

2009 Ranger Strength and Conditioning Program

MONDAY:																	Reminders
1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)				
MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight			
Warm-up: Dynamic Warm-up	MAX																Plyo Boxes
Power Clean		3-77%		3-80%		3-82%		3-85%		2-90%							Speed and Explosion
Push Jerk		3-77%		3-80%		3-82%		3-85%		2-90%							Speed and Explosion
Bench Press		8-62%		5-67%		3-87%		2-95%		1-100%		1-105%		1-107%			
D.B. Incline		12		10		8		8									
3-Way Shoulder Raises		12		12		12											
Tricep Extensions		12		10		8		8		6							
D.B. Curls		12		10		8		8		6							
Pull - Ups (Palms Out)		Failure		Failure		Failure											Body Weight
Abdominal Crunches		100		100		100		100		200		200		200			1000 Crunches
TUESDAY:																	Reminders
1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)				
MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight			
Warm-up: Dynamic Warm-up	MAX																Hurdle Routine
Hang Clean		6-50%		5-62%		3-75%		1-90%		1-95%		1-100%		1-107%			See the % change on Cleans
Squat		10-50%		8-55%		5-65%		6-72%		6-77%		6-85%					
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		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									
THURSDAY:																	Reminders
1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)				
MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight			
Warm-up: Dynamic Warm-up	MAX																Plyo Boxes
Hang Clean + Jerk		3-77%		3-80%		3-82%		3-85%		2-90%							Speed and Explosion
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		8-62%		5-67%		3-87%		2-90%		1-95%		1-97%		1-100%			
Straight Bar Curls		15		12		10		8		8		6					Record your weight used
Tricep Dips		Failure		Failure		Failure											Weighted Dips
3-Way Shoulder Raises		12		12		12											Use 30 lbs D.B
Tricep Press Downs		20		15		12		10		8		6					Record your weight used
Abdominal Crunches		100		100		100		100		200		200		200			1000 Crunches
FRIDAY:																	Reminders
1-RM	Set # 1 =(75%)		Set # 2 =(80%)		Set # 3 =(85%)		Set # 4 =(90%)		Set # 5 =(95%)		Set # 6 =(100%)		Set # 7=(105%)				
MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight			
Warm-up: Dynamic Warm-up	MAX																Plyo Boxes
Power Clean		6-50%		5-62%		3-75%		1-90%		1-95%		1-100%		1-107%			
Squat		10-50%		8-55%		5-65%		6-72%		6-77%		6-85%					Do 2 x 12 D.B. Jump Squats
Dead Lift		xxx		xxx		xxx		xxx		5		5		5			Do all at 105% of Squat Max
Front Squat		12-55%		8-65%		5-70%		6-72%		6-77%		6-85%					Use 70% of Squat Max
1-Leg Hamstring Curls		15		12		10											
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!