



# Off-Season Workout



## Week 2 **KEEP IT LIGHT AGAIN!!!**

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Day	Exercise	Set & Reps					Rest	Tempo	Rep Max				Comments
		1st	2nd	3rd	4th	5th			1	2	3	4	
<b>USE THIS WEEK TO WORK ON FORM!!!</b>													
MON	Clean Grip Deadlift	6	6				90s		10	10			Use as a warm up
	Power Clean to Front Squat	4	4	4	4		2min		8	8	8	8	1 power clean straight into 1 front squat = 1 rep
	Step Ups	5ea	5ea	5ea	5ea		90s		10	10	10	10	Perform 5 with R leg, then 5 with L leg = 1 set
	RDL	8	8	8			90s		12	12	12		
<b>TUES</b>													
	Bench Press	8	8	6	6		90s		11	11	9	9	
	Bent Over BB Rows	8	8	6	6		90s		11	11	9	9	
	Standing BB Press	8	8	6	6		90s		11	11	9	9	
	Pullups	5	5	5	5		90s		bw	bw	bw	bw	Use assistance if needed (or pulldowns)
<b>THURS</b>													
	Power Clean to Front Squat	4	4	4	4		2min		8	8	8	8	1 power clean straight into 1 front squat = 1 rep
	Back Squat	7	7	7			90s		11	11	11		
	Step Ups	5ea	5ea	5ea			90s		10	10	10		Perform 5 with R leg, then 5 with L leg = 1 set
	Good Mornings	8	8	8			90s		15	15	15		
<b>FRI</b>													
	Chin Ups	7	7	7	7		90s		bw	bw	bw	bw	Palms facing you, use assistince if needed
	Dips	10	10	10	10		90s		bw	bw	bw	bw	Get deep
	1 Arm DB Row	8	8	8	8		90s		12	12	12	12	
	DB Incline	9	9	9	9		90s		13	13	13	13	
	Sexy Time												5-10 mins arms of your choice