

2009 Ranger Strength and Conditioning Program

MONDAY:		1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Plyo Boxes	
Power Clean		3-67%		3-70%		3-72%		3-75%		3-80%						Speed and Explosion	
Push Jerk		3-67%		3-70%		3-72%		3-75%		3-80%						Speed and Explosion	
Bench Press		8-50%		5-67%		3-87%		2-95%		1-100%		1-103%		1-105%		Do 1 Negative @ 120% Max	
D.B. Incline		12		10		8											
3-Way Shoulder Raises		12		12		12											
Tricep Extensions		12		10		8		8		6							
D.B. Curls		12		10		8		8									
Pull - Ups (Palms Out)		Failure		Failure		Failure										Body Weight	
Abdominal Crunches		100		100		100		100		200		200		200		1000 Crunches	
TUESDAY:		1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Plyo Boxes	
Hang Clean		6-50%		5-62%		3-75%		1-90%		1-95%		1-100%		1-105%		See the % change on Cleans	
Squat		10-50%		8-60%		5-70%		2-82%		1-97%		1-103%		1-110%		Super Set 1x10 D.B Squat Jumps	
Barebell Lunges		15		12		10		Add weight each week								185lbs or 205	
1-Leg Hamstring Curls		15		12		10										Each Leg Right / Left	
Straight Leg Dead Lift		12		10		8										135 Lbs or 185lbs	
Calf Raises		50		50		50		50								Body Weight	
1-Leg Squats		15		12		10		Add weight each week								Bar over head each leg	
4-Way Neck Machine		15		15													
Lat Pull Downs		15		12		10		8		6							
THURSDAY:		1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)		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		3-67%		3-70%		3-72%		3-75%								Speed and Explosion	
Clean Pull Form the Floor		xxx		xxx		xxx		xxx		4		4		4		Do all at 105% of Hang Clean	
Incline Press		8-50%		5-67%		3-87%		2-95%		1-100%		1-103%		1-105%		Do 1 Negative @ 120% Max	
D.B. Bench Press		12		10		8		6	Chest Flyes to Failure						Super Set Chest Flyes 1x Failure		
Close Grip Bench Press		8-50%		5-67%		3-82%		2-85%		2-90%		1-95%		1-97%			
Tricep Dips		Failure		Failure		Failure										Weighted Dips	
3-Way Shoulder Raises		12		12		12										Use 30 lbs D.B	
Straight Bar Curls		15		12		10		8		8		6				Record your weight used	
Abdominal Crunches		100		100		100		100		200		200		200		1000 Crunches	
FRIDAY:		1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)		Reminders
Warm-up: Dynamic Warm-up	MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Plyo Boxes	
Power Clean		6-50%		5-62%		3-75%		1-90%		1-95%		1-100%		1-105%			
Squat		10-50%		8-60%		5-70%		1-82%		1-97%		1-100%		1-105%			
Dead Lift		xxx		xxx		xxx		3		3		3		3		Do all at 100% of Squat Max	
Front Squat		10-50%		8-60%		5-70%		3-82%		1-97%		1-103%		1-107%		Use 70% of Squat Max	
1-Leg Hamstring Curls		15		15		12		10		8							
Glute Ham Raise		15		15													
Straight Leg Dead Lift		12		10		8										135 Lbs	
Good Mornings		15		15												135 Lbs	
1-Arm D.B. Row		10		10		10											

NOTE: During Phase # 4: Rest 2:30-Min. between each set, and 3:00 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!