| Maxes | SQ | BP | DL | CL | SN | FS | TB | % |
|---------------------|-----|-----|----|----|----|----|-----|------|
| Current Max | 355 | 220 | 0 | 0 | 0 | 0 | 300 | 100% |
| Training Max | 355 | 220 | 0 | 0 | 0 | 0 | 300 | 100% |

| College Name | | | | | Dj | | | | | | | | | | Sum | mer | 9 | List | | |
|------------------------|-----------------------|---------------|-------------------|------------------------|---------------------|--------------|-----------------------------------|-------------------|---------------------|------------------|---------------|--------------|---------------------|-------------------|---------------------------------|-------------------|-----------------------|------------------------|------|-------------|
| | | | Day 2 | | | | | | | | | | | | | | | | | |
| Wee | | | | | | | | | | Week 3 | | | Week 4 | | | | Dynamic Warm up 10yd | | | |
| % Range | | WT Reps | | % Range WT Reps | | Reps | % Range WT Reps | | % | % Range WT Rep | | Reps | Knee Pull | | | | | | | |
| | | | | | | | | | | | | | | | | | | Quad F | Pull | |
| | Medical/Rehab/Pre-hab | | | | | | | | | | | | | | | | Lateral Lunges | | | |
| | | | | | | | | | | | | | | | | | Straight Leg Kick | | | |
| Neck (Lateral) | | | 12 MR | | | | 12 MR | | | 12 MR | | | | 12 MR | | | A-skip | | | |
| | Holds 30s | | 30s | 45 | | | 30s | 45 | | | 30s | 45 | | | 30s | 45 | | B-skip | | |
| | | | 1x5 | 90 | 40% | BI | 2 1x5 | 90 | 40% | BF | 1x5 | 90 | 40% | BI | 2 1x5 | 90 | 40% | Backpe | | |
| | | Chest Fly | | 12 | Chest Fly 12 | | Chest Fly | | 12 | Chest Fly | | 12 | Shuffle | | | | | | | |
| | | MB Slams | | 8 | MB Slams | | 8 | MB Slams 8 | | 8 | MB Slams | | 8 | Caroica High Knee | | | | | | |
| | | BP DL 1x3 110 | | 50% | BP DL 1x3 110 | | 50% | BP DL 1x3 110 50% | | 50% | BP DL 1x3 110 | | 50% | Hard Sprint x 2 | | | | | | |
| Specific Movement Prep | | Bushwackers | | 20 | Bushwackers | | 20 | Bushwackers 20 | | 20 | Bushwackers | | 20 | Lift Begins | | | | | | |
| | | MB Slams | | 8 | MB Slams | | 8 | MB Slams 8 | | | MB Slams | | 8 | Post Lift | | | | | | |
| | | | DL 1x1 | 130 | 60% | | DL 1x1 | 130 | 60% | | DL 1x1 | 130 | 60% | | DL 1x1 | 130 | 60% | Box Drill | Reps | Rest |
| 1 | | | t Stretch | | 15s | | lat Stretc | | 15s | | at Stretc | | 15s | | lat Stretc | | 15s | DOX DIIII | 2 | 20s |
| | | | Band Tricep Press | | 20 | | nd Tricep | Press | 20 | | d Tricep | Press | 20 | | nd Tricep | Press | 20 | 45 Degree Rep | | Rest |
| x gth | | 65% | 5 | 145 | | 70% | 3 | 155 | | 75% | 5 | 165 | | 65% | 5 | 145 | | 15 Degree | 2ea | 30s |
| Max | Bench Press | 75% | 5 | 165 | | 80% | 3 | 175 | | 85% | 3 | 185 | | 75% | 5 | 165 | | M - Drill | Reps | Rest |
| | | 85% | 5+ | 185 | | 90% | 3+ | 200 | | 95% | 1+ | 210 | | 85% | 5 | 185 | | | 2ea | 30s |
