

**Instructions:**

- warm-up prior to lifting – never underestimate the value of a proper warm-up
- my goal was to keep the lifts fairly short, yet still intense. This is your last chance to maximize strength levels before the 2008 competitive season begins – get after it !
- While strength is important, it is not your highest priority at this time of the year. Conditioning, ball drills, and playing soccer are your top priorities. Therefore, listen to your body and get adequate rest. Day Three of the lifting is very optional.
- follow the percentages for the given lifts – you may opt for an additional warm-up set
- exercises listed with 2 -3 sets x # of reps: use a weight that would cause you to fail just 1 rep beyond what is listed
- exercises listed with max reps: this should be a weight that causes you to fail in 8 or 9 reps. Stick with that weight until you can complete 11 reps, then increase the weight

**Please contact me if you have questions**

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## Day One

Exercise	Week of 6/23/08	Week of 6/30/08	Week of 7/7/08
Clean Pull	5 @ 45, 67 pounds	5 @ 45, 67 pounds	5 @ 45, 67 pounds
Hang Clean	5 @ 60 %	5 @ 65 %	5 @ 65 %
	4 @ 70 %	2 x 3 @ 80 %	2 x 3 @ 80 %
	2 x 3 @ 80 %	2 x 2 @ 85 %	3 x 2 @ 85 %
Front Squat	8 @ 40 %	8 @ 40 %	8 @ 40 %
	2 x 6 @ 55 %	6 @ 55 %	6 @ 55 %
		2 x 5 @ 60 %	2 x 4 @ 60 %
Bench Press	8 @ 70 %	8 @ 70 %	8 @ 70 %
	2 x 6 @ 75 %	6 @ 77.5 %	6 @ 77.5 %
	2 x 6 @ 80 %	3 x 4 @ 85 %	3 x 4 @ 85 %
Neutral-Grip Pull-Ups	8 on assist @ 60 % BW	8 on assist @ 60 % BW	8 on assist @ 60 % BW
	3 x max reps	3 x max reps	3 x max reps
Lunges or Walking Lunges	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 5 reps
Cuban Press	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 8 reps
Dips	10 @ BW	10 @ BW	10 @ BW
	2 x 8 @ BW + 15 %	2 x 8 @ BW + 20 %	3 x 8 @ BW + 20 %
GHR	8 @ BW	8 @ BW	8 @ BW
	2 x 8 @ BW + 10 %	2 x 8 @ BW + 15 %	2 x 5 @ BW + 15 %
MB Parallel Throw	2 x 10 each side @ 3 kg	2 x 10 each side @ 3 kg	3 x 10 each side @ 3 kg

# = % of squat max

\* = % of bench max in each hand

BW = body weight

## Day Two

Exercise	Week of 6/23/08	Week of 6/30/08	Week of 7/7/08
Clean Pull	5 @ 45, 67 pounds	5 @ 45, 67 pounds	5 @ 45, 67 pounds
	3 x 5 @ 50 %	3 x 5 @ 55 %	3 x 5 @ 60 %
Parallel Squat	8 @ 70 %	8 @ 70 %	8 @ 70 %
	2 x 6 @ 75 %	6 @ 77.5 %	6 @ 77.5 %
	2 x 6 @ 80 %	3 x 4 @ 85 %	3 x 4 @ 85 %
* Incline DB Bench	8 @ 15 %	8 @ 15 %	8 @ 15 %
	max reps @ 27.5 %	max reps @ 27.5 %	max reps @ 27.5 %
* DB Row	8 @ 15 %	8 @ 15 %	8 @ 15 %
	max reps @ 30 %	max reps @ 30 %	max reps @ 30 %
# Bulgarian Squat	8 @ 10 %	8 @ 10 %	8 @ 10 %
	2 x 8 @ 15 %	2 x 8 @ 15 %	3 x 8 @ 15 %
Rear Delt Raise	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 5 reps
RDL	8 @ 50 %	8 @ 50 %	8 @ 50 %
	2 x 5 @ 60 %	2 x 5 @ 65 %	3 x 5 @ 65 %
MB Perpendicular Throw	2 x 10 each side @ 3 kg	2 x 10 each side @ 3 kg	3 x 10 each side @ 3 kg

# = % of squat max

\* = % of bench max in each hand

BW = body weight

## Day Three

Perform 3 circuits of either routine. Use light weights for each exercise. The goal is not how much weight you can lift, rather how fast can you complete each lift while maintaining good form. No rest between exercises. Rest 2 – 3 minutes between circuits.

