



# ***STRENGTH & CONDITIONING***

## **LIFTING LOG**

### **Warm up Routine:**

- **Choice of Bike, Elliptical or Treadmill (3-5mph) 3min**
- **Dynamic stretch OR bands 2-minutes**
- **Empty Barbell warm-up 1x20**
- **50% 1x12**

### **IF % IS ABOVE 80%**

- **50% 1x12**
- **AND**
- **60% 1x8**

<b>NAME</b>	<b>EXERCISE</b>	<b>%</b>	<b>SETS</b>	<b>REPS</b>	<b>SUPERSET WITH</b>
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	BOX SQUAT		3	4	3X10 HAMMER CURLS
	BOX SQUAT				
	BOX SQUAT				

<b>NAME</b>	<b>EXERCISE</b>	<b>%</b>	<b>SETS</b>	<b>REPS</b>	<b>SUPERSET WITH</b>
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	BENCH				3X4 ECCENTRIC PULL UPS
	BENCH				
	BENCH				

<b>NAME</b>	<b>EXERCISE</b>	<b>%</b>	<b>SETS</b>	<b>REPS</b>	<b>SUPERSET WITH</b>
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	DEADLIFT				3X5 BOX JUMPS
	DEADLIFT				
	DEADLIFT				



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	DB HANG CLEANS		3	6	<b>TRI-SET ROTATION</b>
	DB RDL		3	10	<b>TRI-SET ROTATION</b>
	DB SIDE LUNGES		3	8/SIDE	<b>TRI-SET ROTATION</b>

<b>NAME</b>	<b>EXERCISE</b>	<b>%</b>	<b>SETS</b>	<b>REPS</b>
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	GROIN		3	12	<b>TRI-SET ROTATION</b>
	HYPEREXTENSIONS		3	12	<b>TRI-SET ROTATION</b>
	CANNONBALLS		3	20	<b>TRI-SET ROTATION</b>

<b>NAME</b>	<b>EXERCISE</b>	<b>%</b>	<b>SETS</b>	<b>REPS</b>
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	HAMSTRING CURLS				<b>TRI-SET ROTATION</b>
	ECCENTRIC PUSH-UPS				<b>TRI-SET ROTATION</b>
	TREADMILL CALF RAISES				<b>TRI-SET ROTATION</b>

<b>NAME</b>	<b>EXERCISE</b>	<b>%</b>	<b>SETS</b>	<b>REPS</b>
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	SEATED ROW				<b>TRI-SET ROTATION</b>
	RFESS LEFT LEG		2	10	<b>TRI-SET ROTATION</b>
	RFESS RIGHT LEG		2	10	<b>TRI-SET ROTATION</b>