

Beginning Summer (7/4-7/7)

Were you here? Mon. ___ Tues. ___ Thurs. ___

PIONEER PRE-SEASON POWER Phase
LIFT HOW YOU WILL PLAY!

Name: _____

Grade This Fall: _____

Power Day	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5	Up. Strength/Low. Plyos.Day	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5
Hang Snatch*	5 @ 30%	4 @ 35%	4 @ 35%	3 @ 40%		Box Jumps***	8RM	8RM			
DB Split Jerk**	5RM	5RM	5RM			Bench Press	6 @ 65%	5 @ 70%	4 @ 72.5%	3 @ 75%	
Power Cleans	5 @ 65%	4 @ 70%	4 @ 72.5%	3 @ 75%		Alternating DB Incline Press	8RM	8RM	8RM		
Log Lift and Press	6RM	6RM				Single Arm Alternating Bent Row	8RM	8RM			
Good Mornings	8RM	8RM				2-way shoulder raise (front then side is 1 rep)	8RM	8RM			
4 way neck machine	8RM	8RM				Stride Jumps (Plyo Box or Bench)	8RM	8RM			
Low. Strength/Up. Plyos.	Set # 1	Set # 2	Set # 3	Set # 4	Set # 5	WORKOUT Rotation	LINEMAN		SKILLS		
Squat	6 @ 65%	5 @ 70%	4 @ 72.5%	3 @ 75%		Power Day	Monday		Tuesday		
DB or Barbell Step-ups	8RM	8RM	8RM			Up. Strength/Low. Plyos Day	Thursday		Monday		
Stiff legged Deadlift	8RM	8RM				Low. Strength/Up. Plyos Day	Tuesday		Thursday		
Single Arm Chest Pass	8RM	8RM				LIFT AS POWERFULLY AS POSSIBLE ON EVERY SET. NO LET UP!					
Kneeling Overhead Pass	8RM	8RM				* Please remember to adjust weight if too heavy/light accordingly on hang snatch.					
Drop Push-up (Can be done from knees)	8RM	8RM				** You will need to find weights that work for you in all DB lifts since there are no %'s.					

*** **BOX JUMPS:** Use taller box or DB in hands to increase diff. as reps lower.

Notes:

- 1) Groups of 3 or 4 will be utilized to maintain proper rest periods during **explosive** and **strength** lifts.
- 2) Prior to first set of each exercise, complete 1 warm-up set of 12 reps @ 50% of 1RM
- 3) **Explosive** and **Strength** lift rest periods = 2-4 min.

ARE YOU A BETTER FOOTBALL PLAYER TODAY THAN YOU WERE YESTERDAY?

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4) Auxiliary lift rest periods = 30-90 seconds. **Your weight should go up weekly on all auxiliary lifts.**

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YESTERDAY?**