

NAME	
PHASE (group)	Strength + Power
PROGRAM PURPOSE	PRIORITIES
A - PERFORMANCE ENHANCEMENT	improve strength & power
B - INJURY PREVENTION	increase joint stability & muscular coordination

PROGRAM

SESSION 1 (upper)	WEEK 1	WEEK 2	WEEK 3
CORE LIFTS (slowly work to hvy last set)			
DB shoulder press (no back supp)	Hvy 5	Hvy 4	Hvy 3
Close grip bench press	Hvy 5	Hvy 4	Hvy 3
Chin-up or Lying row	Hvy 5	Hvy 4	Hvy 3
ASSISTORS			
DB single arm row	12,10,8,6	12,10,8,6	12,10,8,6
DB upright row	4x8-12	4x8-12	4x8-12
Front, side, rear raise	3X15	3X15	3X15
COMMENTS			

SESSION 2 (lower)	WEEK 1	WEEK 2	WEEK 3
CORE LIFTS (slowly work to hvy last set)			
Back squat	Hvy 5	Hvy 4	Hvy 3
Power clean (box, above knee)	Hvy 5	Hvy 4	Hvy 3
ASSISTORS			
Bulgarian split squat	4x8	4x8	4x8
G.H.R	4x6	4x6	4x6
Reverse hyperextension	3x10	3x10	3x10
COMMENTS			

SESSION 3 (total power)	WEEK 1	WEEK 2	WEEK 3
CORE LIFTS (1min between sets)			
Explosive squat	7x2@50%	7x2@55%	7x2@60%
Explosive bench	7x3@50%	7x3@55%	7x3@60%
Power clean	6x3	6x3	6x3
ASSISTORS			
Snatch grip power shrugs	4x6	4x6	4x6
Push press	5x5	5x5	5x5
RDL (single leg)	4x6	4x6	4x6
COMMENTS			

**Hvy = take about 5-6 sets to work to a heavy unassisted max; depnding on rep range for that we
This is a 6 week program. When finished first 3 weeks repeat program**