

2009 Ranger Strength and Conditioning Program

| MONDAY: | 1-RM | Set # 1 =(75%) | | Set # 2 =(80%) | | Set # 3 =(85%) | | Set # 4 =(90%) | | Set # 5 =(95%) | | Set # 6 =(100%) | | Set # 7=(105%) | | Reminders |
|---------------------------|------|----------------|--------|----------------|--------|----------------|--------|----------------------|--------|------------------------|--------|-----------------|--------|----------------|------------------------|----------------------------------|
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Plyo Boxes & Dot Drill |
| Power Clean | | xxx | | xxx | | 3-80% | | 2-92% | | 2-95% | | 2-97% | | 2-100% | | Speed and Explosion |
| Push Jerk | | xxx | | xxx | | 3-80% | | 2-92% | | 2-95% | | 2-97% | | 2-100% | | Speed and Explosion |
| Bench Press | | 8-60% | | 5-65% | | 3-85% | | 3-90% | | 2-95% | | 2-97% | | 2-100% | | |
| D.B. Incline | | 5 | | 5 | | 5 | | 5 | | Chest Flies to Failure | | | | | | Super Set Chest Flies 1x Failure |
| 3-Way Shoulder Raises | | 8 | | 8 | | 8 | | | | | | | | | | Use 20 lbs D.B |
| Tricep Extensions | | 12 | | 10 | | 8 | | 8 | | 6 | | | | | | |
| D.B. Curls | | 8 | | 8 | | 8 | | 8 | | | | | | | | |
| Pull - Ups (Palms Out) | | Failure | | Failure | | Failure | | | | | | | | | | Body Weight |
| Abdominal Crunches | | 100 | | 100 | | 100 | | 100 | | 100 | | 200 | | 200 | | 900 Crunches |
| TUESDAY: | 1-RM | Set # 1 =(75%) | | Set # 2 =(80%) | | Set # 3 =(85%) | | Set # 4 =(90%) | | Set # 5 =(95%) | | Set # 6 =(100%) | | Set # 7=(105%) | | Reminders |
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Plyo Boxes & Dot Drill |
| Hang Clean | | 6-50% | | 5-55% | | 3-65% | | 5-80% | | 5-82% | | 5-85% | | 5-90% | | See the % change on Cleans |
| Squat | | 10-50% | | 8-60% | | 5-70% | | 1-82% | | 1-97% | | 1-100% | | 1-105% | | Super Set 2x10 D.B Squat Jumps |
| Barebell Lunges | | 10 | | 10 | | 10 | | Add weight each week | | | | | | | 205 or 225 lbs | |
| 1-Leg Hamstring Curls | | 10 | | 10 | | 10 | | | | | | | | | | Each Leg Right / Left |
| Straight Leg Dead Lift | | 8 | | 8 | | 8 | | | | | | | | | | 135 Lbs or 185lbs |
| Calf Raises | | 50 | | 50 | | 50 | | 50 | | | | | | | | Body Weight |
| 1-Leg Squats | | 8 | | 8 | | 8 | | Add weight each week | | | | | | | Bar over head each leg | |
| 4-Way Neck Machine | | 15 | | 15 | | | | | | | | | | | | |
| Lat Pull Downs | | 10 | | 10 | | 10 | | 10 | | | | | | | | |
| THURSDAY: | 1-RM | Set # 1 =(75%) | | Set # 2 =(80%) | | Set # 3 =(85%) | | Set # 4 =(90%) | | Set # 5 =(95%) | | Set # 6 =(100%) | | Set # 7=(105%) | | 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 + Jerk | | xxx | | xxx | | 2-90% | | 2-92% | | 2-95% | | 2-97% | | 2-100% | | Speed and Explosion |
| Clean Pull Form the Floor | | xxx | | xxx | | xxx | | 3 | | 3 | | 3 | | 3 | | Do all at 95% of Hang Clean |
| Incline Press | | 8-60% | | 5-65% | | 3-85% | | 3-90% | | 2-95% | | 2-97% | | 2-100% | | |
| D.B. Bench Press | | 8 | | 8 | | 6 | | 6 | | Chest Flies to Failure | | | | | | Super Set Chest Flies 1x Failure |
| Close Grip Bench Press | | 8-60% | | 5-65% | | 3-77% | | 3-82% | | 2-87% | | 2-90% | | 2-92% | | |
| Tricep Dips | | Failure | | Failure | | Failure | | | | | | | | | | Weighted Dips |
| 3-Way Shoulder Raises | | 8 | | 8 | | 8 | | 8 | | | | | | | | Use 20 lbs D.B |
| Straight Bar Curls | | 10 | | 10 | | 8 | | 8 | | 8 | | | | | | Record your weight used |
| Abdominal Crunches | | 100 | | 100 | | 100 | | 100 | | 100 | | 200 | | 200 | | 900 Crunches |
| FRIDAY: | 1-RM | Set # 1 =(75%) | | Set # 2 =(80%) | | Set # 3 =(85%) | | Set # 4 =(90%) | | Set # 5 =(95%) | | Set # 6 =(100%) | | Set # 7=(105%) | | Reminders |
| Warm-up: Dynamic Warm-up | MAX | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight | Plyo Boxes & Dot Drill |
| Power Clean | | 6-50% | | 5-62% | | 3-65% | | 5-80% | | 5-82% | | 5-85% | | | | |
| Squat | | 10-50% | | 8-60% | | 5-70% | | 1-82% | | 1-97% | | 1-100% | | 1-105% | | |
| Dead Lift | | xxx | | xxx | | xxx | | 3 | | 3 | | 3 | | 3 | | Do all at 95% of Squat Max |
| Front Squat | | 10-50% | | 8-60% | | 5-70% | | 2-82% | | 2-97% | | 2-100% | | 2-103% | | Use 80% of Squat Max |
| 1-Leg Hamstring Curls | | 8 | | 8 | | 8 | | 8 | | | | | | | | |
| Glute Ham Raise | | 8 | | 8 | | 8 | | 8 | | | | | | | | |
| Straight Leg Dead Lift | | 8 | | 8 | | 8 | | 8 | | | | | | | | 135 Lbs |
| Good Mornings | | 8 | | 8 | | 8 | | | | | | | | | | 135 Lbs |
| 1-Arm D.B. Row | | 6 | | 6 | | 6 | | 6 | | | | | | | | |

NOTE: During Phase # 3: Rest 2-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!