

STRENGTH & CONDITIONING PROGRAMMING

EXERCISE	WEEK 1			WEEK 2			WEEK 3			WEEK 4			WEEK 5 (DELOAD)		
	SETS	REPS/DIST.	LOAD	SETS	REPS/DIST.	LOAD	SETS	REPS/DIST.	LOAD	SETS	REPS/DIST.	LOAD	SETS	REPS/DIST.	LOAD
ROLLING SPRINT	3	25m		3	30m		3	35m		3	40m		2	40m	
RESISTED SPRINT	3	15m	Mod.	3	20m	Mod.	3	25m	Mod.	3	30m	Mod.	2	30m	Mod.
HURDLE JUMPS	3	6	5	3	7	5	3	8	5	3	9	5	2	6	5
TRAP-BAR JUMP	3	5	65	3	5	60	3	5	55	3	5	50	2	5	50
BOX SQUAT	3	3	110	3	3	112.5	3	3	115	3	3	117.5	2	3	110
BENCH PRESS	3	3	90	3	3	92.5	3	3	95	3	3	97.5	2	3	90
STIFF-LEG DEADLIFT	3	10,9,8	80	3	10,9,9	80	3	10,10,9	80	3	11,10,9	80	2	11,10	80
DB ROW	3	12,11,10	25	3	12,11,11	25	3	12,12,11	25	3	13,12,11	25	3	13,12	25
LATERAL NECK RAISE	3	15,14,13	10	3	15,14,14	10	3	15,15,14	10	3	16,15,14	10	2	16,15	10

**Sports Illustrated Strength Training Your Ultimate
Weight Conditioning Program Sports Illustrated
Winners Circles**

G Orfield



Sports Illustrated Strength Training Your Ultimate Weight Conditioning Program Sports Illustrated Winners Circles:

Strength Training John Garhammer,1994 Muscular strength and power the foundation of total fitness Now you can improve your total fitness by incorporating strength training into your regular fitness program This book clearly illustrates the steps needed to complete a well rounded fitness program Whitaker's Books in Print ,1998 *Books in Series, 1876-1949* R.R. Bowker Company,1982 **Books in Series** ,1985 Vols for 1980 issued in three parts Series Authors and Titles **American Book Publishing Record** ,1988 Sports Illustrated Strength Training John Garhammer,1986-01-01

Sports illustrated training with weights Robert B. Parker,John R. Marsh,1990 A well illustrated guide to weight lifting that stresses caution and safety **Subject Guide to Children's Books in Print 1997** Bowker Editorial Staff,R R Bowker Publishing,1996-09 **Scholastic Coach** ,1985 **Runner's World** ,2008-07 Runner s World magazine aims to help

runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Scientific American** ,1876 Athletic Journal ,1985 *Backpacker* ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *Popular Mechanics* ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle Los Angeles Magazine ,2005-06 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian **Backpacker** ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **Atlanta Magazine** ,2003-03 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that

illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region

Indianapolis Monthly ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape

Backpacker ,2004-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured

Atlanta ,2004-02 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region

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