Routine A

Squat Thrust – Upright Row	x 8
DB Push-Up and Row	x 10
Pistol Squat	x 8 each leg
SB Cross Climbers	x 20
Clap Push-Ups	x 6
Pull-Ups	x 5
SB Leg Curl	x 20
Burpees	x 8

Routine B

DB Squat-Press	x 8
DB Push-Up and Row	x 10
Lateral Lunge	x 8 each way
V-Ups	x 10
Scissor Push-Ups	x 6
Dual DB Row	x 8
SB SL March	x 20
Burpees	x 8

## Day One

Exercise	Week of 7/14/08	Week of 7/21/08	Week of 7/28/08
Clean Pull	5 @ 45, 67 pounds	5 @ 45, 67 pounds	5 @ 45, 67 pounds
Hang Clean	2 x 3 @ 80 %	5 @ 65 %	5 @ 65 %
	2 x 2 @ 90 %	2 x 3 @ 80 %	2 x 2 @ 85 %
	5 @ 60 %	2 x 2 @ 85 %	3 x 1 @ 92.5 %
Front Squat	8 @ 40 %	8 @ 40 %	8 @ 40 %
	6 @ 55 %	2 x 6 @ 55 %	6 @ 55 %
	2 x 4 @ 65 %		2 x 4 @ 60 %
Bench Press	8 @ 70 %	8 @ 70 %	8 @ 70 %
	2 x 5 @ 82.5 %	6 @ 77.5 %	6 @ 77.5 %
	3 x 2 @ 90 %	2 x 4 @ 85 %	3 x 4 @ 85 %
Neutral-Grip Pull-Ups	8 on assist @ 60 % BW	8 on assist @ 60 % BW	8 on assist @ 60 % BW
	3 x max reps	3 x max reps	3 x max reps
Lunges or Walking Lunges	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 5 reps
Cuban Press	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 8 reps
Dips	10 @ BW	10 @ BW	10 @ BW
	3 x 5 @ BW + 25 %	2 x 8 @ BW + 15 %	3 x 8 @ BW + 20 %
GHR	8 @ BW	8 @ BW	8 @ BW
	2 x 5 @ BW + 20 %	2 x 8 @ BW + 10 %	2 x 5 @ BW + 20 %
MB Parallel Throw	3 x 10 each side @ 3 kg	2 x 10 each side @ 3 kg	3 x 10 each side @ 3 kg

# = % of squat max

\* = % of bench max in each hand

BW = body weight

## Day Two

Exercise	Week of 7/14/08	Week of 7/21/08	Week of 7/28/08
Clean Pull	5 @ 45, 67 pounds	5 @ 45, 67 pounds	5 @ 45, 67 pounds
	3 x 5 @ 50 %	3 x 5 @ 55 %	3 x 5 @ 60 %
Parallel Squat	8 @ 70 %	8 @ 70 %	8 @ 70 %
	2 x 5 @ 82.5 %	6 @ 77.5 %	2 x 4 @ 85 %
	3 x 2 @ 90 %	2 x 4 @ 85 %	3 x 2 @ 92.5 %
* Incline DB Bench	8 @ 15 %	8 @ 15 %	8 @ 15 %
	max reps @ 27.5 %	max reps @ 27.5 %	max reps @ 27.5 %
* DB Row	8 @ 15 %	8 @ 15 %	8 @ 15 %
	max reps @ 30 %	max reps @ 30 %	max reps @ 30 %
# Bulgarian Squat	8 @ 10 %	8 @ 10 %	8 @ 10 %
	2 x 5 @ 20 %	2 x 8 @ 15 %	2 x 5 @ 20 %
Rear Delt Raise	2 -3 sets x 8 reps	2 -3 sets x 12 reps	3 sets x 5 reps
RDL	8 @ 50 %	5 @ 30 %	5 @ 30 %
Single RDL 7/21 and beyond	3 x 4 @ 70 %	2 x 5 @ 35 %	3 x 5 @ 40 %
MB Perpendicular Throw	3 x 10 each side @ 3 kg	2 x 10 each side @ 3 kg	3 x 10 each side @ 3 kg

# = % of squat max

\* = % of bench max in each hand

BW = body weight

## Day Three

Perform 3 to 4 circuits of either routine. Use light weights for each exercise. The goal is not how much weight you can lift, rather how fast can you complete each lift while maintaining good form. No rest between exercises. Rest 2 – 3 minutes between circuits.

