

PHASE 1

SUMMER - HYPERTROPHY

WEEK: DATE:

MONDAY	SET 1		SET 2		SET 3		SET 4		SET 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Barbell Complex										
A1 - Power Clean										
A2 - Rack Pull (Last Rep Hi Pull)										
B1 - Back Squat (@ 90) / Squat Jump										
B2 - Walking Lunge										
1.) Box Step Up										
2.) Wide Grip Pull Up										
3.) Hamstring Curl										
4.) Low Row										
5.) Barbell Bicep Curl										
CORE										
BALANCE/FUNCTIONAL										
INJURY PREVENTION										
STRETCH										

TUESDAY	SET 1		SET 2		SET 3		SET 4		SET 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Stick Progression										
A1 - Bench Press (Feet Up)										
A2 - Split Jerk (Front or Back)										
B1 - Board Press (Feet Up)										
B2 - SA DB Upright Row										
1.) DB Incline Bench Combo (2 & 1)										
2.) Posterior Delt Raise										
3.) DB Shoulder Press (3 Count)										
4.) Tricep Kickback										
CORE										
PLYOS (Blue Box's)										
BALANCE/FUNCTIONAL										
STRETCH										

THURSDAY	SET 1		SET 2		SET 3		SET 4		SET 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Barbell Complex										
A1 - Power Snatch										
A2 - Rack Clean Combo										
B1 - 3-Position Clean										
B2 - Front Squat (Quad @ 90)										
C1 - RDL										
1.) HS Back Circuit										
2.) Partner Hamstring Curl										
3.) DB Hammer Curl										
4.) Calf Raise / Blue Box										
CORE										
PLYOS										
INJURY PREVENTION										
STRETCH										

FRIDAY	SET 1		SET 2		SET 3		SET 4		SET 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Stick Progression										
A1 - Push Jerk										
A2 - Incline Bench Press										
B1 - Seated DB Shoulder Press										
B2 - Partner Push-Up (Work Negatives)										
1.) DB Lateral Raise / Partner Resistance										
2.) HS Ground Base Hi-Pull										
3.) SA Partner Posterior Delt / Band Posterior Delt										
4.) HS Ground Base Twist Combo										
5.) Towel Pull-Up										
6.) Shrug										
CORE										
BALANCE/FUNCTIONAL										
INJURY PREVENTION										
STRETCH										