

NAME: _____

CNU TFXC POWER TRAINING

Date/BW:	2/6/18		2/8/18		2/12/18		2/19/18		2/21/18		2/26/18		2/28/18	
PRIMARY	Week 1				Week 2		Week 3				Week 4			
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Front Squats	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10
Back Squats	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10
	Max8	Max	Mon-5%	6	Max8	Max	Max8	Max	Mon-5%	6	Max8	Max	Mon-5%	6
	Max8	6	Mon-5%	6	Max8	6	Max8	6	Mon-5%	6	Max8	6	Mon-5%	6
	Max8	6	Mon-5%	6	Max8	6	Max8	6	Mon-5%	6	Max8	6	Mon-5%	6
Front Squats	Narrow	10	Narrow	10	Narrow	10	Narrow	10	Narrow	10	Narrow	10	Narrow	10
Full Cleans	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8
Hang Cleans	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8	Warm-Up	8
	Max8	Max	Mon-5%	6	Max8	Max	Max8	Max	Mon-5%	6	Max8	Max	Mon-5%	6
	Max8	6	Mon-5%	6	Max8	6	Max8	6	Mon-5%	6	Max8	6	Mon-5%	6
	Max8	6	Mon-5%	6	Max8	6	Max8	6	Mon-5%	6	Max8	6	Mon-5%	6
DB Snatches	Med	8e	Med	8e	Med	8e	Med	8e	Med	8e	Med	8e	Med	8e
	Med	8e	Med	8e	Med	8e	Med	8e	Med	8e	Med	8e	Med	8e
Bench Press	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10	Warm-Up	10
Primary II: 2x6 Paused 2x6 Slow Eccentric	Max8	Max	Mon-5%	6p	Max8	Max	Max8	Max	Mon-5%	6p	Max8	Max	Mon-5%	6p
	Max8	6	Mon-5%	6p	Max8	6	Max8	6	Mon-5%	6p	Max8	6	Mon-5%	6p
	Max8	6	Mon-5%	6s	Max8	6	Max8	6	Mon-5%	6s	Max8	6	Mon-5%	6s
	Max8	6	Mon-5%	6s	Max8	6	Max8	6	Mon-5%	6s	Max8	6	Mon-5%	6s
Low Rows	Med+	8	Med	8	Med+	8	Med+	8	Med	8	Med+	8	Med	8
	Med+	8	Med	8	Med+	8	Med+	8	Med	8	Med+	8	Med	8
	Med+	8	Med	8	Med+	8	Med+	8	Med	8	Med+	8	Med	8

Instructions/Notes: Warm-up weights
 Full Range of Motion; Controlled speed; Carefull Technique.

Max8 = 8rep Max test: estimate, attempt, adjust (+/-2 reps = 3% per rep diff)
Wed: If all Mon reps were completed, go up 5% for that lift; otherwise, repeat and complete!
Med+ = you could do 2 more reps at that weight; **Med =** you could do 3 more reps

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Date/BW:	2/7/18				2/13/18				2/20/18				2/22/18				2/27/18			
AUXILIARY	Week 1				Week 2				Week 3				Week 4							
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps		
Step-Ups																				
<i>Sagittal</i>	Med+	8e			Med+	8e			Med+	8e			Med+	8e			Med+	8e		
<i>Lateral</i>	Med+	8e			Med+	8e			Med+	8e			Med+	8e			Med+	8e		
Overhead Squats	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
Back Ext.	Med+	12			Med+	12			Med+	12			Med+	12			Med+	12		
	Med+	12			Med+	12			Med+	12			Med+	12			Med+	12		
Hamstring Curls	Med+	12			Med+	12			Med+	12			Med+	12			Med+	12		
	Med+	12			Med+	12			Med+	12			Med+	12			Med+	12		
Ankle Ext.	Med+	15e			Med+	15e			Med+	15e			Med+	15e			Med+	15e		
	Med+	15e			Med+	15e			Med+	15e			Med+	15e			Med+	15e		
Shoulder Press	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
Triceps Press	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
DB Flys	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
Lat Pulls	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
NRG Pulls	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
	Med+	8			Med+	8			Med+	8			Med+	8			Med+	8		
Notes:																				