

NAME:

CNU TFXC POWER TRAINING

Date/BW:	4/2/18		4/4/18		4/9/18		4/11/18		4/16/18		4/18/18	
PRIMARY	Week 1				Week 2				Week 3			
	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
Back Squats	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	Mon+5%	6	Max8	Max	Mon-5%	6
	Max8	6	Mon+5%	6	Max8	6	Mon+5%	6	Max8	6	Mon-5%	6
	Max8	6	Mon+5%	6	Max8	6	Mon+5%	6	Max8	6		
Front Squats	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
Hang Cleans	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	Mon+5%	6	Max8	Max	Mon-5%	6
	Max8	6	Mon+5%	6	Max8	6	Mon+5%	6	Max8	6	Mon-5%	6
	Max8	6	Mon+5%	6	Max8	6	Mon+5%	6	Max8	6		
DB Snatches	Med+	6e	Med	6e	Med+	6e	Med	6e	Med+	6e	Med	6e
	Med+	6e	Med	6e	Med+	6e	Med	6e	Med+	6e	Med	6e
Bench Press	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	Mon-5%	6p	Max8	Max	Mon-5%	6p
	Max8	6	Mon-5%	6p	Max8	6	Mon-5%	6p	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	Max8	6		
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		
Instructions/Notes:	Warm-up weights Full Range of Motion; Controlled speed; Carefull Technique.				Max8/10 = 8/10rep 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:				4/3/18		4/5/18		4/12/18		4/17/18					
AUXILIARY				Week 1				Week 2				Week 3			
				Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
Step-Ups															
<i>Saggital</i>				Med+	8e	Med-	8e	Med+	8e	Med	8e				
<i>Lateral</i>				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				
Back Ext.				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				
Ankle Ext.				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				
Triceps Press				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				
Lat Pulls				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				
Notes:															