

University of Wisconsin at La Crosse ~ Strength and Conditioning

Off Season Workout (LIGHT THIS WK!)

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Week 5

Program Variables				Sets & Reps						Tempo				Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C	I		
5	1	1	Power Clean	/	5	5	4	4	/	1	0	x	1	120	Add weight on your last 2 sets
		2	Back Squat	8,1,1,1	8,1,1,1	8,1,1,1	8,1,1,1	/	/	2	0	1		90	1 breath at top for first 8, 4 breaths for last 3
		3	Split Squats	5,1,1,1	5,1,1,1	5,1,1,1	/	/	/	3	0	1		90	
		4	RDL's	/	6	6	6	6	/	3	1	1	1	90	Use a decent amount of weight
	2	1	Bench Press	8,1,1,1	8,1,1,1	8,1,1,1	8,1,1,1	/	/	2	0	1		90	1 breath at top for first 8, 4 breaths for last 3
		2	Bent Over Rows	8,1,1,1	8,1,1,1	8,1,1,1	8,1,1,1	/	/	2	0	1	1	90	1 breath at bottom for first 8, 4 breaths for last 3
		3	Push Press	6,2,2	6,2,2	6,2,2	6,2,2	/	/	2	0	1		90	6 reps w/1 breath, 4 between last 3 reps of 2
		4	Lat Pulldown	6,2,2	6,2,2	6,2,2	6,2,2	/	/	2	0	1	1	90	6 reps w/1 breath, 4 between last 3 reps of 2
		5	Pushups, feet on box	/	8	8	8	/	/	4	0	1		90	Check tempo
		6	Cable Rows to Chest	/	8	8	8	/	/	2	0	1	1	90	
	3	1	Clean Grip Hang Snatch	/	5	5	4	4	/	1	0	x		120	Add a little weight last 2 sets
		2	Front Squat	6,2,2	6,2,2	6,2,2	6,2,2	/	/	2	0	1		90	
		3	Split Squat	4,2,2	4,2,2	4,2,2	4,2,2	/	/	2	0	1		90	
		4	1 Leg Squat off side of box	bw 6,2,1	bw 6,2,1	bw 6,2,1	/	/	/	2	0	1		90	1 leg on box, hang other leg off to the side
	4	1	Dips	6,2,2	6,2,2	6,2,2	6,2,2	/	/	2	0	1		90	
		2	Cable Pulldown (use v-grip)	6,2,2	6,2,2	6,2,2	6,2,2	/	/	2	0	1	1	90	
		3	Neutral Grip Incline DB Press	6	6	6	6	/	/	4	1	4	1	90	Pay attention to tempo
		4	1 Arm DB Rows	6	6	6	6	/	/	4	1	4	1	90	
		5	Gun Show	/	/	/	/	/	/						10 min max

Perform normal reps with 1 breath between reps, wherever you see a comma, take 4 breaths. Pay attention to tempo and go light!!!