

UMass/Dartmouth

Summer 2008

Week 10

WO# 1

1. Power Clean to Front Squat to Push Jerk	(3-4:00)	4	4	4
2. Db Plyo-Power Step-ups (explode off box)		8 each leg	8 each leg	8 each leg
3. Bench Press (3:00-4:00)		4	3	2
4. S-L-D-L (2:00)		8	8	8
5. Standing Pro Press (2:00-2:30)		6	6	6
6. Weighted V-ups		20	20	
7. Db Squat Jumps (after reps 5 snd 10-hold for 5 sec.)		10	10	
8. Core Circuit 6 (after each 5 th rep – hold for 5 sec.)			10	10

*** be ready for running: Day 1**

- 1. 2 x 200 yard shuttles (100 yards up/back) 2:00 minute rest between shuttles
(4 minute rest before start of 125 yard shuttles)
- 2. 4 x 125 yard shuttles(suicides) (5-10-15-20 up and back – sprint through the 25 yard line) 2:00 minute rest between..
(4 minute rest before start of 40 yard sprints)
- 3. 6 x 40 yard sprint :30 second rest between sprints

WO# 2

	1. Hang Clean to Split Jerk (2:00-3:00)	4	4	2	2
SS	2. Db Walking Lunge	16 total	16 total		
	Split Squat Jump/Cycle (2:00)	12 total	12 total		
	3. Close-grip Incline Press (3:00-4:00)	6	6	6	
	4. 2-leg Stability Ball Hip Extension (1:30)	15	15		
SS	5. 1-arm Bent-over Row	8	8	8	
	Standing Alt. Arm Pro Press (1:30-2:00)	16 total	16 total	16 total	
	6. Standing Back Extensions/Twist (1:00)	30 total	30 total		

Hope you had a great and productive summer!!!!

Be strong, quick, and ready to go!!!!