

University of Wisconsin at La Crosse ~ Strength and Conditioning

Off-Season Workout

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Week 9

Program Variables				Sets & Reps						Rest	
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
9	1	1	Power Clean	5 4	5 4	4 4	3 3	3 3		120	
		2	Back Squat	6 5	6 5	5 5	4 5	4 4		90-120s	
		3	RDL's	7 6	7 6	6 6	5 5	5 5		90-120s	
		4	Split Squats	6 5	6 5	5 5	5 4	5 4		90-120s	Back knee comes down next to front foot
	2	1	Bench Press	7 5	6 5	5 5	4 4	4 4		90-120s	
		2	Bent Over BB Rows	5 5	7 5	6 5	5 4	4 4		90-120s	
		3	Incline DB Press	6 5	6 5	6 5	6 5	5 5		90-120s	
		4	Lat Pulldowns or Pull Ups	7 6	7 6	6 6	5 5	5 5		90-120s	Add weight to pull ups if necessary
	3	1	Snatch Grip Hang Snatch	5 4	5 4	4 4	3 3	3 3		120	
		2	Back Squat or Hip Sled	6 5	6 5	5 5	4 4	4 4		90-120s	
		3	Glute Ham Raise	7 7	7 7	7 7	7 7	7 7		90-120s	add weight if necessary
		4	Single Leg Squat	6 5	5 4	6 4	4 5	4 4		90-120s	back foot on box
	4	1	Dips (add weight)	7 6	7 6	6 6	5 5	5 5		90-120s	Use belt with plates to add weight
		2	Chin Ups	7 6	6 5	7 5	5 6	5 5		90-120s	Add weight if necessary
		3	Flat DB Bench	6 5	6 5	5 5	5 5	5 5		90-120s	
		4	1 Arm DB Row	6 5	7 6	6 6	6 5	6 6		90-120s	
		5	Beach Time								

Number in upper left is how many you could do with the given weight; number in lower right is how many you are to actually perform.