

University of Wisconsin at La Crosse -- Strength and Conditioning

Off-Season Workout

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Week 6

Program Variables				Sets & Reps						Tempo				Rest	Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C	I		
6	1	1	Power Clean	/	4	4	4	4	/	1	0	x	0	120	
		2	Back Squat	/	7,3,2	7,3,2	7,3,2	7,3,2	/	2	0	1	0	90	
		3	RDL	/	6	6	6	6	/	3	0	1	1	90	
		4	BB Reverse Lunges	/	8	8	8	/	/	2	0	1	0	90	*Step Back instead of forward; on platform
	2	1a.	Dips	Failure	Failure	Failure	Failure	/	/	2	0	1	0	x	Try to get at least 10 reps minimum
		1b.	Inverted rack rows	Failure	Failure	Failure	Failure	/	/	2	0	1	0	90	Try to get at least 10 reps minimum
		2a.	Push Press	/	8,2,1	8,2,1	8,2,1	/	/	2	0	1	0	x	
		2b.	Lat Pulldown	/	8,2,1	8,2,1	8,2,1	/	/	2	0	1	0	90	
		3a.	Incline DB Press	/	10	10	10	/	/	2	0	1	0	x	
		3b.	1-Arm DB Row	/	12	12	12	/	/	2	0	1	0	90	
	3	1	Clean Grip Snatch	/	5	5	5	5	/	1	0	x	0		
		2	Front Squat	/	8,3	8,3	8,3	8,3	/	2	0	1	0		10 second break after 8th rep, then do 3 more
		3	Glute-Ham Raise	Failure	Failure	Failure	/	/	/	2	0	1	0		Once hit failure, have buddy assist for 2 more
		4	Leg Press (Drop Sets)	/	9,9,9	9,9,9	9,9,9	/	/	2	0	1	0		**See email for details
	4	1	Bench Press	/	8,2,2	8,2,2	8,3,1	8,3,1	/	2	0	1	0		
		2	BB bent over row	/	10	10	10	10	/	2	0	1	0		use underhand grip
		3	Flat DB Flyes	/	10	10	10	10	/	2	0	1	0		1/2 arc motion; make sure to maintain tension
		4	Wide Grip Cable Row(D.S)	/	10,5	10,5	10,5	10,5	/	2	0	1	0		Drop the weight on the last 5 reps each set
		5	Gun Show	/	/	/	/	/	/						