

SUMMER STRENGTH TRAINING --Muscle Endurance Workouts for GOALIES

NAME	Bench	Squat	Clean	BW	PUP																																											
	100	100	100	100	10																																											
	Tempo	Rest	WK1	Reps	WK2	Reps				Tempo	Rest	WK1	Reps	WK2	Reps																																	
DAY 1						DAY 3																																										
Pressing Snatch Balance						Exp	3 min	3x5 W/ Stick		3x5 W/ Stick		Pressing Snatch Balance							Exp	3 min	3x5 W/ Stick		3x5 W/ Stick																									
Snatch Balance						Exp	3 min	3x5 W/ Stick		3x5 W/ Stick		Top hold Pull-Ups							2/0/2	1 min	x5		x6																									
BENCH HIP FLEXOR STRETCH HOLD FOR :20 SECONDS												Hold for a 3 count								x5		x6																										
												at the top ((chin over bar))								x5		x6																										
Leg Circuit						1 min						Pair w/																																				
												Backwards Bar Lunge						2/0/2	1 min			x6ea				x6ea																						
																						x6ea				x6ea																						
																						x6ea				x6ea																						
Pull-Up Climb						Circuit Through				2x3ea				2x3ea				Bent Rows						Circuit Through				x8				x10																
						Rest 1 min		Pull-Ups // Chin-Ups // Alt R+L Grip // Towel Grip																Rest 1 min				x8				x10																
Triple w/ NO REST																		Triple w/ NO REST																														
Upper Half Stick Crunch						2/0/2				3x15				3x15				Cross-Over Step-Ups						2/0/2						x8ea				x8ea														
																																x8ea				x8ea												
Triple w/ NO REST																		Triple w/ NO REST																														
Bent over External rotation						1/0/1				2x10				2x12				DB Arch's						2/0/2						x8ea				x8ea														
DAY 2						DAY 4																																										
COMBO						Exp	3 min			58		set 1		63		set 1		COMBO							Exp	3 min			58		set 1		63		set 1													
RDL x1 (5)														set 2				set 2		SLDL x1 (5)															set 2				set 2									
BENT ROW x1 (5)														set 3				set 3		ROW x1 (5)															set 3				set 3									
CLEAN x1 (5)														set 4				set 4		CLEAN x1 (5)															set 4				set 4									
Incline Bench						2/0/2		1 min		WU		x5		WU		x5		Bench Press							2/0/2		1 min		70		x5		70		x5													
Pair w/												65		x6		67.5		x6		BOLD SETS ARE WARM-UPS															80		x6		82.5		x6							
												55		x12		57.5		x12																	70		x12		72.5		x12							
												47.5		x24		55		x24																	55		x24		57.5		x24							
1 Leg Hypers						2/0/2		1 min				x8 ea				x10ea		Slideboard Leg Curl							2/0/2		1 min				x10				x12													
NO WEIGHT												x8 ea				x10ea		FIRE YOUR GLUTES!!!															x10				x12											
												x8 ea				x10ea																	x10				x12											
Hip Extension Combo						Circuit Through				x8+8				x8+8		Hip Extension Combo							Circuit Through				x8+8				x8+8				x8+8													
						Rest 1 min				x8+8				x8+8									Rest 1 min				x8+8				x8+8				x8+8													
Triple w/ NO REST												x8+8				x8+8		Triple w/ NO REST															x8+8				x8+8											
Plate Circuit						2/0/2				3x8ea				3x8ea		Tennis ball rotator cuff							2/0/2						x10 ea				x10 ea															
Diagnol chop pattern (20) -- Lateral Punch (20) -- Car Driver (20) -- Bent Raise (10)																																			x10 ea				x10 ea									
Triple w/ NO REST																		Triple w/ NO REST												Wall--Stick Press up						2/0/2				3x10				3x10				
Lunge Pull						2/0/2				3x8ea				3x8ea																																		