

University of Wisconsin at La Crosse -- Strength and Conditioning

Off-Season Workout

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Week 7 (Recovery Week)

Program Variables				Sets & Reps						Rest	Nice and easy this week
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
	1	1	Power Clean to Front Squat	10 / 5	10 / 5	10 / 5	/	/	/	120	
		2	Bench Press	8 / 6	8 / 6	/	/	/	/	90	
		3	Bent Over Row	8 / 6	8 / 6	/	/	/	/	90	
		4	Good Mornings	12 / 8	12 / 8	/	/	/	/	90	
	2	1	Power Clean to Front Squat	10 / 5	10 / 5	10 / 5	/	/	/	120	
		2	Dips	bw / 8	bw / 8	/	/	/	/	90	
		3	Pullups	bw / 6	bw / 6	/	/	/	/	90	
		4	Push Press	8 / 6	8 / 6	/	/	/	/	90	
		5	Stability Ball Leg Curl	/	8 / 8	/	/	/	/	90	keep hips up
		6	Evil Wheel	/	8 / 8	/	/	/	/	90	