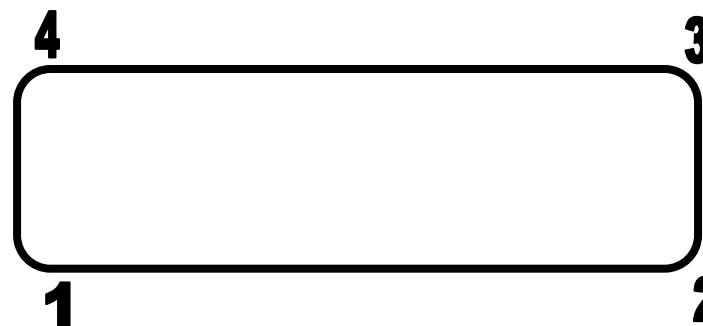


Lower Body Conditioning Program

Day	Order	Exercise	Training Parameters			Sets				Comments/Purpose of exercise
			Sets	Reps	Rest	1	2	3	4	
M		5 min warm-up								
	1a	Hang cleans	3	5	2 min					Start just above knee height and pop it up
	2a	Back squat	4	4-6	2 min					Control the lowering, push hard on the lift
	3a	BB forward lunges	3	6	2 min					Do all reps on one leg before switching -- use barbell
	4a	RDL	3	6	2 min					Slight bend in knees -- go just below knee height; keep bar close to body.

Start at #1 and do 10 tuck jumps then sprint to #2. Jog from #2 to #4. At #4 do 10 lateral line hops each way, then jog to #1 and sprint to #2. At #2 perform 10 split lunge jumps then jog to #4. At #4 perform 10 burpees. Then walk a full lap. This is one time through the circuit.

You can do the circuit as long or as short as you like. You can make it more or less intense depending upon the activities you choose at each corner and the frequency at which you do them. Also sprinting more than jogging will make it more difficult. The idea is to somewhat mimic the demands of a stop-and-start sport. You can get other ideas for dynamic movements here:
http://www.uwlax.edu/strengthcenter/Athletics/active_warm-up.htm



Do this workout once or twice per week, but not right after or before Monday.

F		5 min warm-up								
	1a	DB steps-ups	3	15	60s					Alternate legs -- 30 reps total
	2a	Leg curls	3	15						Circuit with leg extensions and calf raises
	2b	Leg extensions	3	15						
	2c	Calf raises	3	20						
	3a	Prisoner squats	1	25						After completing 1 set of prisoner squats, go back to 2a -- repeat this circuit up to 5 times.

Use the middle 4 columns to record your weight lifted.

Monday = heavy, Friday = endurance, other day = conditioning

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