Off-Season Workout

Day	Exercise	Set & Reps					Rest	Tempo	Rep Max				Comments
									Week 1	KEEP IT LIGHT THIS WEEK!!!			Jeff Zuhlke, Tyler Kohls
		1st	2nd	3rd	4th	5th			1	2	3	4	USE THIS WEEK TO WORK ON FORM!!!
MON	Clean Grip Deadlift	8	8	8			90s		12+	12+	12+		Use as a warm up
	Power Cleans	4	4	4			2min		8	8	8		Go light, work on form and speed
	Front Squat	8	8	8			2min		12+	12+	12+		Below parallel
	RDL	10	10				2min		LIGHT	LIGHT			
TUES	Bench Press	8	8	8			90s		12	12	12		
	Bent Over BB Rows	8	8	8			90s		12	12	12		
	Standing BB Press	9	9	9			90s		14	14	14		
	Pullups	5	5	5			90s		bw	bw	bw		Use assistance if needed (or pulldowns)
THURS	Snatch Grip Deadlift	8	8	8			90s		12+	12+	12+		Keep butt down, get warmed up
	Power Cleans	4	4	4			2min		8	8	8		
	Back Squat	7	7	7			90s		12	12	12		
	Good Mornings	8	8	8			90s		15	15	15		
FRI	Chin Ups	7	7	7			90s		bw	bw	bw		Palms facing you, use assistince if needed
	Dips	10	10	10			90s		bw	bw	bw		If too easy, slow down your tempo
	1 Arm DB Row	8	8	8			90s		12	12	12		
	DB Incline	9	9	9			90s		13	13	13		
	Sexy Time												5-10 mins arms of your choice

Off-Season Workout

Week 2 *KEEP IT LIGHT AGAIN!!!*										Jeff Zuhlke, Tyler Kohls				
		Set & Reps					**Rest**	**Tempo**	**Rep Max**				**Comments**	
Day	**Exercise**	**1st**	**2nd**	**3rd**	**4th**	**5th**			**1**	**2**	**3**	**4**	*USE THIS WEEK TO WORK ON FORM!!!*	
MON	Clean Grip Deadlift	6	6				90s		10	10			**Use as a warm up**
	Power Clean to Front Squat	4	4	4	4		2min		8	8	8	8	**1 power clean straight into 1 front squat = 1 rep**
	Step Ups	5ea	5ea	5ea	5ea		90s		10	10	10	10	**Perform 5 with R leg, then 5 with L leg = 1 set**
	RDL	8	8	8			90s		12	12	12		
TUES	Bench Press	8	8	6	6		90s		11	11	9	9	
	Bent Over BB Rows	8	8	6	6		90s		11	11	9	9	
	Standing BB Press	8	8	6	6		90s		11	11	9	9	
	Pullups	5	5	5	5		90s		bw	bw	bw	bw	**Use assistance if needed (or pulldowns)**
THURS	Power Clean to Front Squat	4	4	4	4		2min		8	8	8	8	**1 power clean straight into 1 front squat = 1 rep**
	Back Squat	7	7	7			90s		11	11	11		
	Step Ups	5ea	5ea	5ea			90s		10	10	10		**Perform 5 with R leg, then 5 with L leg = 1 set**
	Good Mornings	8	8	8			90s		15	15	15		
FRI	Chin Ups	7	7	7	7		90s		bw	bw	bw	bw	**Palms facing you, use assistince if needed**
	Dips	10	10	10	10		90s		bw	bw	bw	bw	**Get deep**
	1 Arm DB Row	8	8	8	8		90s		12	12	12	12	
	DB Incline	9	9	9	9		90s		13	13	13	13	
	Sexy Time												**5-10 mins arms of your choice**

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Note that the bottom number in each box is how many reps you are to do; the top number is how many you *could* do -- this is intended to give you an idea of how much weight you should use. Note that much of this workout is submaximal, meaning you are not going to failure in any of your sets.

Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C	I	Rest	Comments
3	1	1	Dynamic Warm Up												
		2	Power clean	6/4	6/4	6/4	6/4	6/4		2	0	x	0	120s	Go heavier, keep good form
		3	Back squat	10/8	8/6	10/8	8/6	10/8		2	0	1	0	90s	
		4	Split Squat	10/8	10/6	10/8	10/6			2	0	1	0	90s	Push from front leg only, reps are per leg
		5	RDL	8/6	8/6	8/6	8/6			3	1	2	1	90s	Go pretty heavy here, 200lbs+ for strong guys
	2	1	Dynamic Warm Up												
		2	Pull-up	10/8	9/7	10/8	9/7			2	0	1	0	90s	Add weight it necessary
		3	Bench press	10/8	8/6	10/8	8/6	10/8		2	0	1	0	90s	
		4	Inverted rack row	9	9	9	9			2	0	1	1	90s	Place bar on rac, lay underneath, pull chest to bar
		5	Dips	10/8	10/8	10/8	10/8			2	0	1	0	90s	Add weight if necessary
		6	Cable rows to chest	9/7	9/7	9/7				2	0	1	1	90s	Use V-bar, pause for 1 sec at chest
	3	1	Dynamic Warp Up												
		2	Power clean	7/5	7/5	7/5	7/5			2	0	x	0	120s	
		3	Front squat (extra slow)	12/6	12/6	12/6	12/6	/6		4	1	1	1	90s	4 SECONDS ON THE WAY DOWN
		4	Split squat (extra slow)	12/6	12/6	12/6	12/6	/6		4	1	1	1	90s	4 SECONDS ON THE WAY DOWN
		5	Glute-Ham Raise	bw/5	bw/5	bw/5	bw/5			4	1	1	1	90s	
	4	1	Dynamic Warm Up												
		2	DB Bench Press (extra slow)	13/7	12/6	13/7	12/6			4	0	1	0	90s	4 SECONDS ON THE WAY DOWN
		3	Bent Over Row (extra slow)	13/7	12/6	13/7	12/6			4	1	1	0	90s	4 SECONDS ON THE WAY UP
		4	Incline DB Bench (extra slow)	14/8	14/8	14/8	14/8			4	1	1	0	90s	4 SECONDS ON THE WAY DOWN
		5	Cable rows to neck	15/10	15/10	15/10	15/10			2	1	1	0	90s	use the rope
		6	Sexy Time												10 min arms of choice

Program Variables | *Sets & Reps* | *Tempo* | *Rest* | *Comments*

How to read Tempo: E=Eccentric (lowering the weight), I = Isometric, the pause between Eccentric and, C = Concentric (lifting the weight), and I = rest between each rep. An "x" means lift it as explosively as possible (see olympic lifts).

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Off Season Workout   Week 4

Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C	I	Rest	Comments
4	1	1	Active Warm Up												
		2	Clean Grip Hang Snatch	10/5	10/5	10/5	10/5	10/5		0	1	x		90s	Light weight, no heavier than greens
		3	Back Squat	8/7	8/7	8/7	8/7			2	0	1		90s	
		4	Single Leg Squats	8/5	8/5	8/5	8/5			2	0	1		90s	Elevate back foot on box or bench
		5	Back Extensions	30s	30s	30s				_	_	_	30	90s	30 second holds (Use gute-ham raise in MH)
		6	Stretch												
	2	1	Active Warm Up												
		2	Bench Press	10/8	10/8	10/8	10/8			2	0	1		90s	
		3	Bent Over Row	12/8	12/8	12/8	12/8			2	0	1	1	90s	
		4	DB Incline Bench	9/7	9/7	9/7	9/7			2	0	1		90s	
		5	Seated Cable Rows	9/7	9/7	9/7	9/7			2	0	1	1	90s	Use V-Grip
		6	Push-ups -- feet elevated	10	10	10				2	0	1		90s	Keep elbows tucked close to body and go slow
		7	Cable Row to neck	12/8	12/8	12/8				2	0	2	1	60s	Use rope
	3	1	Active Warm Up												
		2	Close Grip Hang Snatch	5	5	5	5	5		0	1	x		90s	Light weight, no heavier than greens
		3	Front Squats (slow)	10/6	10/6	10/6	10/6			4	1	1		90s	
		4	Single Leg Squats (slow)	10/5	10/5	10/5	10/5			3	1	1		90s	Elevate back foot on box or bench
		5	Good Mornings	13/8	13/8	13/8				3	1	1		90s	
		6	Stretch												
	4	1	Dips (Extra Slow)	7	7	7	7			4	1	1		90s	
		2	Chin Ups	7	7	7	7			2	0	1		90s	Palms facing you, use band for help if needed
		3	Neutral Grip DB Bench (slow)	6	8	6	8			4	1	1		90s	
		4	DB Bent Over Rows	6	8	6	8			2	0	2	1	90s	
		5	DB Incline Chest Flyes	8	7	8	7			3	1	2		60s	
		6	Bent Over DB Flyes	8	7	8	7			2	0	2	1	60s	
		7	Gun Show												Better be wearing your best cut-off