| Speed | Lifting Max 100% | | | 0 | | | | 0 | | | | 0 | | | | 0 | | Figure 8 | Reps | Rest |
| | BP 220 | | | 0 | | | | 0 | | | | 0 | | | | 0 | | | 3ea | 30s |
| | Hang Clean | 40% | | 4 140 4 Crunch x 20 LT | | | 40% 4 140 Figure 4 Crunch x 20 | | | 45% | 4 | 160 | | 45% | 5% 4 160 Figure 4 Crunch x 2 | | | 2 minute break | | |
| | | | | | 20 LT | Ů | | | 20 LT | ٠ | | unch x 2 | 20 LT | | | | 0 LT | | | |
| | | 40% | 4 | 140 | | 40% | 4 | 140 | | 45% | 4 | 160 | | 45% | 4 | 160 | | 5.10.5 | Reps | Rest |
| L | Lifting Max 100% | | re 4 Crur | | URI | , | ure 4 Cri | | 20 K I | | | unch x 2 | 20 R I | | ure 4 Cri | | ORI | | 10 | 20s |
| | SQ 355 | 40% | 4 | 140 | | 40% | 4 | 140 | | 45% | 4 | 160 | | 45% | 4 | 160 | | Thrusday | | |
| | | | 6 Disale | . 20- | | | 6 | 20- | Ļ | | 5 | 20- | | | 5 | 20- | <u> </u> | D | | |
| <u>e.</u> | 20.001 | Plank x 30s | | | Plank x 30s | | | Plank x 30s | | | Plank x 30s | | | 1 | Dynamic Warm Up PNF | | | | | |
| RE | BB RDL | Plank x 30s | | | | Plank x 30s | | | | 5 Plank x 30s | | | Plank x 30s | | | | | | Dest | |
| | | | 6 | x 305 | | | 6 | X 305 | | | 5 | (X 305 | | | 5 | X 305 | | Sled Push | Reps | Rest 20s |
| | | | 5ea | | | | 5ea | | | | 5 5ea | | | | 5ea | | | | 6 | |
| | Birddog x 12 | | | | | | 00 v 12 | | Birddog x 12 | | | Birddog x 12 | | | l | Band Sprints | Reps 6 | Rest 20s | | |
| REP | 45 Degree Lunges | 5ea | | | | Birddog x 12 | | | | 5ea | | | | 5ea | | | | Flying Sprints 40 yd : | | Rest |
| 2 Degree Lunges | | Birddog x 12 | | | | Birddog x 1 | | (12 | Birddog x 12 | | | Birddog x 12 | | | 50%,75%,100% | Reps 3 | Full | | | |
| | | 5ea | 1 | | | 5ea | I | | | 5ea | I | | | 5ea | I | | Star Drill :15seconds | Reps | Rest | |
| | | | 8 | | | | 8 | | | | 8 | | | | 8 | | | on | 4 | 18s |
| 료 BB Row | | Pla | ate Bend | s x 20 | LT | Р | late Ben | ds x 20 | LT | P | | ds x 20 | LT | F | Plate Ben | ds x 20 | LT | | | 103 |
| | BB Row | | 8 | I | Ī | | 8 | 1 | [| | 8 | 1 | | | 8 | 1 | | Rest 3 minutes | | |
| | Plate Bends x 20 RT | | | RT | Plate Bends x 20 RT | | | | Plate Bends x 20 RT | | | Р | Plate Bends x 20 RT | | | MAS 110 Slow Time | Reps | Rest | | |
| | | | 8 | | | | 8 | 1 | | | 8 | | | | 8 | T | | :20seconds | 12 | 38 sec |
| Single Joint | | | 8 | | | | 8 | | | | 8 | | | | 8 | | | Snack | | 50 500 |
| | Band Lat Pulls down | | 8 | | | | 8 | | | | 8 | | | | 8 | | | Band Str | | |
| | 0 " | | 8 | | | | 8 | | | | 8 | | | | 8 | | | TIme | | |
| | Split squat | | 8 | | | | 8 | | | | 8 | | | | 8 | | | 1111103 | | |
| gle | Tata David | | 8 | | | | 8 | | | | 8 | | | | 8 | | | | | |
| Sin | Tate Press | | 8 | | | | 8 | | | | 8 | | | | 8 | | | | | |
| | OD | | 8 | | | | 8 | | | | 8 | | | | 8 | | | | | |
| | GB squat Hold | | 8 | | | | 8 | | | | 8 | | | | 8 | | | | | |
| | | | | | | | | | | | | | | | | | | | | |

"Just play. Have fun. Enjoy the game." -Michael Jordan