

<b>NAME</b>			
<b>PHASE (group)</b>	Development (less than 2yrs experience lifitng)		
<b>PROGRAM PURPOSE</b>	<b>PRIORITIES</b>		
A - PERFORMANCE ENHANCEMENT	improve all physical aspects		
B - INJURY PREVENTION	increase joint stability, body awareness & muscular coordination		

### PROGRAM

<b>SESSION 1 (heavy)</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
Bench press	5x5	5x5	5x5	5x5	5x5
DB Jump Shrugs	5x5	5x5	5x5	5x5	5x5
squat	5x5	5x5	5x5	5x5	5x5
chin-up (palms forward)	4x6	4x6	4x6	4x6	4x6
DB lying row	12,10,8,8	12,10,8,8	12,10,8,8	12,10,8,8	12,10,8,8
R.D.L. single leg	3x8	3x8	3x8	3x8	3x8
<b>CORE - power circuit</b>	2 rotations				
<b>COMMENTS</b>					

<b>SESSION 2 (light)</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
Squat	5x5	5x5	5x5	5x5	5x5
Bench press	5x5	5x5	5x5	5x5	5x5
DB Jump Shrugs	5x5	5x5	5x5	5x5	5x5
Push press	4x6	4x6	4x6	4x6	4x6
Front,side,rear raise	15,12,10	15,12,10	15,12,10	15,12,10	15,12,10
Glute ham raise	3x6	3x6	3x6	3x6	3x6
<b>CORE - power circuit</b>	2 rotations				
<b>COMMENTS</b>					

<b>SESSION 3 (medium)</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEK 5</b>
DB Jump Shrugs	5x5	5x5	5x5	5x5	5x5
Bench press	5x5	5x5	5x5	5x5	5x5
Squat	5x5	5x5	5x5	5x5	5x5
Lying row	4x8	4x8	4x8	4x8	4x8
Dips	4x?	4x?	4x?	4x?	4x?
Reverse hyperextension	3x6	3x6	3x6	3x6	3x6
<b>COMMENTS</b>					

Heavy = going as heavy as possible without help

Medium = enough weight so bar speed does not change yet challenging

Light = should be easy at least 10kg lighter than heavy day on bench, squat and power shrug

**Heavy Light medium only relates to the big three; Squat, Bench and DB Shrug Jumps**