

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!