

Umass/Dartmouth

Summer 2008

Weeks 8 and 9

WO# 1

1. Hang Clean to Split Jerk (2;30-3:00)	4	4	4	4
2. Bb Front or Db Front Squats (2:30-3:00)	8	6	4	4
3. Standing Pro Or Military Press (2:30-3:00)	6	6	6	6
4. Lateral Box Jumps(2 boxes-2 elevators)(25 lb. Dbs)16 touches	16 touches	16 touches	16 touches	
5. S-L-D-L (1:30)	10	10	10	
6. Weighted V-ups	max			
7. 1-leg Hurdle Hops (6 inches)	16 total	16 total		
8. Mb/Plate/or Pole Trunk Twist	30 total	30 total		

WO# 2

1. Power Clean	12*	12*	*cluster set – do 12 Cleans with 30 seconds between each rep – try to use same weight for all 12 reps	
2. Split Squat Jump/Cycle	20 total*	20 total		
*hold for a five count in the lunge position after reps 5-10-15 and 20				
SS 3. Bench Press	6	5	4	3
Clap Push-ups (4:00-5:00) – start next bench set)	4	5	6	7
4. Push-ups (5 seconds down/5 seconds up)	10			
5. Bicycles	100 total	max sets	*try for one set	
6. Weighted Pull-ups (10-45 lbs.)(minimum of 5)	max	max		
7. Body Weight Pull-ups	max	max		
or Assisted Pull-ups* (pin#)	6	6	6	6
make sure you are using a pin that will allow only 6 pull-ups				
8. Standing Back Extension/Twist (35-45 plate)	30 total	30 total		
9. Inverted Row (try to get chest to bar on every rep)	max	max		

WO# 3 *Circuit2 times do each exercise one after the other – at completion of circuit – rest 3 minutes and repeat circuit

Use 20 lb. Dbs for the 1st circuit – use 15 lb. Dbs for the 2nd circuit – do not let go of Dbs

for entire circuit

1. Db Drop Squat	10	10
2. Push-ups	15	15
3. Db Bent-over Row	10 each side	10 each side
4. Squat to Curl to Press	10	10
5. Mountain Climbers	30 total	30 total
6. Push-ups with 1-arm Row	3 each side	3 each side
7. High Knee Run	20 total	20 total
8. Squat Thrust to Jump	5	5

* rest 3 minutes and repeat - remember, do not let go of Dbs at any time

