

Week: 7 (2/22-2/25)

Were you here? Tues. ___ Wed. ___

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)	8 @ 77%	8 @ 77%	8 @ 77%			Squat	10 @ 75%	8 @ 80%	6 @ 85%	6 @ 85%	
Cleans	4 @ 80%	4 @ 80%	3 @ 85%	3 @ 85%		Hang Snatch	4 @ 40%	4 @ 40%	3 @ 45%	3 @ 45%	
Split Jerk	4 @ 70%	4 @ 75%	3 @ 80%			Good Mornings	10RM	10RM			
Deadlift	4RM	4RM	3RM	3RM		Stiff Legged Deadlift	10RM	9RM	9RM		
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	4RM	4RM	3RM	3RM		Incline Press	10 @ 75%	8 @ 80%	6 @ 85%	6 @ 85%	
Bench Press	10 @ 75%	8 @ 80%	6 @ 85%	6 @ 85%		Military Press	8RM	8RM	6RM	6RM	
Tricep Ext. (cable pull-downs or dumbbell ext.)	8RM	8RM	8RM			Bent Row	10RM	8RM	8RM	6RM	
Snatch Squats	10RM	9RM	8RM	8RM		Upright Rows	10RM	8RM	8RM	6RM	
Skull Crushers	8RM	8RM	8RM			Bicep Curls	10RM	8RM	8RM	6RM	
4-Way Neck Machine	15 reps	15 reps	15 reps			Reverse Fly (back)	10RM	10RM	10RM		
						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!