

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		3-70%		3-77%		3-80%		3-82%		3-85%				Speed and Explosion
Push Jerk		xxx		3-70%		3-77%		3-80%		3-82%		3-85%				Speed and Explosion
Bench Press		12		8-55%		5-60%		3-80%		3-85%		3-87%		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 Extensions		12		10		8		6		6						
D.B. Curls		12		10		8		6		6						
Pull - Ups (Palms Out)		Failure		Failure		Failure										Body Weight
Abdominal Crunches		100		100		100		100		100		100				600 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 & Cone Drills
Hang Clean		6		5-62%		3-75%		2-85%		2-87%		2-95%		2-97%		See the % change on Cleans
Squat		10		8-57%		5-67%		2-80%		2-95%		2-97%				Super Set 2x10 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		8								Each Leg Right / Left
Straight Leg Dead Lift		10		10		8		8								135 Lbs
Calf Raises		50		50		50		50								Body Weight
1-Leg Squats		10		10		8		Add weight each week							Bar over head each leg	
4-Way Neck Machine		15		15												
Lat Pull Downs		10		10		8		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	Form Run & 3-Min. Jump Rope
Hang Clean + Jerk		3		3-77%		3-80%		3-82%		3-85%						Speed and Explosion
Clean Pull Form the Floor		xxx		xxx		xxx		4		4		4		4		
Incline Press		12		8-55%		5-60%		3-80%		3-85%		3-87%		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%		3-80%		3-82%		
Tricep Dips		Failure		Failure		Failure										Weighted Dips
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		100				600 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%		2-85%		2-87%		2-95%		2-97%		
Squat		10		8-57%		5-67%		2-80%		2-95%		2-97%				
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		8		8								
Glute Ham Raise		10		10		10										
Straight Leg Dead Lift		10		10		8		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!