University of Wisconsin at La Crosse -- Strength and Conditioning

Off-Season Workout

© 2008, Jeff Zuhlke, Tyler Kohls

Week 8

Program Variables				Sets & Reps							
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	Rest	**Go heavier now, 1RM above actual rep**
8	1	1	Power Clean	5 / 4	5 / 4	5 / 4	4 / 4			120	
		2	Back Squat	7 / 6	7 / 6	6 / 5	5 / 5			90	
		3	RDL's	7 / 6	7 / 6	6 / 5	5 / 5			90	
		4	Step-Ups	7 / 6	6 / 5	7 / 6	5 / 5			90	
	2	1	Bench Press (Flat)	7 / 6	7 / 6	6 / 5	5 / 5			90	
		2	Bent Over BB Rows	7 / 6	7 / 6	6 / 5	5 / 5			90	
		3	Incline DB Press	6 / 5	6 / 5	6 / 6	6 / 6			90	
		4	Lat Pulldowns or Pull Ups	7 / 6	7 / 6	6 / 5	5 / 5			90	Add weight to pull ups if necessary
	3	1	Snatch Grip Hang Snatch	5 / 4	5 / 4	5 / 4	4 / 4			120	
		2	Back Squat	6 / 5	6 / 5	6 / 5	5 / 5			90	
		3	Glute Ham Raise	7 / 7	7 / 7	7 / 7	7 / 7			90	add weight if necessary
		4	Split Squat	6 / 5	5 / 4	6 / 5	4 / 4			90	
	4	1	Dips (add weight)	7 / 6	7 / 6	6 / 5	5 / 5			90	
			Chin Ups	7 / 6	6 / 5	7 / 6	5 / 5			90	Add weight if necessary
			Flat DB Bench	6 / 5	6 / 5	5 / 5	5 / 5			90	
			1 Arm DB Row	6 / 5	7 / 6	6 / 5	6 / 6			90	
			Beach Time								