

2009 Ranger Strength and Conditioning Program

MONDAY:		1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(65%)		Set # 5 =(70%)		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	Reps	Weight	Form Run & 3-Min. Jump Rope
Power Clean		5		5		5		5										Speed and Explosion
Push Jerk		5		5		5		5										Speed and Explosion
Bench Press		12		8		5		10			10			10				1x Clap Push-Ups to Failure
D.B. Incline		12		12		12		12										1x10-Close Grip
3-Way Shoulder Raises		15		15		15												Use 15 lbs D.B
Tricep Dips		Failure		Failure		Failure		Failure										
D.B. Curls		15		15		15												
Pull - Ups (Palms face out)		Failure		Failure		Failure		Failure										Body Weight
Abdominal Crunches		100																100 Crunches
TUESDAY:		1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(65%)		Set # 5 =(70%)		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	Reps	Weight	Hurdle Routine
Hang Clean		6		5		xxx		3		5		5		5				Speed and Explosion
Squat		10		8		xxx		10		10		10						The (xxx) do not do.
Barebell Lunges		15		15		15												Do weight you can handle
1-Leg Hamstring Curls		15		15		15												15-Each Leg Right / Left
Straight Leg Dead Lift		15		15		15												135 Lbs
Calf Raises		50		50		50		50										Body Weight
1-Leg Squats		20		20														Bar over head 20 each leg
4-Way Neck Machine		20		20														
Abdominal Crunches		100																100 Crunches
THURSDAY:		1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(65%)		Set # 5 =(70%)		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	Reps	Weight	Form Run & 3-Min. Jump Rope
Hang Clean + Jerk		5		5		5		5		5								Speed and Explosion
Clean Pull Form the Floor		xxx		xxx		5		5		5		5						
Incline Press		12		8		5		10		10		10						
D.B. Bench Press		12		12		12		12										
Close Grip Bench Press		12		8		5		10		10		10						
Tricep Extensions		15		15		15												Record your weight used
3-Way Shoulder Raises		15		15		15												Use 20 lbs D.B
Straight Bar Curls		15		15		15												Record your weight used
Abdominal Crunches		100																100 Crunches
FRIDAY:		1-RM	Set # 1 =(50%)		Set # 2 =(55%)		Set # 3 =(60%)		Set # 4 =(65%)		Set # 5 =(70%)		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	Reps	Weight	Hurdle Routine
Power Clean		6		5		xxx		3		5		5		5				
Squat		10		8		xxx		10		10		10						
1-Arm D.B. Row		10		10		10												
Front Squat		10		8		xxx		10		10		10						Use 60% 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		50		100												150 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. Velocity on Power Cleans & Olympic Lifts is 1 to 1.

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. IF there are not any % changes use the % given where the SET IS GIVEN. Ex. (Set #1 50%) Use 50%.

What are you doing to be a NATIONAL CHAMPION TODAY!