



Name: \_\_\_\_\_

Week: **11 (High Rep)**

**MONDAY**

	Set 1 Weight x Reps	Set 2 Weight x Reps	Set 3 Weight x Reps	Set 4 Weight x Reps	Set 5 Weight x Reps
Box Squat	_____x12	_____x12	_____x12	_____x12	
Hang Clean	_____x10	_____x10			
Band Bench Press	_____x12	_____x12	_____x12	_____x12	
Lat Pull down	_____x12	_____x15	_____x15		
Shoulders	Dumbbell overhead press 3x15				
Arms	Incline DB curl/ V-Bar Triceps Pushdowns				
Core Training/ Warm Down/ Recovery	<b>Core:</b> heel raises (legs straight) 6 inch holds (x30 sec) x5, Planks (x3)				

*TUESDAY: Speed/Agility/Plyometrics*

**WEDNESDAY**

	Set 1 Weight x Reps	Set 2 Weight x Reps	Set 3 Weight x Reps	Set 4 Weight x Reps	Set 5 Weight x Reps
Straight Leg Deadlift	_____x10	_____x10	_____x10		
Deadlift	_____x10	_____x12	_____x15		
Incline Bench	_____x10	_____x12	_____x15		
DB Row	_____x10	_____x12	_____x15		
Shoulders	Band Shoulder Pull Ups (step on band, pull toward forehead) 3x10				
Arms	Standing DB curl x8-12, Triceps Dip x8-12 (3x)				
Core Training/ Warm Down/ Recovery	<b>Core:</b> Crunches (Burnout), Side Planks (45 sec)				

*THURSDAY: Speed/Agility/Plyometrics*

**Friday**

	Set 1 Weight x Reps	Set 2 Weight x Reps	Set 3 Weight x Reps	Set 4 Weight x Reps	Set 5 Weight x Reps
Squat (onto med ball!)	_____x12	_____x12	_____x12	_____x12	
Power Clean	_____x10	_____x10			
Bench Press	_____x12	_____x12	_____x12	_____x12	
Machine low Row	_____x10	_____x12	_____x15		
Shoulders	DB Side Raises				
Arms	BB Bicep 21's (7-7-7), Triceps push downs or skull crushes 3x12				
Core Training/ Warm Down/ Recovery	<b>Core:</b> Choose your favorite				

**Competing in sports has taught me that if I'm not willing to give 120 percent, somebody else will.**

**-- Ron Blomberg**