

# 2012 FALL STRENGTH PROGRAM

Captains Lift <b>Monday</b> Legs & Shoulders	<b>Wednesday</b> Chest, Back, Biceps, Triceps	<b>Thursday or Friday</b> Legs & Shoulders	<b>Friday, Saturday, or Sunday</b> Back, Biceps, Triceps
<p><b>AGILITY</b></p> <p>-Warm Up Dots 6x 8 sec</p> <p><b>CORE</b></p> <p>-Weighted Toe Touches 2 x 15 -Weighted Extensions 2 x 15 -Elbows &amp; Knees 2 x 30 sec.</p> <p><b>EXLPOSIVE STRENGTH</b></p> <p><b>-Hang Cleans 3 x 6</b> <b>- Lunges 3 x 6</b> <b>- Step Ups 2 x 6</b> -Over head sqt 2 x 6 - 1 Minute Lung Hold - each leg -Calf Raise Choice 3 x 6 Rotator Cuff 3 x 6 <b>Shoulder Press 3 x 6</b> Upright Rows 3 x 6 1 Minute Shoulder Shrugs each arm</p> <p><b>RECOVERY</b></p> <p>-Leg Stretch</p>	<p><b>AFGILITY</b></p> <p>-Warm Up Lines 6x 8 sec</p> <p><b>CORE</b></p> <p>-Med Ball Twist 2 x 15 -DB Knee to Hip 2 x 10 Hang Leg Raise Twists 2 x 10</p> <p><b>EXLPOSIVE STRENGTH</b></p> <p><b>Becnh Press 3 x 6</b> <b>Pull Ups 3 x 10</b> <b>-Bent Over Straight Bar Rows 3 x 6</b> <b>Straight Bar Curls 3 x 6</b> -DB Curls 3 x 6 -DB Kick Backs 3 x 6 -Pull Up Hold - 1 Minute Wheelbarrow push-ups 2 x 50 yards</p> <p><b>RECOVERY</b></p> <p>-Upper Body Stretch</p>	<p><b>AGILITY</b></p> <p>-Warm Up Choice - Jump Rope, Bike, Run</p> <p><b>CORE</b></p> <p>-Weighted Toe Touches 2 x 15 -Weighted Extensions 2 x 15 -Elbows &amp; Knees 2 x 30 sec.</p> <p><b>EXLPOSIVE STRENGTH</b></p> <p><b>-Back Squat 3 x 6</b> <b>Romanian Deadlift 2 x 6</b> -Single leg Sqt 2 x 6 - Box Jumps 3 x 6 -Calf Raise Choice 2 x 6 <b>DB Shoulder Shrugs 2 x 6</b> DBLateral Shoulder Raises 2 x 6 DB Rotator Cuff Series 3 x 6</p> <p><b>RECOVERY</b></p> <p>-Partner Stretch</p>	<p><b>AGILITY</b></p> <p>-Warm Up Choice - Jump Rope, Bike, Run</p> <p><b>CORE</b></p> <p>-Med Ball Twist 2 x 15 -DB Knee to Hip 2 x 10 Hang Leg Raise Twists 2 x 10</p> <p><b>EXLPOSIVE STRENGTH</b></p> <p><b>- Incline Bench 3 X 6</b> <b>- Pull Ups 1 x 20</b> <b>- Bent Over Straight Bar Rows 3 x 6</b> <b>- 1 Leg DB Curls 3 x 6 (each leg)</b> - 3 x 6 Med Ball Snap &amp; Stance Drill - 3 x 6 Tricep Push Downs G19</p> <p><b>Conditioning:</b></p> <p>1 Lap around a track x 4 ^ time each lap/ stay close to original time ^Rest to work is ratio is 1:1 Bear Crawls - 4 x 100 4 x 100 yard sprints</p>

