

Ranger Strength & Conditioning Program -2010

Freshman and Transfers

MARCH 22nd 2010 – The Strength & Conditioning Program will be ON-Line.

www.nwosu.edu/strength-and-conditioning-program

- Freshman and Transfers will have #21 weeks of lifting and running BEFORE you report for Fall Camp. You will lift for #12 Weeks and then Max Week #13. You then will have #8 more weeks of preparation before you report.
- We Lift on Monday-Lift & Speed/Agilities.
- Tuesday-Lift & Conditioning.
- Wednesday-Is Pattern Running by Position
- Thursday-Lift & Speed/Agilities.
- Friday-Lift & Conditioning.

Notes: Running Days are Monday-which includes Speed & Agility work. Tuesday- is conditioning. Wednesday-is Stretching Day. Thursday-Is Speed &Agility work. Friday- is conditioning.

- **THIS IS NOT A SUGGESTION: YOU MUST FOLLOW THE STRENGTH & CONDITIONING PROGRAM EXACTLY AS IT SAYS!! IF YOU DO NOT FOLLOW IT YOU WILL NOT BE IN SHAPE FOR THIS TEAM, AND YOU WILL NOT MAKE IT.**
- When you report for Fall Camp there will be a conditioning test that you must pass. If you fail it you will face disciplinary action by the coaching staff. Even worse, you will undoubtedly lose the respect of your teammates who have trained tirelessly throughout the course of the summer to pass this test.

Before you start this program get a 1-Rep Max on the following lifts:

- Power Clean
- Hang Clean
- Hang Clean + Jerk
- Push Jerk
- Back Squat
- Front Squat
- Bench Press
- Incline Press
- Straight Bar Curls
- Pull-Ups