

2011 Ranger Strength and Conditioning Program

MONDAY:	1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(67%)		Set # 5 =(72%)		Set # 6 =(75%)		Set # 7=(80%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Form Run & 3-Min. Jump Rope
Power Clean		xxx		5		5		5		5						Speed and Explosion
Push Jerk		xxx		5		5		5		5						Speed and Explosion
Bench Press		10		8		5		8		8		8		8		1 x Clap Push-Ups to Failure
D.B. Incline		12		10		10		10								2 x 10 Close Grip
3-Way Shoulder Raises		15		12		12										Use 20 lbs D.B
Tricep Dips		Failure		Failure												
D.B. Curls		15		15		15										
Pull - Ups (Palms Out)		Failure		Failure		Failure										Body Weight
Abdominal Crunches		100		100												200 Crunches
TUESDAY:	1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(67%)		Set # 5 =(72%)		Set # 6 =(75%)		Set # 7=(80%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Hurdle Routine & Dot Drill
Hang Clean		6		5		xxx		3		5-80%		5-80%		5-85%		See the % change on Cleans
Back Squat		10		8		xxx		8		8		8		8		They (xxx) do not do.
Barebell Lunges		10		10		10		Add weight each week								Do weight you can handle
1-Leg Hamstring Curls		15		12		10										15-Each Leg Right / Left
Straight Leg Dead Lift		15		12		10										135 Lbs
Calf Raises		50		50		50		50								Body Weight
D.B. Reverse Lunge		20		20												D.B.'s Over Head
4-Way Neck Machine		20		20												
Lat Pull Downs		15		15		15										Meduim Weight
THURSDAY:	1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(67%)		Set # 5 =(72%)		Set # 6 =(75%)		Set # 7=(80%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Form Run & 3-Min. Jump Rope
Hang Clean + Jerk		xxx		5		5		5		5						Speed and Explosion
Clean Pull Form the Floor		xxx		xxx		5		5		5		5				
Incline Press		12		8		5		8		8		8		8		
D.B. Bench Press		12		12		10		10								
Close Grip Bench Press		12		8		5		8		8		8				
Tricep Extensions		15		12		10										Record your weight used
3-Way Shoulder Raises		15		12		10										Use 25 lbs D.B
Straight Bar Curls		15		15		15		15								Record your weight used
Abdominal Crunches		100		100												200 Crunches
FRIDAY:	1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(67%)		Set # 5 =(72%)		Set # 6 =(75%)		Set # 7=(80%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Hurdle Routine & Cone Drills
Power Clean		6		5		xxx		3		5-80%		5-80%		5-85%		
Back Squat		10		8		xxx		8		8		8		8		
1-Arm D.B. Row		10		10		10										
Front Squat		10		8		xxx		8		8		8		8		Use 65% of Squat Max
1-Leg Hamstring Curls		15		15		15										
Glute Ham Raise		15		15		15										
Straight Leg Dead Lift		15		15		15										135 Lbs
Calf Raises		50		50		50		50								
Abdominal Crunches		100		100		100										300 Crunches

NOTE: During Phase # 1: Rest 60 Sec. between each set, and 1:30 Minutes between each Lift. Also the Velocity of the lift should be raise it in 2 seconds and lower it in 4 seconds. This is very IMPORTANT.

If you can complete the exercise add 5 lbs. the next time you lift to your MAX. (Example: Power Clean Max is 300lbs. And you completed all your sets go to 305lbs the next time you Power Clean. Pay close attention to the percentages they change daily.

What are you doing to be a NATIONAL CHAMPION TODAY!