

WSOC

SUMMER 2010

Day 1

Warm-Up Jump Rope

Core elbow bridge 3x30sec lift leg, side bridge 3x30sec, side bridge twist down 3x20, glute bridge march 3x20

Order	max	exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
1	#N/A	Hang Clean	1		x	3		x	3		x	3
			2		x	3		x	3		x	3
			3		x	3		x	3		x	3
			4		x	3		x	3		x	3
			5		x	3		x	3		x	3
2	#N/A	Push Press	1		x	6		x	6		x	6
			2		x	6		x	6		x	6
			3		x	6		x	6		x	6
			4		x	6		x	6		x	6
			5		x	6		x	6		x	6
3	#N/A	Front Squat	1		x	5		x	5		x	5
			2		x	5		x	5		x	5
			3		x	5		x	5		x	5
			4		x	5		x	5		x	5
4		One Arm Row	1		x	8		x	8		x	8
			2		x	8		x	8		x	8
			3		x	8		x	8		x	8
			4		x	8		x	8		x	8
5		Glute-Ham Raise	1		x	8		x	8		x	8
			2		x	8		x	8		x	8
			3		x	8		x	8		x	8
			4		x	8		x	8		x	8

Day 2

Warm-Up Ladders 10 minAgilities 15-20 min

Core MB Sit-Up Wall Throw 2x25, Russian Twist 2x50, Reverse Toss 5x5, Shoulder Step-Ups2x25

Order	max	exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
1	#N/A	Hang Snatch	1		x	3		x	3		x	3
			2		x	3		x	3		x	3
			3		x	3		x	3		x	3
			4		x	3		x	3		x	3
			5		x	3		x	3		x	3
2	#N/A	Split Jerk	1		x	4		x	4		x	4
			2		x	4		x	4		x	4
			3		x	4		x	4		x	4
			4		x	4		x	4		x	4
			5		x	4		x	4		x	4
3		Back Squat	1		x	2		x	2		x	2
			2		x	2		x	2		x	2
			3		x	2		x	2		x	2
			4		x	2		x	2		x	2
			5		x	2		x	2		x	2
			6		x	2		x	2		x	2
			7		x	2		x	2		x	2
			8		x	2		x	2		x	2
4		Chin-Up	1		x	8x2		x	8x3		x	8x4
5		RDL/Upright Row	1		x	8		x	8		x	8
			2		x	8		x	8		x	8
			3		x	8		x	8		x	8
			4		x	8		x	8		x	8

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Day 3

Warm-Up Hurdles 10 min

Core Hanging Knee Lifts 5x15

Order	max	exercise	Set	Week 1 wt	x	Week 1 reps	Week 2 wt	x	Week 2 reps	Week 3 wt	x	Week 3 reps
1	#N/A	Hang Clean	1		x	4		x	4		x	4
			2		x	4		x	4		x	4
			3		x	4		x	4		x	4
			4		x	4		x	4		x	4
			5		x	4		x	4		x	4
2	#N/A	Push Jerk	1		x	3		x	3		x	3
			2		x	3		x	3		x	3
			3		x	3		x	3		x	3
			4		x	3		x	3		x	3
			5		x	3		x	3		x	3
3		Overhead Lunge	1		x	8		x	8		x	8
			2		x	8		x	8		x	8
			3		x	8		x	8		x	8
			4		x	8		x	8		x	8
4	#N/A	SL Goodmorning	1		x	8		x	8		x	8
			2		x	8		x	8		x	8
			3		x	8		x	8		x	8
			4		x	8		x	8		x	8
5		Inverted Row	1		x	8		x	9		x	10
			2		x	8		x	9		x	10
			3		x	8		x	9		x	10
			4		x	8		x	9		x	10

EXTRA WORK CAPACITY WORKOUTS time yourself and compete!

Work Capacity #1		Work Capacity #2		Work Capacity #3	
Turkish Get-Ups	x4 each	PowerWheel Roll-Out	x12	Lateral Box Hops	x30
Burpee Chin-Ups	x5	Box Jumps	x20	Mountain Jumpers	x30
Speed Skaters	x30	DB Push-Up Row	x8	Jumping Chin-ups	x15
Plyo Push-Up	x5	Running Ball Toe Touch	x50	Split Squat Jumps	x12
Jump Rope	100	WALKING LUNGE THE HALL	x1	Bear Crawl the Hall	x1
5 TIMES THROUGH		4 TIMES THROUGH		3 TIMES THROUGH	