

University of Wisconsin at La Crosse ~ Strength and Conditioning

Off-Season Workout

© 2008, Jeff Zuhlke, Tyler Kohls

Week 3

Note that the bottom number in each box is how many reps you are to do; the top number is how many you *could* do -- this is intended to give you an idea of how much weight you should use. Note that much of this workout is submaximal, meaning you are not going to failure in any of your sets.

Program Variables			Sets & Reps						Tempo				Rest	Comments	
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C			I
3	1	1	Dynamic Warm Up												
		2	Power clean	6/4	6/4	6/4	6/4	6/4		2	0	x	0	120s	Go heavier, keep good form
		3	Back squat	10/8	8/6	10/8	8/6	10/8		2	0	1	0	90s	
		4	Split Squat	10/8	10/6	10/8	10/6			2	0	1	0	90s	Push from front leg only, reps are per leg
		5	RDL	8/6	8/6	8/6	8/6			3	1	2	1	90s	Go pretty heavy here, 200lbs+ for strong guys
	2	1	Dynamic Warm Up												
		2	Pull-up	10/8	9/7	10/8	9/7			2	0	1	0	90s	Add weight if necessary
		3	Bench press	10/8	8/6	10/8	8/6	10/8		2	0	1	0	90s	
		4	Inverted rack row	9/8	9/7	9/8	9/7			2	0	1	1	90s	Place bar on rac, lay underneath, pull chest to bar
		5	Dips	10/8	10/8	10/8	10/8			2	0	1	0	90s	Add weight if necessary
		6	Cable rows to chest	9/7	9/7	9/7	9/7			2	0	1	1	90s	Use V-bar, pause for 1 sec at chest
	3	1	Dynamic Warm Up												
		2	Power clean	7/5	7/5	7/5	7/5			2	0	x	0	120s	
		3	Front squat (extra slow)	12/6	12/6	12/6	12/6			4	1	1	1	90s	4 SECONDS ON THE WAY DOWN
		4	Split squat (extra slow)	12/6	12/6	12/6	12/6			4	1	1	1	90s	4 SECONDS ON THE WAY DOWN
		5	Glute-Ham Raise	bw/5	bw/5	bw/5	bw/5			4	1	1	1	90s	
	4	1	Dynamic Warm Up												
		2	DB Bench Press (extra slow)	13/7	12/6	13/7	12/6			4	0	1	0	90s	4 SECONDS ON THE WAY DOWN
		3	Bent Over Row (extra slow)	13/7	12/6	13/7	12/6			4	1	1	0	90s	4 SECONDS ON THE WAY UP
		4	Incline DB Bench (extra slow)	14/8	14/8	14/8	14/8			4	1	1	0	90s	4 SECONDS ON THE WAY DOWN
		5	Cable rows to neck	15/10	15/10	15/10	15/10			2	1	1	0	90s	use the rope
		6	Sexy Time												10 min arms of choice

How to read Tempo: E=Eccentric (lowering the weight), I = Isometric, the pause between Eccentric and, C = Concentric (lifting the weight), and I = rest between each rep. An "x" means lift it as explosively as possible (see olympic lifts).