

2009 Ranger Strength and Conditioning Program

| MONDAY: | 1-RM | Set # 1 =(60%) | Set # 2 =(65%) | Set # 3 =(70%) | Set # 4 =(75%) | Set # 5 =(80%) | Set # 6 =(85%) | Set # 7 =(90%) | Reminders | | | | | | | |
|---------------------------|------|----------------|----------------|----------------|----------------|----------------|----------------|----------------------|-----------|------------------------|--------|-------|--------|-------|---------------------------|----------------------------------|
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Dot Drill & Plyo Boxes | | | | | | |
| Power Clean | | xxx | | 3-67% | | 3-72% | | 3 | | 3-77% | | 3-80% | | | | Speed and Explosion |
| Push Jerk | | xxx | | 3-67% | | 3-72% | | 3 | | 3-77% | | 3-80% | | | | Speed and Explosion |
| Bench Press | | 12 | | 8-55% | | 5-60% | | 3-77% | | 3-82% | | 3-85% | | 3-87% | | Do 225 x Failure Record Reps |
| D.B. Incline | | 8 | | 8 | | 8 | | 8 | | Chest Flyes to Failure | | | | | | Super Set Chest Flyes 1x Failure |
| 3-Way Shoulder Raises | | 10 | | 10 | | 10 | | | | | | | | | | Use 20 lbs D.B |
| Tricep Dips | | Failure | | Failure | | Failure | | Failure | | | | | | | | |
| D.B. Curls | | 10 | | 10 | | 8 | | 8 | | | | | | | | |
| Pull - Ups (Palms Out) | | Failure | | Failure | | Failure | | Failure | | | | | | | | Body Weight |
| Abdominal Crunches | | 100 | | 100 | | 100 | | 100 | | 100 | | | | | | 500 Crunches |
| TUESDAY: | 1-RM | Set # 1 =(60%) | Set # 2 =(65%) | Set # 3 =(70%) | Set # 4 =(75%) | Set # 5 =(80%) | Set # 6 =(85%) | Set # 7 =(90%) | Reminders | | | | | | | |
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Hurdle Routine |
| Hang Clean | | 6 | | 5-62% | | 3-75% | | 2-82% | | 2-85% | | 2-90% | | 2-92% | | See the % change on Cleans |
| Squat | | 10 | | 8-57% | | 5-67% | | 3-77% | | 3-92% | | 3-95% | | | | Super Set 1x10 D.B Squat Jumps |
| Barebell Lunges | | 10 | | 10 | | 8 | | Add weight each week | | | | | | | Do weight you can handle | |
| 1-Leg Hamstring Curls | | 10 | | 10 | | 8 | | Very Important | | | | | | | Each Leg Right / Left | |
| Straight Leg Dead Lift | | 10 | | 10 | | 8 | | | | | | | | | | 135 Lbs |
| Calf Raises | | 50 | | 50 | | 50 | | 50 | | | | | | | | Body Weight |
| 1-Leg Squats | | 10 | | 10 | | 8 | | Add weight each week | | | | | | | Bar over head 20 each leg | |
| 4-Way Neck Machine | | 15 | | 15 | | | | | | | | | | | | |
| Lat Pull Downs | | 10 | | 10 | | 8 | | | | | | | | | | |
| THURSDAY: | 1-RM | Set # 1 =(60%) | Set # 2 =(65%) | Set # 3 =(70%) | Set # 4 =(75%) | Set # 5 =(80%) | Set # 6 =(85%) | Set # 7 =(90%) | Reminders | | | | | | | |
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Dot Drill & Plyo Boxes |
| Hang Clean + Jerk | | 3 | | 3-72% | | 3-75% | | 3-77% | | 3-80% | | | | | | Speed and Explosion |
| Clean Pull Form the Floor | | xxx | | xxx | | 5 | | 5 | | 5 | | 5 | | 5 | | |
| Incline Press | | 12 | | 8-55% | | 5-60% | | 3-77% | | 3-82% | | 3-85% | | 3-87% | | Do 225 x Failure Record Reps |
| D.B. Bench Press | | 8 | | 8 | | 8 | | 8 | | Chest Flyes to Failure | | | | | | Super Set Chest Flyes 1x Failure |
| Close Grip Bench Press | | 12 | | 8-55% | | 5-60% | | 3-72% | | 3-75% | | 3-77% | | 3-80% | | |
| Tricep Extensions | | 10 | | 10 | | 8 | | 8 | | | | | | | | Record your weight used |
| 3-Way Shoulder Raises | | 10 | | 10 | | 10 | | | | | | | | | | Use 20 lbs D.B |
| Straight Bar Curls | | 10 | | 10 | | 8 | | 8 | | | | | | | | Record your weight used |
| Abdominal Crunches | | 100 | | 100 | | 100 | | 100 | | 100 | | | | | | 500 Crunches |
| FRIDAY: | 1-RM | Set # 1 =(60%) | Set # 2 =(65%) | Set # 3 =(70%) | Set # 4 =(75%) | Set # 5 =(80%) | Set # 6 =(85%) | Set # 7 =(90%) | Reminders | | | | | | | |
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Hurdle Routine & Plyo Boxes |
| Power Clean | | 6-50% | | 5-62% | | 3-75% | | 2-82% | | 2-85% | | 2-90% | | 2-92% | | |
| Squat | | 10 | | 8-57% | | 5-67% | | 3-77% | | 3-92% | | 3-95% | | | | |
| Dead Lift | | 4 | | 4 | | 4 | | 4 | | | | | | | | Use 80% of Squat Max |
| Front Squat | | 10-50% | | 8-57% | | 5-67% | | 3-77% | | 3-92% | | 3-95% | | | | Use 75% of Squat Max |
| 1-Leg Hamstring Curls | | 10 | | 10 | | 10 | | | | | | | | | | |
| Glute Ham Raise | | 10 | | 10 | | 10 | | | | | | | | | | |
| Straight Leg Dead Lift | | 10 | | 10 | | 8 | | | | | | | | | | 135 Lbs |
| Good Mornings | | 10 | | 10 | | 8 | | | | | | | | | | 135 Lbs |
| 1-Arm D.B. Row | | 8 | | 8 | | 8 | | 8 | | | | | | | | |

NOTE: During Phase # 2: Rest 90 Sec. between each set, and 2:30 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!