

UMass/Dartmouth

Summer 2008

Week 6

*as the reps go down – the weight you use should be going up...at ,or near failure on last rep

WO# 1

1. Hang Clean (2:00-3:00)	5	4	3	3	3
2. S-L-D-L (1:30-2:00)	10	10	8	8	
3. Squats ((3:00-4:00)	8	6	4	4	
4. Standing Pro Press (2:00-3:00)	6	6	4	4	
SS 5. Front Plate Raise	10	10	10		
Rear Delt (1:00)	10	10	10		
5. Weighted V-ups	max reps	50% of max	50% of max		

WO# 2

1. Bench Press (3:00-4:00)	5	4	3	3	3
2. Bicycles	max reps	50% of max	50% of max		
3. Pull-ups (2:00)	max reps	max reps	50% of max	50% of max	
or Assisted Pull-ups	6	6	6	6	
or Pull-downs	6	6	6	6	
4. Incline Db Press (2:00-3:00)	5	5	5		
5. 1-arm BO Row (1:30-2:00)	6	6	6		
6. Glute/Ham (1:30)	12	12	12		

WO# 3

1. Power Clean to Split Jerk (2-3:00)	4	4	4		
2. Db Walking Lunge (2:00)	16 total	16 total	12 total		
3. Bench Press (3:00)	3	3	3		
4. Pull-ups (2:00)	max	50%	50%		
5. Standing Pro Press (2:00)	5	5	5		
6. Weighted V-ups	20				

*Next week is test week. You have all week to finish; you can do the tests designed around your own workouts, or choose a few of the components each day. My recommendation would be to start on Sunday or Monday, and be finished by Tuesday or Wednesday, then take the rest of the week off. Make sure you include the running test. (see week 10) Do all three components in the order they are listed. At this point in your training you should be both strong and fit. Good luck, and have fun! (508) 910-6416 (Don)