

MVB SUMMER II

Day 1

Summer II

STICK SHOULDER MOBILITY: SHOULDER DEPRESSIONS, CANOE ROW, SHOULDER DISLOCATIONS, DRIVE THE BUS X 10E

			18-Jul	25-Jul	1-Aug	8-Aug				
Order	Max	Exercise	Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	Week 4 wt	Week 4 reps
1	#N/A	Hang Clean Increase week 4 weight Include 2 w-u sets of 3 each workout	x 5	Week 1 reps	x 5	Week 2 reps	x 5	Week 3 reps	x 5	Week 4 reps
2	#N/A	Goblet Reverse Lunge	x 20	Week 1 reps	x 5	Week 2 reps	x 12	Week 3 reps	x 8	Week 4 reps
3	#N/A	SL Hip Bridge Hold at the top x 3sec Increase weight each week Pair with below:	x 8	Week 1 reps	x 20	Week 2 reps	x 5	Week 3 reps	x 12	Week 4 reps
4	#N/A	Chin Up WEIGHTED Pair with: Wall Slides x 10	x 5	Week 1 reps	x 12	Week 2 reps	x 20	Week 3 reps	x 8	Week 4 reps
5	#N/A	Low Incline DB Bench Increase weight each week Pair with below:	x 12	Week 1 reps	x 5	Week 2 reps	x 8	Week 3 reps	x 20	Week 4 reps
6	#N/A	Birddog Pair with:	x 5e	Week 1 reps	x 6e	Week 2 reps	x 8e	Week 3 reps	x 10e	Week 4 reps

Day 2

Summer II

SHOULDER STABILITY: BAND PULL APARTS X 20, SB 'ABC'S' X 1, ELBOW PUSHUPS X 20, WTD Y'S X 10 X 1X WK1, X 2 WK 2-4

			18-Jul	25-Jul	1-Aug	8-Aug				
Order	Max	Exercise	Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	Week 4 wt	Week 4 reps
BB COMPLEX			RDL + ROW + SNATCH PULL + MUSCLE SNATCH + OH SQUAT X 3EA X 2 SETS							
1	#N/A	DB Snatch	x 6e	Week 1 reps	x 6e	Week 2 reps	x 5e	Week 3 reps	x 6e	Week 4 reps
2	#N/A	Trap Bar or Sumo Deadlift	x 6	Week 1 reps	x 5	Week 2 reps	x 3	Week 3 reps	x 2	Week 4 reps
3	#N/A	Lateral Hurdle Hop to Box Jump Hop off of one foot land on two feet and jump	x 3e	Week 1 reps	x 3e	Week 2 reps	x 2e	Week 3 reps	x 4e	Week 4 reps
4	#N/A	SB Pushups AMAP = BW AMAP	x 12	Week 1 reps	x 5	Week 2 reps	x 8	Week 3 reps	x 20	Week 4 reps
5	#N/A	1 (FE) Inverted Row Elevate one foot off the ground Reps = Each Leg	x 6	Week 1 reps	x 12	Week 2 reps	x 20	Week 3 reps	x 8	Week 4 reps
6	#N/A	Side Plank Band Press Side Plank with band behind you, pressing away Reps = Each side Pair with below:	x 8	Week 1 reps	x 20	Week 2 reps	x 5	Week 3 reps	x 12	Week 4 reps
7	#N/A	Farmers Walk Pair with: Side lying Sleeper Stretch x 5ea	x Failure	Week 1 reps	x Failure	Week 2 reps	x Failure	Week 3 reps	x Failure	Week 4 reps

MVB SUMMER II

Day 3

STR Phase II

T's, W's, V's on a Bench with Wt x 10 reps, add 2 reps each week

18-Jul

25-Jul

1-Aug

8-Aug

Order	Max	Exercise
1	#N/A	Jump Squats Pair with Palof Press x 10e - Add 2 reps each week

2	#N/A	Half Kneeling DB Press Divide reps in half per each arm Ex: 20 reps = 10 each arm
3	#N/A	SA DB Row

4	#N/A	Step Up
5	#N/A	SL 2 DB RDL Divide reps in half per each arm Ex: 20 reps = 10 each arm

Set	18-Jul		25-Jul		1-Aug		8-Aug	
	Week 1 wt	Week 1 reps	Week 2 wt	Week 2 reps	Week 3 wt	Week 3 reps	Week 4 wt	Week 4 reps
1	x 3		x 3		x 3		x 3	
2	x 3		x 3		x 3		x 3	
3	x 3		x 3		x 3		x 3	
1	x 6		x 12		x 20		x 8	
2	x 6		x 12		x 20		x 8	
3	x 6		x 12				x 8	
4	x 6						x 8	
1	x 8		x 20		x 6		x 12	
2	x 8		x 20		x 6		x 12	
3	x 8				x 6		x 12	
1	x 12		x 6		x 8		x 20	
2	x 12		x 6		x 8		x 20	
3	x 12		x 6		x 8			
4			x 6		x 8			
1	x 20		x 8		x 12		x 6	
2	x 20		x 8		x 12		x 6	
3			x 8		x 12		x 6	
4			x 8				x 6	