Pulldown	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
3	1 Arm Seated Row	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
4	Front/Side/Post Raise	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
5	Power Shrug/Catch	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
6	RDL	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Side Step Ups	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
8	MB Floor Series	15	15	3	3	1	0	1	60												

Day 3		Reps		Sets		Tempo			Rest	Week 13			Week 14			Week 15			Week 16		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Push/Split Jerk	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
2	1 Leg Leg Press	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
3	Glute/Ham Raise	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
4	Lunge & Side Raise	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
5	DB Shrugs	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
6	Incline Bench Press	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
7	1 Arm DB Row	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
8	4 Way Neck	3	5	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
9	Slam Series	15	15	2	2	1	0	1	60												

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SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory Strength II

Football: Rookie

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Day 1		Reps		Sets		Tempo			Rest	Week 17			Week 18			Week 19			Week 20		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Back Squat	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
2	Power Pull/Seated Balance	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
3	Physball Hamstring Curl	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
4	Alt DB Military Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
5	Alt DB Bench Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
6	Pull Ups/4 Way Neck	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Curl/Tricep Ext	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
8	Chop Series	10	10	2	2	1	0	1	60												

Day 2		Reps		Sets		Tempo			Rest	Week 17			Week 18			Week 19			Week 20		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	1	2	3	Set 1	2	3	Set 1	2	3
1	Bench Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
2	Narrow Lat Pulldown	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
3	1 Arm Seated Row	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
4	Front/Side/Post Raise	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
5	Power Shrug / Single Leg Post	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
6	RDL	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Side Step Ups	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
8	MB Floor Series	15	15	3	3	1	0	1	60												

Day 3		Reps		Sets		Tempo			Rest	Week 17			Week 18			Week 19			Week 20		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	1	2	3	Set 1	2	3
1	Power Clean	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
2	1 Leg Leg Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
3	Glute/Ham Raise	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
4	Lunge & Side Raise	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
5	DB Shrugs	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
6	Incline Bench Press	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
7	1 Arm DB Row	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
8	4 Way Neck	5	8	3	4	4	2	2	90	/	/	/	/	/	/	/	/	/	/	/	/
9	Slam Series	10	10	2	2	1	0	1	60												

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SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory  
Conversion to Power  
High Load

Football: Rookie

Day 1		Reps		Sets		Tempo				Rest	Week 21			Week 22						
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)		Set 1	2	3	Set 1	2	3				
1	Back Squat	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
2	Power Pull/Seated Balance	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
3	Physball Hamstring Curl	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
4	Alt DB Military Press	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
5	Alt DB Bench Press	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
6	Pull Ups/4 Way Neck	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
7	DB Curl/Tricep Ext	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
8	Chop Series	15	15	2	2	1	0	1	60											

Day 2		Reps		Sets		Tempo				Rest	Week 21			Week 22						
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)		Set 1	2	3	1	2	3				
1	Bench Press	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
2	Narrow Lat Pulldown	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
3	1 Arm Seated Row	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
4	Front/Side/Post Raise	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
5	Power Shrug/Catch	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
6	RDL	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
7	DB Side Step Ups	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
8	MB Floor Series	15	15	3	3	1	0	1	60											

Day 3		Reps		Sets		Tempo				Rest	Week 21			Week 22						
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)		Set 1	2	3	Set 1	2	3				
1	Push/Split Jerk	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
2	1 Leg Leg Press	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
3	Glute/Ham Raise	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
4	Lunge & Side Raise	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
5	DB Shrugs	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
6	Incline Bench Press	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
7	1 Arm DB Row	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
8	4 Way Neck	3	5	3	5	1	0	1	120		/	/	/	/	/	/				
9	Slam Series	15	15	2	2	1	0	1	60											

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SU Football Rookie Training Program

NAME: \_\_\_\_\_



Training Phase: Preparatory  
Conversion to Power II  
High Velocity

Football: Rookie

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Day 1		Reps		Sets		Tempo			Rest	Week 23			Week 24			Week 25			Week 26		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	Set 1	2	3	Set 1	2	3
1	Back Squat	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
2	Power Pull/Seated Balance	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
3	Physball Hamstring Curl	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
4	Alt DB Military Press	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
5	Alt DB Bench Press	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
6	Pull Ups/4 Way Neck	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Curl/Tricep Ext	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
8	Slam Series	15	15	3	3	1	0	1	60												

Day 2		Reps		Sets		Tempo			Rest	Week 23			Week 24			Week 25			Week 26		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	1	2	3	Set 1	2	3	Set 1	2	3
1	Bench Press	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
2	Narrow Lat Pulldown	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
3	1 Arm Seated Row	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
4	Front/Side/Post Raise	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
5	Power Shrug/1 Leg Post	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
6	RDL	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
7	DB Side Step Ups	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
8	MB Floor Series	15	15	3	3	1	0	1	60												

Day 3		Reps		Sets		Tempo			Rest	Week 23			Week 24			Week 25			Week 26		
Order	Exercise	Min	Max	Min	Max	E	I	C	(Sec)	Set 1	2	3	Set 1	2	3	1	2	3	Set 1	2	3
1	Power Clean	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
2	1 Leg Leg Press	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
3	Glute/Ham Raise	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
4	Lunge & Side Raise	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
5	DB Shrugs	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
6	Incline Bench Press	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
7	1 Arm DB Row	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
8	4 Way Neck	10	20	3	5	1	0	1	120	/	/	/	/	/	/	/	/	/	/	/	/
9	Slam Series	15	15	3	3	1	0	1	60												

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