**Sean Skahan- SUMMER 2011 PHASE 5**

**Name**

| | | Rest | WK1 | Reps | WK2 | Reps | WK3 | Reps |
|---|---|---|---|---|---|---|---|---|
| Day 1- Movement Prep, Core Activation | | | | | | | | |
| **DB Snatch** | Exp | 2min | | x5 | | x5 | | x5 |
| Tri Set with | | | | x5 | | x5 | | x5 |
| Psoas Stretch and | | | | x5 | | x5 | | x5 |
| Quad. Alt. Arm/Leg Extension- 2x10ea | | | | | | x5 | | x5 |
| | | | | | | | | |
| **Strength Circuit- x3** | | | | | | | | |
| Front Squat | | | | x8ea. | | x10ea. | | x12ea. |
| Pull Up | | | | x6 | | x7 | | x8 |
| DB Bench Press | | | | x8 | | x10 | | x12 |
| Wheel Roll Out | | | | x10 | | x12 | | x14 |
| Squat Jump | | | | x10 | | x12 | | x14 |
| **TRX** Row | | | | x8 | | x10 | | x12 |
| Alt. Arm DB Shoulder Press | | | | x8ea. | | x10ea. | | x12ea. |
| KB 1-Leg SLDL | | | | x8ea. | | x10ea. | | x12ea. |
| 1-Arm Cable Row | | | | x8ea. | | x10ea. | | x12ea. |
| Plank Series | | | | x:30 | | :30 | | :30 |

| | Tempo | Rest | WK1 | Reps | WK2 | Reps | WK3 | Reps |
|---|---|---|---|---|---|---|---|---|
| Day 3 Movement Prep, Torso | | | | | | | | |
| **Bar Complex** | | 1:30 | | x6+ | | x6+ | | x6+ |
| (Upright Row, Muscle Snatch, Good AM, | | | | x6+ | | x6+ | | x6+ |
| Squat+Press, Bent Over Row) | | | | x6+ | | x6+ | | x6+ |
| | | | | | | | | |
| **Functional Circuit- x3** | | | | | | | | |
| 1-Leg Skater Squat | | | | x6ea. | | x8ea. | | x10ea. |
| Inverted Row | | | | x6 | | x7 | | x8 |
| Bosu Push Up | | | | x10 | | x12 | | x14 |
| **TRX** Fall Away | | | | x10 | | x12 | | x14 |
| KB Slideboard Split Squat | | | | x8ea. | | x10ea. | | x12ea. |
| 1-Arm/1-Leg Cable Row | | | | x8ea. | | x10ea. | | x12ea. |
| **TRX** Push Up | | | | x10 | | x12 | | x14 |
| **TRX** Leg Curl | | | | x8 | | x10 | | x12 |
| Half Kneel Chop | | | | x10ea. | | x10ea. | | x10ea. |
| Plank Series | | | | x:30 | | :30 | | :30 |

| | | Rest | WK1 | Reps | WK2 | Reps | WK3 | Reps |
|---|---|---|---|---|---|---|---|---|
| Day 2- Movement Prep, Core Activation | | | | | | | | |
| **Leg Circuit- 1:30 REST** | | | | | | | | |
| Squat Jump | | | BW | x10 | DB's | x10 | BAR | x10 |
| Lunge | | | | x10ea. | | x10ea. | | x10ea. |
| Step Up | | | | x10ea. | | x10ea. | | x10ea. |
| Squat | | | | x20 | | x20 | | x20 |
| | | | | | | | | |
| **Plate Circuit** | | | | | | | | |
| Overhead Squat | | | | x10 | | x12 | | x14 |
| Plate Row | | | | x10ea. | | x12ea. | | x14ea. |
| Push Up | | | | x10 | | x12 | | x14 |
| Straight Leg Sit Up | | | | x10 | | x12 | | x14 |
| Plate SLDL | | | | x10ea. | | x12ea. | | x14ea. |
| Upright Row | | | | x10 | | x12 | | x14 |
| Staggered Push Up | | | | x10ea. | | x12ea. | | x14ea. |
| Squat +Press+Tricep Extension | | | | x10 | | x12 | | x14 |
| Steering Wheel | | | | x:30 | | :45 | | 1:00 |
| Plank Series | | | | x:30 | | :45 | | 1:00 |