Phase:	Athlete Name:	Date:
Summer Base Program		

Day 1 - Heavy Explosive

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
Hang Clean	3x3				3x3				3x3				3x3			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
Power Press	3x3				3x3				3x3				3x3			
Side MB Toss	3x3e				3x3e				3x3e				3x3e			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
DB Row	3x5e				3x5e				3x5e				3x5e			
Biceps Choice	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 2 - Light Strength

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
Squat	3x5				3x5				3x5				3x5			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
RDL	3x5				3x5				3x5				3x5			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
Incline DB Bench	3x5				3x5				3x5				3x5			
Shoulder Press	3x5				3x5				3x5				3x5			
Triceps Choice	3x10				3x10				3x10				3x10			
Push/Pull Circuit	3x10				3x10				3x10				3x10			
Cool Down																

Day 3 - Light Explosive

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
Hang Clean	3x3				3x3				3x3				3x3			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
Power Press	3x3				3x3				3x3				3x3			
Side MB Toss	3x3e				3x3e				3x3e				3x3e			
		60%	65%	70%		65%	70%	75%		55%	60%	65%		70%	75%	80%
DB Row	3x5e				3x5e				3x5e				3x5e			
Biceps Choice	3x10				3x10				3x10				3x10			
Cool Down	2x				2x				2x				2x			

Day 4 - Heavy Strength

Exercise	Week 5				Week 6				Week 7				Week 8			
Warm Up	2x				2x				2x				2x			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
Squat	3x5				3x5				3x5				3x5			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
RDL	3x5				3x5				3x5				3x5			
		65%	70%	75%		70%	75%	80%		60%	65%	70%		75%	80%	85%
Bench	3x5				3x5				3x5				3x5			
Shoulder Press	3x5				3x5				3x5				3x5			
Triceps Choice	3x10				3x10				3x10				3x10			
Push/Pull Circuit	3x10				3x10				3x10				3x10			
Cool Down																