

University of Wisconsin at La Crosse ~ Strength and Conditioning

Off Season Workout

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Week 4

Program Variables			Sets & Reps						Tempo				Rest	Comments		
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C			I	
4	1	1	Active Warm Up	/	/	/	/	/	/							
		2	Clean Grip Hang Snatch	10	10	10	10	10	10	0	1	x		90s	Light weight, no heavier than greens	
		3	Back Squat	8	8	8	8	8	8	2	0	1		90s		
		4	Single Leg Squats	8	8	8	8	8	8	2	0	1		90s	Elevate back foot on box or bench	
		5	Back Extensions	30s	30s	30s	/	/	/					30	90s	30 second holds (Use gute-ham raise in MH)
		6	Stretch	/	/	/	/	/	/							
2	1	1	Active Warm Up	/	/	/	/	/	/							
		2	Bench Press	10	10	10	10	10	10	2	0	1		90s		
		3	Bent Over Row	12	12	12	12	12	12	2	0	1	1	90s		
		4	DB Incline Bench	9	9	9	9	9	9	2	0	1		90s		
		5	Seated Cable Rows	9	9	9	9	9	9	2	0	1	1	90s	Use V-Grip	
		6	Push-ups -- feet elevated	10	10	10	10	10	10	2	0	1		90s	Keep elbows tucked close to body and go slow	
		7	Cable Row to neck	12	12	12	12	12	12	2	0	2	1	60s	Use rope	
3	1	1	Active Warm Up	/	/	/	/	/	/							
		2	Close Grip Hang Snatch	5	5	5	5	5	5	0	1	x		90s	Light weight, no heavier than greens	
		3	Front Squats (slow)	10	10	10	10	10	10	4	1	1		90s		
		4	Single Leg Squats (slow)	10	10	10	10	10	10	3	1	1		90s	Elevate back foot on box or bench	
		5	Good Mornings	13	13	13	13	13	13	3	1	1		90s		
		6	Stretch	/	/	/	/	/	/							
4	1	1	Dips (Extra Slow)	7	7	7	7	7	7	4	1	1		90s		
		2	Chin Ups	7	7	7	7	7	7	2	0	1		90s	Palms facing you, use band for help if needed	
		3	Neutral Grip DB Bench (slow)	6	8	6	8	6	8	4	1	1		90s		
		4	DB Bent Over Rows	6	8	6	8	6	8	2	0	2	1	90s		
		5	DB Incline Chest Flyes	8	7	8	7	8	7	3	1	2		60s		
		6	Bent Over DB Flyes	8	7	8	7	8	7	2	0	2	1	60s		
		7	Gun Show	/	/	/	/	/	/							Better be wearing your best cut-off