



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

Week: **NINE**

**MONDAY**

Increase weight each set!	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	_____x10	_____x8	_____x8	_____x8
Hang Clean	_____x5	_____x5	_____x5		
DB Bench Press	_____x12	_____x8	_____x8	_____x8	
Machine Low Row	_____x8	_____x8	_____x8		
Shoulder Complex	Dumbbell side raises 3x10				
Arms	Barbell bicep curls/ 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**

Increase weight each set!	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
Lunge(DB or plate)	_____x6ea.	_____x8ea.	_____x10ea.		
Deadlift	_____x5	_____x5	_____x5		
Incline Bench	_____x8	_____x8	_____x8	_____x8	
Lat Pull Down	_____x8	_____x8	_____x8		
Shoulders	Overhead press 3x8				
Arms	Incline DB curl x8-12, Triceps Dip x8-12 (3x)				
Core Training/ Warm Down/ Recovery	<b>Core:</b> Partner ball toss x20, med ball twists x20 (2x)				

*THURSDAY: Speed/Agility/Plyometrics*

**FRIDAY**

Increase weight each set!	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	_____x8	_____x8	_____x8	
Power Clean	_____x5	_____x5	_____x5		
Bench Press	_____x12	_____x8	_____x8	_____x8	
BB row	_____x8	_____x8	_____x8		
Shoulders	Band Shoulder Pull Ups (step on band, pull toward forehead) 3x10				
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				

**Quote of the Week:**

**Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision.**

-- Muhammad Ali