

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	Dot Drill & Cone Drills
Power Clean			xxx		5		5		5		5		5				Speed and Explosion
Push Jerk			xxx		xxx		5		5		5		5				Speed and Explosion
Bench Press			12		8		5		5-70%		5-72%		5-77%		5-82%		1 x Clap Push-Ups to Failure
D.B. Incline			10		10		10		10								
3-Way Shoulder Raises			15		15		15										Use 20 lbs D.B
Tricep Dips			Failure		Failure		Failure		Failure								
D.B. Curls			15		15		15										
Pull - Ups (Palms Out)			Failure		Failure		Failure		Failure								Body Weight
Abdominal Crunches			100		100		100										300 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	Hurdle Routine & Dot Drill
Hang Clean			6		5		xxx		3-70%		3-87%		3-90%		3-92%		See the % change on Cleans
Squat			10		8		xxx		8		8		8		8		They (xxx) do not do.
Barebell Lunges			15		15		15		Add weight each week								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			10		10		10		Add weight each week								Bar over head 20 each leg
4-Way Neck Machine			20		20												
Lat Pull Downs			15		15		15										
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	Form Run & 3-Min. Jump Rope
Hang Clean + Jerk			xxx				5-62%		5		5		5				Speed and Explosion
Clean Pull Form the Floor			xxx		xxx		5		5		5		5		5		
Incline Press			12		8		5		5-70%		5-72%		5-77%		5-82%		
D.B. Bench Press			10		10		10		10								
Close Grip Bench Press			12		8		5		5		5		5		5		
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		15								Record your weight used
Abdominal Crunches			100		100		100										300 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	Hurdle Routine
Power Clean			6		5-57%		xxx		3-67%		3-87%		3-90%		3-92%		
Squat			10		8		xxx		5		6-72%		6-77%		6-85%		
1-Arm D.B. Row			10		10		10										
Front Squat			10		8		xxx		5		6-72%		6-77%		6-85%		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		100		100		100								400 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!**