

Phase:

Athlete Name:

Date:

Summer Base Program

Day 1 - Heavy Explosive

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up		55%	60%	65%		60%	65%	70%		50%	55%	60%		65%	70%	75%
Block Clean	3x5				3x5				3x5				3x5			
Push Press		55%	60%	65%		60%	65%	70%		50%	55%	60%		65%	70%	75%
Side MB Toss	3x5e				3x5e				3x5e				3x5e			
DB Row		55%	60%	65%		60%	65%	70%		50%	55%	60%		65%	70%	75%
Biceps Choice	3x10e				3x10e				3x10e				3x10e			
Cool Down	2x				2x				2x				2x			

Day 2 - Light Strength

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up		50%	55%	60%		55%	60%	65%		45%	50%	55%		60%	65%	70%
Squat	3x10				3x10				3x10				3x10			
RDL		50%	55%	60%		55%	60%	65%		45%	50%	55%		60%	65%	70%
Incline DB Bench	3x10e				3x10e				3x10e				3x10e			
Shoulder Raises		50%	55%	60%		55%	60%	65%		45%	50%	55%		60%	65%	70%
Triceps Choice	3x5e				3x5e				3x5e				3x5e			
Push/Pull Circuit	3x10				3x10				3x10				3x10			
Cool Down	3x10				3x10				3x10				3x10			

Day 3 - Light Explosive

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up		50%	55%	60%		55%	60%	65%		45%	50%	55%		60%	65%	70%
Block Clean	3x5				3x5				3x5				3x5			
Push Press		50%	55%	60%		55%	60%	65%		45%	50%	55%		60%	65%	70%
Side MB Toss	3x5				3x5				3x5				3x5			
DB Row		50%	55%	60%		55%	60%	65%		45%	50%	55%		60%	65%	70%
Biceps Choice	3x10e				3x10e				3x10e				3x10e			
Cool Down	2x				2x				2x				2x			

Day 4 - Heavy Strength

Exercise	Week 1				Week 2				Week 3				Week 4			
	2x				2x				2x				2x			
Warm Up		55%	60%	65%		60%	65%	70%		50%	55%	60%		65%	70%	75%
Squat	3x10				3x10				3x10				3x10			
RDL		55%	60%	65%		60%	65%	70%		50%	55%	60%		65%	70%	75%
Bench	3x10e				3x10e				3x10e				3x10e			
Shoulder Raises		55%	60%	65%		60%	65%	70%		50%	55%	60%		65%	70%	75%
Triceps Choice	3x5e				3x5e				3x5e				3x5e			
Push/Pull Circuit	3x10				3x10				3x10				3x10			
Cool Down	3x10				3x10				3x10				3x10			