

Week: 6 (2/14-2/18)

Were you here? Mon. ___ Tues. ___

Thurs. ___ Fri. ___

OCHS- Hypertrophy

Grade Next Fall: _____

POWER & Core	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5	Legs & Core	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5
Font Squat (80% of Back Squat)	10 @ 72.5%	9 @ 75%	8 @ 77%			Squat	10 @ 75%	8 @ 80%	8 @ 80%	6 @ 85%	
Cleans	5 @ 75%	4 @ 80%	4 @ 80%	3 @ 85%		Hang Snatch	4 @ 40%	3 @ 45%	3 @ 45%		
Split Jerk	4 @ 70%	4 @ 70%	3 @ 75%			Good Mornings	8RM	8RM	8RM		
Deadlift	5RM	4RM	4RM	3RM		Stiff Legged Deadlift	10RM	9RM	8RM	8RM	
M.B. Sledge hammer/explosive pushups	6RM	6RM	6RM			Calf Raises	15 reps	15 reps	15 reps		
Chest pass/push up	8RM	8RM				Med. Ball Hip Rotations	15/side	15/side			
Plank (all 4 positions 1 time through)	60 sec. each way					Hanging Leg Raise	AMAP	AMAP			
Upper Body Push	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5	Upper Body Push/Pull	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5
Push Press	5RM	4RM	4RM	3RM		Incline Press	10 @ 75%	8 @ 80%	8 @ 80%	6 @ 85%	
Bench Press	10 @ 75%	8 @ 80%	8 @ 80%	6 @ 85%		Military Press	8RM	8RM	8RM		
Dips or Decline (Do decline if you have trouble w/ dips.)	10-12RM	10-12RM	10-12RM			Bent Row	10RM	9RM	8RM	8RM	
Snatch Squats	10RM	9RM	8RM	8RM		Upright Rows	10RM	9RM	8RM	8RM	
Skull Crushers	8RM	8RM	8RM			Bicep Curls	10RM	9RM	8RM	8RM	
4-Way Neck Machine	20 reps	20 reps	20 reps			Shoulder Front and Side Raises	8RM	8RM	8RM		
						Lat Pulls or Chin ups (AMAP for chin ups)	AMAP	AMAP	AMAP		

- 1) Prior to first set of each exercise, complete 1 warm-up set of 10-12 reps @ 50% of 1RM
- 2) Explosive and Strength lift rest periods = 2-4 min.
- 3) Groups of 3 or 4 will be utilized to maintain proper rest periods during explosive and strength lifts.
- 4) Auxiliary lift rest periods = 30-90 seconds.
- 5) THE GOAL OF THIS BASE PHASE IS TO GET BIG!