Phase:	Athlete Name:	Date:
Summer Peak Program		

Day 1 - Heavy Lower

Exercise	Week 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		45%	50%	55%		50%	55%	60%		55%	60%	65%		35%	40%	45%
Trap Bar Jump	4/3/2				4/3/2				4/3/2				4/3/2			
Depth Jump (High to High)	3x3				3x3				3x3				3x3			
		75%	80%	85%		80%	85%	90%		85%	90%	95%		70%	75%	80%
Squat	4/3/2				4/3/2				4/3/2				4/3/2			
Clean Deadlift	3x5				3x5				3x5				3x5			
DB Walking Lunge	3x5e				3x5e				3x5e				3x5e			
Cool Down	2x				2x				2x				2x			

Day 2 - Heavy Upper

Exercise	Week 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		75%	80%	85%		80%	85%	90%		85%	90%	95%		70%	75%	80%
Bench	4/3/2				4/3/2				4/3/2				4/3/2			
		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 9				Week 10				Week 11				Week 12			
Warm Up	2x				2x				2x				2x			
		40%	45%	50%		45%	50%	55%		50%	55%	60%		30%	35%	40%
Trap Bar Jump	4/3/2				4/3/2				4/3/2				4/3/2			
Depth Jump (High to High)	3x3				3x3				3x3				3x3			
		70%	75%	80%		75%	80%	85%		80%	85%	90%		65%	70%	75%
Squat	4/3/2				3x5				3x5				3x5			
Incline Bench	4/3/2				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																