

SUMMER STRENGTH TRAINING MAX STR // MAX VEL																	
Name	Bench	Fr Sq	Clean	Bk Sq	BW	PUP											
	100	100	100	100	100	10											
	Tempo	Rest	WK4	Reps	WK5	Reps	WK6	Reps		Tempo	Rest	WK4	Reps	WK5	Reps	WK6	Reps
Day 1 Linear Training Day									Day 3 Linear Training Day								
Prop Snatch	Exp	1 min	18 x3	20 x3	23 x3				Snatch Combo	Exp	1 min	38 x1,1	40 x1,1	43 x1,1			
			18 x3	20 x3	23 x3				x1 Snatch Pull			38 x1,1	40 x1,1	43 x1,1			
			18 x3	20 x3	23 x3				x1 Rack Snatch			40 x1,1	43 x1,1	45 x1,1			
Snatch	Exp	1 min	43 x3	45 x3	48 x3				TENDO'S SETS			40 x1,1	43 x1,1	45 x1,1			
			45 x3	50 x3	53 x3				4 and 5			40 x1,1	43 x1,1	45 x1,1			
TENDO'S SETS			48 x3	50 x3	53 x3												
3 and 4			48 x3	48 x3	50 x3				Chin-Ups	set 1	1 min	WU	x5	WU	x5	WU	x5
Pull-up weighted	set 1	1 min	WU	x5	WU	x5	WU	x5	Weighted	set 2			x3		x3		x3
Max set = no weight	set 2			x3		x3		x3		set 3			x3		x3		x3
Knees Up max set	set 3			x3		x3		x3		set 4			x3		x3		x3
	set 4			x3		x3		x3	1 arm cable high row	set 5			x8ea		x8ea		x8ea
Pair w/	set 5			xMax		xMax		xMax		set 6			x8ea		x8ea		x8ea
									Pair w/								
Heavy Single Leg Squats	set 1	1 min		x5ea		x5ea		x5ea	Front Squat	set 1	1 min	72.5 x5	72.5 x5	72.5 x5			
record all weights	set 2			x5ea		x5ea		x5ea		set 2		77.5 x3	77.5 x3	77.5 x3			
	set 3			x5ea		x5ea		x5ea		set 3		80 x3	82.5 x3	85 x3			
	set 4			x5ea		x5ea		x5ea		set 4		85 x2	87.5 x2	90 x2			
TENDO'S Back Squats			set 5	50 x3	52.5 x3	55 x3				set 5		85 x2	87.5 x2	87.5 x2			
Sets 5 and 6			set 6	50 x3	52.5 x3	55 x3			TENDO LAST SET	set 6		70 ????	70 ????	70 ????			
Stick OH Step Up	2/0/2	1 min	25lb	x6ea	25lb	x6ea	25lb	x6ea	Lateral Step In	2/0/2	1 min		x8ea		x8ea		x10 ea
Pair w/			bar	x6ea	bar	x6ea	bar	x6ea	Pair w/				x8ea		x8ea		x10 ea
				x6ea		x6ea		x6ea					x8ea		x8ea		x10 ea
DB Arc's	2/0/2		2x8ea		2x8ea		2x8ea		Full contact twists	2/0/2		2x10ea		2x10ea		2x10ea	
Day 2 Lateral Training Day									Day 4 Lateral Training Day								
Clean	Exp	1 min	73 x5	73 x5	73 x5				Rack Clean	Exp	1 min	60 x3	63 x3	65 x3			
Foam Roll Groin x10 each side			80 x3	80 x3	83 x3							60 x3	63 x3	65 x3			
Foam Roll Groin x10 each side			85 x3	85 x3	88 x3							60 x3	63 x3	65 x3			
Foam Roll Low back x10 each side			90 x2	90 x2	93 x2				TENDO'S SETS			58 x3	58 x3	60 x3			
Foam Roll Low back x10 each side			88 x2	88 x2	90 x2				4 and 5			58 x3	58 x3	60 x3			
Chain Bench Press	set 1	1 min	60 x5	60 x5	60 x5				Bench Press	set 1	1 min	77.5 x5	77.5 x5	77.5 x5			
	set 2		67.5 x3	67.5 x3	70 x3					set 2		80 x3	80 x3	82.5 x3			
Pair w/	set 3		67.5 x3	70 x3	70 x3				Pair w/	set 3		82.5 x3	85 x3	87.5 x3			
	set 4		70 x3	72.5 x3	72.5 x3					set 4		87.5 x2	90 x2	92.5 x2			
	set 5		60 x10	62.5 x12	62.5 x12					set 5		85 x2	87.5 x2	90 x2			
									TENDO LAST SET	set 6		55 ????	57.5 ????	60 ????			
Explosive Good	set 1		28.75 x5	30 x5	32.5 x5												
Mornings	set 2		28.75 x5	30 x5	32.5 x5				Glute Hams	set 1			x7		x8		x9
	set 3		30 x5	31.25 x5	33.75 x5				Pause straight out	set 2			x7		x8		x9
	set 4		30 x5	31.25 x5	33.75 x5					set 3			x7		x8		x9
										set 4			x7		x8		x9
Slideboard Hamstrings	2/0/2			x10		x10		x10	1 Leg RDL with Band	2/0/2			x8ea		x8ea		x10 ea
Pair w/				x10		x10		x10	Pair w/				x8ea		x8ea		x10 ea
				x10		x10		x10					x8ea		x8ea		x10 ea
Band Scap Arc's	3/0/3			x8		x8		x8	Balance Board				x8ea		x8ea		x10 ea
TEMPO				x8		x8		x8	Shoulder Press				x8ea		x8ea		x10 ea
				x8		x8		x8					x8ea		x8ea		x10 ea