

5 WEEK PRESEASON LEAD UP

DAY 1	DAY 2
<u>EXERCISE</u>	<u>EXERCISE</u>
SQUATS	BARBELL BENCH PRESS
LUNGES	PUSH PRESS
LEG EXTENSIONS	WIDE GRIP PULLUPS
LEG CURLS	HAMMER CURLS
JUMP SQUATS	DIPS
POWER CLEANS	WIDE GRIP PULLUPS

DAY 3	DAY 4
<u>EXERCISE</u>	<u>EXERCISES</u>
LEG PRESS	BARBELL BENCHPRESS
BOX STEPS	CLOSE GRIP PULLUPS
LUNGES	BENT OVER DUMBBELL ROWS
POWER CLEANS	REVERSE CURLS
JUMP SQUATS	BARBELL MILITARY PRESS
CALF RAISES	DUMBBELL CURLS

	MONDAY 7/13	TUESDAY		THURSDAY	FRIDAY
Week 9	2 SETS OF 15 REPS	2 SETS OF 15 REPS	R E S T	2 SETS OF 15 REPS	2 SETS OF 15 REPS
Week 10	MONDAY 7/20	TUESDAY		THURSDAY	FRIDAY
	2 SETS OF 15 REPS	2 SETS OF 15 REPS	R E S T	2 SETS OF 15 REPS	2 SETS OF 15 REPS
Week 11	MONDAY 7/27	TUESDAY		THURSDAY	FRIDAY
	3 SETS OF 8 REPS	3 SETS OF 8 REPS	R E S T	3 SETS OF 8 REPS	3 SETS OF 8 REPS
Week 12	MONDAY 8/03	TUESDAY		THURSDAY	FRIDAY
	3 SETS OF 8 REPS	3 SETS OF 8 REPS	R E S T	3 SETS OF 8 REPS	3 SETS OF 8 REPS
Week 13	MONDAY 8/10	TUESDAY		THURSDAY	FRIDAY
	<u>4 SETS OF 6 REPS</u>	<u>4 SETS OF 6 REPS</u>	R E S T	<u>4 SETS OF 6 REPS</u>	<u>4 SETS OF 6 REPS</u>