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Off Season Workout (LIGHT THIS WK!) © 2008, Jeff Zuhlke, Tyler Kohls

Week 5

	Program Variables			Sets & Reps						Tempo					Comments
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C	I	Rest	
5	1	1	Power Clean	5	5	4	4			1	0	x	1	120	Add weight on your last 2 sets
		2	Back Squat	8,1,1,1	8,1,1,1	8,1,1,1	8,1,1,1			2	0	1		90	1 breath at top for first 8, 4 breaths for last 3
		3	Split Squats	5,1,1,1	5,1,1,1	5,1,1,1				3	0	1		90	
		4	RDL's	6	6	6	6			3	1	1	1	90	Use a decent amount of weight
	2	1	Bench Press	8,1,1,1	8,1,1,1	8,1,1,1	8,1,1,1			2	0	1		90	1 breath at top for first 8, 4 breaths for last 3
		2	Bent Over Rows	8,1,1,1	8,1,1,1	8,1,1,1	8,1,1,1			2	0	1	1	90	1 breath at bottom for first 8, 4 breaths for last 3
		3	Push Press	6,2,2	6,2,2	6,2,2	6,2,2			2	0	1		90	6 reps w/1 breath, 4 between last 3 reps of 2
		4	Lat Pulldown	6,2,2	6,2,2	6,2,2	6,2,2			2	0	1	1	90	6 reps w/1 breath, 4 between last 3 reps of 2
		5	Pushups, feet on box	8	8	8				4	0	1		90	Check tempo
		6	Cable Rows to Chest	8	8	8				2	0	1	1	90	
	3	1	Clean Grip Hang Snatch	5	5	4	4			1	0	x		120	Add a little weight last 2 sets
		2	Front Squat	6,2,2	6,2,2	6,2,2	6,2,2			2	0	1		90	
		3	Split Squat	4,2,2	4,2,2	4,2,2	4,2,2			2	0	1		90	
		4	1 Leg Squat off side of box	bw 6,2,1	bw 6,2,1	bw 6,2,1				2	0	1		90	1 leg on box, hang other leg off to the side
	4	1	Dips	6,2,2	6,2,2	6,2,2	6,2,2			2	0	1		90	
		2	Cable Pulldown (use v-grip)	6,2,2	6,2,2	6,2,2	6,2,2			2	0	1	1	90	
		3	Neutral Grip Incline DB Press	6	6	6	6			4	1	4	1	90	Pay attention to tempo
		4	1 Arm DB Rows	6	6	6	6			4	1	4	1	90	
		5	Gun Show												10 min max

Perform normal reps with 1 breath between reps, wherever you see a comma, take 4 breaths. Pay attention to tempo and go light!!!

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Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	E	I	C	I	Rest	Comments
			Program Variables			**Sets & Reps**					**Tempo**				**Comments**
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												

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Off-Season Workout

Week 7 (Recovery Week)

Nice and easy this week

Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th	Rest	
			Program Variables			**Sets & Reps**					
	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	

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			Program Variables	Sets & Reps						Rest	Go heavier now, 1RM above actual rep
Wk	Day	Order	Exercise	1st	2nd	3rd	4th	5th	6th		
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	5/6			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								

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