Phase:	Athlete Name:	Date:
Summer Development		

Day 1 - Heavy Lower

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		50%	50%	50%		50%	50%	50%		50%	50%	50%		40%	40%	40%
Trap Bar Jump	3x3				3x3				3x3				3x3			
Depth Jump (Low to High)	3x3				3x3				3x3				3x3			
		65%	70%	75%		70%	75%	80%		75%	80%	85%		60%	65%	70%
Squat	3x5				3x5				3x5				3x5			
RDL	3x5				3x5				3x5				3x5			
Hamstring Curls	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 2 - Heavy Upper

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		65%	70%	75%		70%	75%	80%		75%	80%	85%		60%	65%	70%
Bench	3x5				3x5				3x5				3x5			
		65%	70%	75%		70%	75%	80%		75%	80%	85%		60%	65%	70%
DB Row	3x5e				3x5e				3x5e				3x5e			
MB Side Chops	3x5e				3x5e				3x5e				3x5e			
Triceps Choice	3x10				3x10				3x10				3x10			
Biceps Choice	3x10				3x10				3x10				3x10			
Shoulder Raise (I,Y,T)	3x5e				3x5e				3x5e				3x5e			
Cool Down																

Day 3 - Light Combo

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		45%	45%	45%		45%	45%	45%		45%	45%	45%		35%	35%	35%
Trap Bar Jump	3x3				3x3				3x3				3x3			
Depth Jump (Low to High)	3x3				3x3				3x3				3x3			
		60%	65%	70%		65%	70%	75%		70%	75%	80%		55%	60%	65%
Squat	3x5				3x5				3x5				3x5			
Incline Bench	3x5				3x5				3x5				3x5			
Side MB Toss	3x5e				3x5e				3x5e				3x5e			
DB Row	3x5e				3x5e				3x5e				3x5e			
Single Leg RDL	3x5e				3x5e				3x5e				3x5e			
Triceps & Biceps	3x10e				3x10e				3x10e				3x10e			
Cool Down																