

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

PROGRAM

SESSION 1 (lower)	WEEK 1	WEEK 2	WEEK 3
Front squat	6x3	6x3	6x3
Bulgarian split squat	12,10,8,8	12,10,8,8	12,10,8,8
R.D.L.. (single leg)	10,8,6,6	10,8,6,6	10,8,6,6
Back squats	20	20	20
Reverse hyperextension or Glute ham raise	4x 8 4x6	4x8 4x6	4x8 4x6
COMMENTS			

SESSION 2 (upper)	WEEK 1	WEEK 2	WEEK 3
Floor press	6x3	6x3	6x3
Weighted push-up	15,12,8,8	15,12,8,8	15,12,8,8
Chin-up (palms forward)	6x3	6x3	6x3
Chest supported row	12,10,8,8	12,10,8,8	12,10,8,8
DB push press	6x4	6x4	6x4
Front,side,rear raise	3x15	3x15	3x15
COMMENTS			

SESSION 3 (total/power)	WEEK 1	WEEK 2	WEEK 3
Box jumps (hip height)	8x3 (1min rest)	8x3 (1min rest)	8x3 (1min rest)
1 arm DB snatch	4x5	4x5	4x5
Power clean (block, above knee)	4x4	4x4	4x4
Bodyweight chin-up (palms backward)	30	30	30
Bodyweight dips	30	30	30
COMMENTS			

This is a 6 week program. When finished first 3 weeks repeat program