

MVB SUMMER III

Day 1

Summer III

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

Order	Max	Exercise	Set	18-Jul		25-Jul		1-Aug		8-Aug	
				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 Increase weight each week Include 2 w-u sets of 3 each workout	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	
2	#N/A	Goblet RFESS Rear Foot Elevated Split Squat	1	x 8		x 8		x 8		x 8	
			2	x 8		x 8		x 8		x 8	
			3	x 8		x 8		x 8		x 8	
			4	x 8		x 8		x 8		x 8	
3	#N/A	SL SB Leg Curl	1	x 10		x 10		x 12		x 12	
			2	x 10		x 10		x 12		x 12	
			3	x 10		x 10		x 12		x 12	
			4	x 10		x 10		x 12		x 12	
4	#N/A	Mixed Grip Chin-Up WEIGHTED One palm up one down	1	x 6		x 6		x 8		x 8	
			2	x 6		x 6		x 8		x 8	
			3	x 6		x 6		x 8		x 8	
5	#N/A	SA DB Incline Bench Press Increase weight each week	1	x 6		x 6		x 8		x 8	
			2	x 6		x 6		x 8		x 8	
			3	x 6		x 6		x 8		x 8	
6	#N/A	Farmer's Walk	1	x Failure		x Failure		x Failure		x Failure	
			3	x Failure		x Failure		x Failure		x Failure	

Day 2

Summer III

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

Order	Max	Exercise	Set	Week 1 wt		Week 2 wt		Week 3 wt		Week 4 wt	
				x	Week 1 reps	x	Week 2 reps	x	Week 3 reps	x	Week 4 reps
1	#N/A	BB COMPLEX Hang Snatch	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	
2	#N/A	SL Box Squat Butt to box	1	x 7		x 8		x 9		x 10	
			2	x 7		x 8		x 9		x 10	
			3	x 7		x 8		x 9		x 10	
3	#N/A	Broad Jump to Box Jump Long jump out, land, gather, jump onto high box step down, repeat	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	
4	#N/A	Tempo Pushups 3 sec down, 3 sec pause at bottom	1	x Failure		x Failure		x Failure		x Failure	
			2	x Failure		x Failure		x Failure		x Failure	
			3	x Failure		x Failure		x Failure		x Failure	
5	#N/A	BB Rollouts Like Ab wheel rollouts	1	x 6		x 8		x 10		x 12	
			2	x 6		x 8		x 10		x 12	
			3	x 6		x 8		x 10		x 12	
6	#N/A	FE Inverted Rows Both feet elevated Get reps in as few of sets as possible Pair with below:	1	x 20		x 30		x 35		x 40	
			2								
			3								
7	#N/A	Band or Cable Tricep Pushdowns Pair with: Side lying Sleeper Stretch x 5ea	1	x 10		x 10		x 12		x 12	
			2	x 10		x 10		x 12		x 12	
			3	x 10		x 10		x 12		x 12	

MVB SUMMER III

Day 3

STR Phase III

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

Order	Max	Exercise	Set	18-Jul		25-Jul		1-Aug		8-Aug	
				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	Depth Drops Pair with SL Palof Press x 10e - Add 2 reps each week	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
2	#N/A	Half Kneeling Curl to Press	1		x 6		x 6		x 8		x 8
			2		x 6		x 6		x 8		x 8
			3		x 6		x 6		x 8		x 8
3	#N/A	Standing Band or Cable Row Row arms straight back, not a pulldown	1		x 10		x 10		x 12		x 12
			2		x 10		x 10		x 12		x 12
			3		x 10		x 10		x 12		x 12
4	#N/A	Step Down Start on box, lower leg slowly, touch ground and back up	1		x 7		x 8		x 9		x 10
			2		x 7		x 8		x 9		x 10
			3		x 7		x 8		x 9		x 10
5	#N/A	BB Hip Bridge	1		x 6		x 6		x 8		x 8
			2		x 6		x 6		x 8		x 8
			3		x 6		x 6		x 8		x 8