

2009 Ranger Strength and Conditioning Program

MONDAY:		1-RM	Set #1=(40%)		Set #2=(50%)		Set#3=(60%)		Set#4=(75%)		Set#5=(85%)		Set#6=(95%)		Set#7=(100%)		Reminders
Warm-up: Dynamic Warm-up		MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Power Clean			8		6		6		4		3		2		1		Rest 3:00minutes between sets
Push Jerk			8		6		5		3		2		2		1		Rest 3:00minutes between sets
Bench Press			12		10		6		4		3		2		1		Rest 3:00minutes between sets
Tricep Dips			Failure														Record the # you did
RECORD ALL 1-REP MAXES																	
TUESDAY:		1-RM	Set #1=(40%)		Set #2=(50%)		Set#3=(60%)		Set#4=(75%)		Set#5=(85%)		Set#6=(95%)		Set#7=(100%)		Reminders
Warm-up: Dynamic Warm-up		MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Hang Clean			8		6		6		4		3		2		1		Rest 3:00minutes between sets
Squat			12		10		6		4		3		2		1		Rest 4:00minutes between sets
Pull - Ups (Palms Out)			Failure														Record the # you did
THURSDAY:		1-RM	Set #1=(40%)		Set #2=(50%)		Set#3=(60%)		Set#4=(75%)		Set#5=(85%)		Set#6=(95%)		Set#7=(100%)		Reminders
Warm-up: Dynamic Warm-up		MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Hang Clean + Jerk			8		6		6		4		3		2		1		Rest 3:00minutes between sets
Clean Pull Form the Floor			8		6		6		4		3		2		1		Rest 3:00minutes between sets
Incline Press			12		10		6		4		3		2		1		Rest 3:00minutes between sets
FRIDAY:		1-RM	Set #1=(40%)		Set #2=(50%)		Set#3=(60%)		Set#4=(75%)		Set#5=(85%)		Set#6=(95%)		Set#7=(100%)		Reminders
Warm-up: Dynamic Warm-up		MAX	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Front Squat			12		10		6		4		3		2		1		Rest 4:00minutes between sets
Close Grip Bench Press			12		10		6		4		3		2		1		Rest 3:00minutes between sets
Straight Bar Curls																	Record the # you did

THIS IS WEEK #13-MAX OUT ON THE ABOVE LIFTS. RECORD ALL 1-REP MAXES. THEN USE THE NEW MAX NEXT WEEK!

What are you doing to be a NATIONAL CHAMPION TODAY!