



Off-Season Workout



Week 1 KEEP IT LIGHT THIS WEEK!!!

Jeff Zuhlke, Tyler Kohls

Day	Exercise	Set & Reps					Rest	Tempo	Rep Max				Comments
		1st	2nd	3rd	4th	5th			1	2	3	4	
MON	Clean Grip Deadlift	8	8	8			90s		12+	12+	12+		<u>USE THIS WEEK TO WORK ON FORM!!!</u>
	Power Cleans	4	4	4			2min		8	8	8		Use as a warm up
	Front Squat	8	8	8			2min		12+	12+	12+		Go light, work on form and speed
	RDL	10	10				2min		LIGHT	LIGHT			Below parallel
TUES	Bench Press	8	8	8			90s		12	12	12		
	Bent Over BB Rows	8	8	8			90s		12	12	12		
	Standing BB Press	9	9	9			90s		14	14	14		
	Pullups	5	5	5			90s		bw	bw	bw		Use assistance if needed (or pulldowns)
THURS	Snatch Grip Deadlift	8	8	8			90s		12+	12+	12+		Keep butt down, get warmed up
	Power Cleans	4	4	4			2min		8	8	8		
	Back Squat	7	7	7			90s		12	12	12		
	Good Mornings	8	8	8			90s		15	15	15		
FRI	Chin Ups	7	7	7			90s		bw	bw	bw		Palms facing you, use assistance if needed
	Dips	10	10	10			90s		bw	bw	bw		If too easy, slow down your tempo
	1 Arm DB Row	8	8	8			90s		12	12	12		
	DB Incline	9	9	9			90s		13	13	13		
	Sexy Time												5-10 mins arms of your choice