

SAN JOSE SHARKS SUMMER STRENGTH TRAINING 2012 (GPP-TISSUE REMODEL) PHASE 1

NAME	Bench	Fr Sq	Clean	Bk Sq	BW	PUP																				
	100	100	100	100	100	10																				
							Tempo	Rest	WK1	Reps							Tempo	Rest	WK1	Reps						
DAY 1							DAY 2										DAY 3									
COMPLEX 1							COMPLEX 2										JAVOREK COMPLEX									
Push Press x2	Exp	1 min	45	x3 ea			Drop Clean x5	Exp	1 min	3 SETS				DB Upright Row x6	Exp	1 min	x3 SETS									
Bent Row x2				x3 ea			Muscle Clean x5							DB High Pull Snatch x6												
Front Squat x2				x3 ea			Prop Clean x5							DB Squat Push Press x6												
RDL x2				x3ea			RDL x5							DB Bent Over Row x6												
														DB High Pull Snatch x6												
Roll Glute / IT Band x10ea							Roller Chest Reach :5sec each										Roller Lats x15 and Pec Stretch :20sec									
Pull-up	2/0/2	1 min		x5			Incline Pause Bench		1 min	70	x6			Front Squat	2/P/2	1 min	70	x5								
ARMS STRAIGHT				x5			2/P/EXP TEMPO			72.5	x6			pause on bottom			72.5	x5								
				x5						75	x6						75	x5								
Pair w/							Pair w/							Oquad w/												
RFE	2/0/2	1 min		x8			1 Leg RDL bar at	2/0/2	1 min		x6ea			Floor YTW	2/0/2	1 min	2x6ea									
				x8			Stomach				x6ea			Oquad w/												
				x8							x6ea			HYPERS iso 6.5.4.3.2.1.ISO	1 min	x2 sets										
Pair w/														Oquad w/												
Bretzel Sttretch x:20s ea							PB Lat stretch :20sec										ISO LUNGE:20sec									
																	2/0/2 1 min 2x:20sec									
Inverted Row	2/0/2	1 min		x8			1 arm land mine press	2/0/2	1 min		x8ea			ALT DB BENCH	2/P/2	1 min	70	x5								
Pair w/				x8			Triple w/				x8ea						72.5	x5								
											x8ea							75	x5							
																			75							
KB SQUAT	2/0/2			x12			1 leg bench hip ext	2/0/2			3x8ea			Oquad w/												
Pair w/				x12			Triple w/							1 Arm Bar Row 6.5.4.3.2.1 ISO	1 min	x2 sets										
Arch over Roller x:20sec														Oquad w/												
ISO Push Up		1 min		:20s			Iso push up	2/0/2	1 min		2x:20sec			Slide Board Leg curl	2/0/2	1 min	2x8									
Pair w/				:20s			Triple w/							Oquad w/												
ISO Slam + Jump Squat				x5			Tobe ball raise	2/0/2			2x8ea			ISO Push-UP	2/0/2	1 min	2x:20sec									
				x5																						
							Triple w/																			
								Shoulder Press	2/0/2			3x8														

TRAINING NOTES:

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