

MSOC Summer I

Offseason 6 -Strength Phase II

Day 1

			20-Jun	27-Jun	4-Jul	11-Jul								
Order	Max	Exercise	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps	Week 4 wt	x	Week 4 reps
1	#N/A	Split Jerk RFE Hip Flexor Stretch X 5E AB WHEEL OR SB ROLLOUTS X 7/8/9/10	Week 1	x	3	Week 2	x	3	Week 3	x	3	Week 4	x	3
			2	x	3	2	x	3	2	x	3	2	x	2
			3	x	3	3	x	3	3	x	3	3	x	2
2	#N/A	Front Box Squat	1	x	5	1	x	3	1	x	5	1	x	5
			2	x	5	2	x	3	2	x	5	2	x	4
			3	x	5	3	x	3	3	x	5	3	x	3
			4	x	5+	4	x	3+	4	x	5	4	x	1+
3	#N/A	SL 2 Hurdle Hop Hop-Hop-Stick-Repeat x 3 each leg	1	x	3E	1	x	3E	1	x	3E	1	x	3E
			2	x	3E	2	x	3E	2	x	3E	2	x	3E
			3	x	3E	3	x	3E	3	x	3E	3	x	3E
4	#N/A	Pull-up Pair with Below:	1	x	7	1	x	8	1	x	9	1	x	10
			2	x	7	2	x	8	2	x	9	2	x	10
			3	x	7	3	x	8	3	x	9	3	x	10
5	#N/A	Wtd Push up Increase weight each week Pair with Below:	1	x	10	1	x	10	1	x	10	1	x	10
			2	x	10	2	x	10	2	x	10	2	x	10
			3	x	10	3	x	10	3	x	10	3	x	10
6	#N/A	DB Reverse Lunge to RDL Reverse lunge then RDL on same leg PAIR WITH: PLATE ANKLE MOBS X 10E	1	x	3E	1	x	4E	1	x	5E	1	x	6E
			2	x	3E	2	x	4E	2	x	5E	2	x	6E
			3	x	3E	3	x	4E	3	x	5E	3	x	6E

Day 2

Offseason 6 -Strength Phase II

			20-Jun	27-Jun	4-Jul	11-Jul								
Order	Max	Exercise	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps	Week 4 wt	x	Week 4 reps
1	#N/A	Hang Clean to Front Squat Step up Hip Flexor Stretch w/twist x 5e (5sec)	Week 1	x	3	Week 2	x	3	Week 3	x	3	Week 4	x	3
			2	x	3	2	x	3	2	x	3	2	x	2
			3	x	3	3	x	2	3	x	3	3	x	1
2	#N/A	Board Bench Press 1 board	1	x	5	1	x	3	1	x	5	1	x	5
			2	x	5	2	x	3	2	x	5	2	x	4
			3	x	5	3	x	3	3	x	5	3	x	3
			4	x	5+	4	x	3+	4	x	5	4	x	1+
3	#N/A	Explosive Pushup Onto boxes or plates	1	x	5	1	x	4	1	x	5	1	x	3
			2	x	5	2	x	4	2	x	5	2	x	3
			3	x	5	3	x	4	3	x	5	3	x	3
4	#N/A	SA Unsupported DB Row Unsupported=non rowing hand is not on DB rack	1	x	10	1	x	10	1	x	10	1	x	10
			2	x	10	2	x	10	2	x	10	2	x	10
			3	x	10	3	x	10	3	x	10	3	x	10
5	#N/A	Bat Wings 5 sec hold	1	x	8	1	x	7	1	x	6	1	x	5
			2	x	8	2	x	7	2	x	6	2	x	5
			3	x	8	3	x	7	3	x	6	3	x	5
6	#N/A	Half Kneeling Band Lift Reverse Chop -Low to High	1	x	10E	1	x	10E	1	x	10E	1	x	10E
			2	x	10E	2	x	10E	2	x	10E	2	x	10E
			3	x	10E	3	x	10E	3	x	10E	3	x	10E

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Day 3

20-Jun

27-Jun

4-Jul

11-Jul

Order	Max	Exercise
1	#N/A	Close Grip Snatch
LOOK		Pair with: Side Plank Leg Raise x 5/6/7/8 each
HERE		Mini band standing hip ext rotation x5/6/7/8 each

2	#N/A	Trap Bar Deadlift
3	#N/A	Depth Jumps
		After sets 1-2-3
		Drop from 12' box/Jump to 18-30" box

4	#N/A	Wtd Chin-ups
		Increase weight each week
5	#N/A	DB RFESS
		Hold one DB on same side as back leg
		Increase weight each week
		RFESS=Rear foot elevated split squat
6	#N/A	SE SL Hip Bridge
		Pair with:
		Quadrapped T-spine twist down x 5/6/7/8 each

Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps	Week 4 wt	x	Week 4 reps
1		x	3		x	3		x	3		x	3
2		x	3		x	3		x	3		x	2
3		x	3		x	3		x	3		x	1
1		x	5		x	3		x	5		x	5
2		x	5		x	3		x	5		x	4
3		x	5		x	3		x	5		x	3
4		x	5+		x	3+		x	5		x	1+
1		x	5		x	4		x	3		x	2
2		x	5		x	4		x	3		x	2
3		x	5		x	4		x	3		x	2
1		x	10		x	8		x	6		x	5
2		x	10		x	8		x	6		x	5
3		x	10		x	8		x	6		x	5
1		x	6		x	6		x	6		x	6
2		x	6		x	6		x	6		x	6
3		x	6		x	6		x	6		x	6
1		x	3		x	4		x	5		x	6
2		x	3		x	4		x	5		x	6
3		x	3		x	4		x	5		x	6