Routine A

Squat Thrust – Upright Row	x 8
DB Push-Up and Row	x 10
Pistol Squat	x 8 each leg
SB Cross Climbers	x 20
Clap Push-Ups	x 6
Pull-Ups	x 5
SB Leg Curl	x 20
Burpees	x 8

Routine B

DB Squat-Press	x 8
DB Push-Up and Row	x 10
Lateral Lunge	x 8 each way
V-Ups	x 10
Scissor Push-Ups	x 6
Dual DB Row	x 8
SB SL March	x 20
Burpees	x 8

Day One

Exercise	Week of 8/4/08	Week of 8/11/08	Week of 8/18/08
Clean Pull	5 @ 45, 67 pounds	5 @ 45, 67 pounds	5 @ 45, 67 pounds
Hang Clean	5 @ 65 %	5 @ 65 %	5 @ 65 %
	3 @ 80 %	2 x 3 @ 85 %	2 x 3 @ 80 %
	3 x 2 @ 90 %	2 x 1 @ 95 %	2 x 2 @ 87.5 %
	5 @ 60 %	5 @ 60 %	5 @ 60 %
Front Squat	8 @ 40 %	8 @ 40 %	8 @ 40 %
	6 @ 55 %	2 x 4 @ 60 %	6 @ 55 %
	2 x 4 @ 65 %	3 x 3 @ 70 %	2 x 4 @ 60 %
Bench Press	8 @ 70 %	8 @ 70 %	8 @ 70 %
	2 x 5 @ 82.5 %	2 x 4 @ 85 %	6 @ 77.5 %
	3 x 2 @ 90 %	3 x 1 @ 95 %	3 x 4 @ 85 %
Neutral-Grip Pull-Ups	8 on assist @ 60 % BW	8 on assist @ 60 % BW	8 on assist @ 60 % BW
	3 x max reps	3 x max reps	3 x max reps
Lunges or Walking Lunges	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 5 reps
Cuban Press	2 -3 sets x 8 reps	2 -3 sets x 8 reps	3 sets x 8 reps
Dips	10 @ BW	10 @ BW	10 @ BW
	3 x 5 @ BW + 25 %	2 x 4 @ BW + 30 %	3 x 8 @ BW + 15 %
GHR	8 @ BW	8 @ BW	8 @ BW
	2 x 5 @ BW + 20 %	3 x 5 @ BW + 20 %	2 x 8 @ BW + 10 %
Split MB Parallel Throw	3 x 10 each side @ 3 kg	3 x 10 each side @ 3 kg	2 x 10 each side @ 3 kg

# = % of squat max      \* = % of bench max in each hand      BW = body weight

Day Two

Exercise	Week of 8/4/08	Week of 8/11/08	Week of 8/18/08
Clean Pull	5 @ 45, 67 pounds	5 @ 45, 67 pounds	5 @ 45, 67 pounds
	3 x 5 @ 60 %	3 x 5 @ 65 %	2 x 5 @ 50 %
Parallel Squat	8 @ 70 %	8 @ 70 %	8 @ 70 %
	2 x 5 @ 82.5 %	2 x 4 @ 85 %	6 @ 77.5 %
	3 x 2 @ 90 %	3 x 1 @ 95 %	3 x 4 @ 85 %
* Incline DB Bench	8 @ 15 %	8 @ 15 %	8 @ 15 %
	max reps @ 27.5 %	max reps @ 27.5 %	max reps @ 27.5 %
* DB Row	8 @ 15 %	8 @ 15 %	8 @ 15 %
	max reps @ 30 %	max reps @ 30 %	max reps @ 30 %
# Bulgarian Squat	8 @ 10 %	8 @ 10 %	8 @ 10 %
	2 x 5 @ 25 %	2 x 4 @ 30 %	2 x 5 @ 15 %
Rear Delt Raise	2 -3 sets x 8 reps	3 sets x 5 reps	2 sets x 12 reps
Single RDL	5 @ 30 %	5 @ 30 %	5 @ 30 %
	2 x 5 @ 40 %	3 x 4 @ 45 %	2 x 5 @ 35 %
Split MB Perpendicular Throw	3 x 10 each side @ 3 kg	3 x 10 each side @ 3 kg	2 x 10 each side @ 3 kg

# = % of squat max      \* = % of bench max in each hand      BW = body weight

## Day Three

Perform 3 to 4 circuits of either routine. Use light weights for each exercise. The goal is not how much weight you can lift, rather how fast can you complete each lift while maintaining good form. No rest between exercises. Rest 2 – 3 minutes between circuits.

Routine A

Squat Thrust – Upright Row	x 8
DB Push-Up and Row	x 10
Pistol Squat	x 8 each leg
SB Cross Climbers	x 20
Clap Push-Ups	x 6
Pull-Ups	x 5
SB Leg Curl	x 20
Burpees	x 8

Routine B

DB Squat-Press	x 8
DB Push-Up and Row	x 10
Lateral Lunge	x 8 each way
V-Ups	x 10
Scissor Push-Ups	x 6
Dual DB Row	x 8
SB SL March	x 20
Burpees	x 8