

OFF-SEASON- PHASE 3									Sean Skahan								
Name																	
	Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps		Tempo	Rest	WK1	Reps	WK2	Reps	WK3	Reps
Day 1 Core Activation, Movement Prep, Plyo, Speed									Day 3 Core Activation, Movement Prep, Plyo, Speed								
DB Snatch	Exp	3 min		x5ea.		x5ea.		x5ea.	Alt. Arm DB Push Jerk	Exp	3min		x5ea.		x5ea.		x5ea.
Tri Set W/Hip Flexor				x5		x5		x5	Tri Set W/Hip Flexor				x5		x5		x5
Stretch AND Quad. Alt. Arm/Leg Ext				x5		x5		x5	Stretch AND Quad. Alt. Arm/Leg Ext				x5		x5		x5
2x5/8/10						x5		x5	2x5/8/10						x5		x5
Front Squat	2/P/2	1 min		x10		x10		x10	DB Lunge Walk	2/0/2	1 min		x6ea.		x8ea.		x10ea.
10 REP CLUSTER				x10		x10		x10	Quad Set W/				x6		x8		x10
Quad Set W/				x10		x10		x10					x6		x8		x10
Chin Up :04 Eccentric	4/0/X	1 min		x5		x6		x7	Pull Up	2/0/X	2 min		x8		x8		x8
AND				x5		x6		x7	AND				x8		x8		x8
Wheel Roll Out- 2x10/12/15				x5		x6		x7	Wheel Roll Out- 2x10/12/15				x8		x8		x8
AND Chest Stretch									AND Chest Stretch								
DB Row	2/0/2	1 min		x10 ea		x10 ea		x10 ea	Lateral Squat	2/0/2	1 min		x8ea		x8ea		x8ea
Quad Set W/				x10		x10		x10	Quad Set W/				x8		x8		x8
				x10		x10		x10					x8		x8		x8
1-Leg Squat to Bench	2/0/2	1 min		x6		x6		x6	1-Arm/1- Leg Cable Row	2/0/2	1 min		x8ea.		x8ea.		x8ea.
				x6		x6		x6	(UNSTABLE)				x8		x8		x8
				x6		x6		x6					x8		x8		x8
AND Hands Across Chest Straight Leg Curl Up- 2x15/20/25 AND Hamstring Stretch									AND Hands Across Chest Straight Leg Curl Up- 2x15/20/25 AND Hamstring Stretch								
Standing Cable Chop	2/0/2			x10ea.		x10ea.		x10ea.	Standing Cable Lift	2/0/2			x10ea.		x10ea.		x10ea.
				x10		x10		x10					x10		x10		x10
				x10		x10		x10					x10		x10		x10
Day 2 Core Activation, Movement Prep, Plyo, Speed									Day 4 Core Activation, Movement Prep, Plyo, Speed								
Hang Clean	Exp	2min		x5		x5		x5	Light Hang Clean	Exp	3min		x5		x5		x5
Tri Set W/ Squat Stretch				x5		x5		x5	(SPEED/TECHNIQUE)				x5		x5		x5
AND Plank W/DB Row- 2x5/8/10ea.				x5		x5		x5	Tri Set W/ Squat Stretch				x5		x5		x5
						x5		x5	AND Plank W/DB Row- 2x5/8/10ea.						x5		x5
Bench Press	2/0/2	1 min		x10		x10		x10	Core Board Rotational	2/0/2	1 min		x10 ea		x12 ea		x14 ea
10 REP CLUSTER				x10		x10		x10	Push Up				x10		x12		x14
Quad Set W/				x10		x10		x10	Quad Set W/				x10		x12		x14
1-Arm/1-Leg DB SLDL		1 min		x8ea.		x8ea.		x8ea.	1-Leg DB S.L.D.L.	2/0/2	1 min		x8ea.		x8ea.		x8ea.
And				x8		x8		x8	(UNSTABLE)				x8		x8		x8
Feet Elevated Side Bridge- 2x:30ea				x8		x8		x8	Feet Elevated Side Bridge- 2x:30ea				x8		x8		x8
AND Lat Stretch									AND Lat Stretch								
DB Curl And Press	2/0/2	1 min		x8		x8		x8	Alt DB Shoulder Press	2/0/2	1 min		x6ea.		x8ea.		x10ea.
Quad Set W/				x8		x8		x8	Quad Set W/				x6		x8		x10
				x8		x8		x8					x6		x8		x10
Weighted Hip Lift	2/0/2	1 min		x8		x10		x12	3-Way Ball Hamstring	2/0/2			x8ea		x10ea		x12ea
AND Off-Bench Oblique W/Twist- 3x10ea.				x8		x10		x12	AND Off-Bench Oblique W/Twist- 3x10ea.				x8		x10		x12
				x8		x10		x12					x8		x10		x12
Y,T,,W,L (2.5 lbs)	2/0/2			x8ea.		x10ea.		x12ea.	Y,T,,W,L (2.5 lbs)	2/0/2			x8ea.		x10ea.		x12ea.
				x8		x10		x12					x8		x10		x12