

Weeks 1/10 1/17		Exercise Description	Tempo			Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Rest Time	Special Objective			
E	I		C	I	wt	Reps	wt	Reps	wt	Reps	wt			Reps	wt	Reps
Week 1	Monday	Jump Squat	0	0	X	0	19	11 - 13	22	11 - 13	24	11 - 13	27	11 - 13	2 min	best display of power
Week 1	Monday	Front Squat or Smith Front squat	2	0	1	0	55	4 - 6	63	4 - 6	71	4 - 6	78	4 - 6	2 min	0
Week 1	Monday	1a. Incline DB Bench Press 1b. Chin-up	2	0	1	0	43	9 - 11	43	9 - 11	43	9 - 11			2 min	neutral grip
Week 1	Wednesday	med ball Underhand throws	0	0	X	0	0	14 16							2 min	6lb. Measured
Week 1	Wednesday	3 Double leg Hop	0	0	X	0	0	5 - 7							2 min	myotest
Week 1	Thursday	Power Clean, Kettlebell Swing	0	0	X	0	77	5 - 7	77	5 - 7	77	5 - 7	77	5 - 7	2 min	best display of power
Week 1	Thursday	Imbalanced step-ups	2	0	1	0	19	5 - 7	19	5 - 7	19	5 - 7			2 min	18", 12", or 6" step
Week 1	Thursday	1a. Incline DB Bench Press 1b. Db Pullover	2	0	1	0	43	9 - 11	43	9 - 11	43	9 - 11			2 min	0
Week 2	Monday	Jump Squat	0	0	X	0	19	11 - 13	22	11 - 13	24	11 - 13	27	11 - 13	2 min	best display of power
Week 2	Monday	Front Squat or Smith Front squat	2	0	1	0	58	3 - 5	70	3 - 5	82	3 - 5			2 min	myotest Last set
Week 2	Monday	1a. Incline DB Bench Press 1b. Chin-up	2	0	1	0	43	9 - 11	43	9 - 11	43	9 - 11			2 min	neutral grip
Week 2	Wednesday	med ball Underhand throws	0	0	X	0	0	14 16							2 min	8lb. Measured
Week 2	Wednesday	3 Double leg Hop	0	0	X	0	0	5 - 7							2 min	tape measure
Week 2	Thursday	Power Clean, Kettlebell Swing	0	0	X	0	77	4 - 6	77	4 - 6	77	4 - 6	77	4 - 6	2 min	best display of power
Week 2	Thursday	Imbalanced step-ups	2	0	1	0	19	5 - 7	19	5 - 7	19	5 - 7			2 min	18", 12", or 6" step
Week 2	Thursday	1a. Incline DB Bench Press 1b. Db Pullover	2	0	1	0	37	11 - 13	37	11 - 13	37	11 - 13			2 min	0
Week 3	Monday		0%	0	0	X	0	98	-1 - 1						2 min	0
Week 3	Monday		0%	0	0	X	0	71	-1 - 1						2 min	0
Week 3	Monday		0%	0	0	X	0	31	-1 - 1						2 min	0
Week 3	Wednesday		0%	0	0	X	0								2 min	0
Week 3	Wednesday		0%	0	0	X	0	0	-1 - 1						2 min	0
Week 3	Thursday		0%	0	0	X	0	71	-1 - 1						2 min	0
Week 3	Thursday		0%	0	0	X	0	24	-1 - 1						2 min	0
Week 3	Thursday		0%	0	0	X	0	81	-1 - 1						2 min	0