WRESTLING

Training Templates

Collegiate Setting

Josh Storms

- **Annual Plan**
- **Bar Complex**
- **Team Sprint Program**
- **2008 – Pre Season Program - In Season Program**
- **2009 – Spring Program – Summer Program**
- **2009 – Fall Program**
- **2010-2011 – Alternative Program Max Effort**
- **2010-2011 – Fall Stage I & II Full Squad**
- **2010-2011 – Fall Stage III, IV, & V Starter**
- **2010-2011 – Fall Stage III Non Starter**
- **2010-2011 – Fall Stage IV Non Starter**
- **2010-2011 – Fall Stage V Non Starter**
- **2010-2011 – Winter Stage – Non Starter – Semester Break**
- **2011 – Summer Program**

2009-2010 ANNUAL PLAN - SUN DEVIL WRESTLING

WEEK	DATES: MON-SUN	STAGE	PROGRAM	MATCHES	IMPACT DATES	TIER 1 EMPHASIS	ACTIVE REST	TRAINING VARIATION	BASE	LOAD	DELOAD	PERFORMANCE	LIMIT EFFORT	BLOCKS
1	3 23	REJ				V	OFF	HI-Y						1
2	3 30	DEVELOPMENTAL	SPRING 1 & 2			E				75				1
3	4 6					E				83				2
4	4 13					REC					D			3
5	4 20					ME							MAX	4
6	4 27		SPRING 3 -OFF CAMPUS			V			65					1
7	5 4				FINAL EXAMS	V			70					2
8	5 11				FINAL EXAMS	V			75					3
9	5 18					REC					D			4
10	5 25		SUMMER 1 - 4			RE				85				1
11	6 1					RE				90				2
12	6 8					ME						95		3
13	6 15					REC					D			4
14	6 22					RE				85				5
15	6 29					RE				90				6
16	7 6					ME						95		7
17	7 13					REC					D			8
18	7 20					RE				85				9
19	7 27					RE				90				10
20	8 3					ME						95		11
21	8 10					REC					D			12
22	8 17					RE				85				13
23	8 24				BEGIN CLASS	RE				90				14
24	8 31		HW			GPP		HELL						1
25	9 7		FALL 1 & 2			RE				85				1
26	9 14					RE				90				2
27	9 21					ME						95		3
28	9 28					REC					D			4
29	10 5					RE				85				5
30	10 12					RE				90				6
31	10 19					ME						95		7
32	10 26					REC					D			8
33	11 2	COMPETITIVE	INSEASON			RE				85				1
34	11 9			UCD		RE				90				2
35	11 16			OSU		ME						95		3
36	11 23			GC	THKSG BREAK	REC					D			4
37	11 30			LVI		RE				85				5
38	12 7				FINAL EXAMS	RE				90				6
39	12 14			UNR	WINTER BREAK	ME						95		7
40	12 21				WINTER BREAK	REC					D			8
41	12 28			CSB	WINTER BREAK	E				75				9
42	1 4			OSU	WINTER BREAK	E				80				10
43	1 11			TX	WINTER BREAK	E				85				11
44	1 18			UNL	WINTER BREAK	REC					D			12
45	1 25			OSU		GPP		CIR						13
46	2 1			ISU		GPP		CIR						14
47	2 8			STN		V			70					15
48	2 15					V			75					16
49	2 22		CHAMPIONSHIP	PAC		E				80				1
50	3 1					V			73					2
51	3 8					E				78				3
52	3 15			NAT		E				83				4

NOTES

KEY:

V=VOLUME

E=EFFORT

RE=REPETITIVE EFFORT

ME=MAX EFFORT

REC=RECOVERY

GPP=GENERAL PHYSICAL PREP

POST-SEASON TESTING PERIOD. SHORT PROGRESSIVE TRAINING CYCLE FOCUSED ON ESTABLISHING A TRAINING MAX. THOSE WHO WERE NON-STARTERS WERE A FEW WEEKS AHEAD IN THE CYCEL DUE TO COMPETITION SCHEDULE.

TAKE HOME PROGRAM. MOST ATHLETES WERE OFF CAMPUS AT THIS TIME. CHANGE OF PACE TIME, NO TRADITION SQUAT, BENCH OR CLEAN. HIGH VOLUME TO BUILD A BASE OF STRENGTH TO PREPARE FOR THE SUMMER PROGRAM. LOTS OF EOT WORK DURING THIS TIME.

SUMMER PROGRAM - 5,3,1 SET & REP SCHEME FOR TIER 1 MOVEMENTS - BENCH, OVERHEAD PRESS & SQUAT. TRAINING MAXES WERE AUTOMATICALLY ADJUSTED UP 5-15LBS PER CYCLE BASED OFF OF EACH ATHLETES INDIVIDUAL PERFORMANCE. HIGH VOLUME ASSISTANCE WORK. POWER CLEAN WAS LOADED IN A LINEAR FASHION THROUGHOUT SUMMER. CHINUP TRAINING WAS BASED ON COMPLETEING A SET NUMBER OF REPS PER WORKOUT SUCCESSFULLY 50,75,100. CONDITIONING AND GPP WAS GRADUALLY INCREASED EACH CYCLE TO PREPARE FOR PRESEASON/HELL WEEK. CORE WORK WAS BASED ON HEAVY WEIGHTED MOVEMENTS. EACH DAY FINISHED WITH A HIGH TEMPO CIRCUIT CONSISTING OF ROPE CLIMBS,HAMMER SWINGS, TIRE FLIPS, SLED DRAG ETC. MODIFIED TIER APPROACH, UPPER-LOWER-TOTAL SPLIT. PRIMARY GOAL - BUILD THIS HIGHEST AMOUNT OF LEAN MUSCLE MASS AND LIMIT STRENGTH AS POSSIBLE. SECONDARY GOAL - BRING UP NUMEROUS TECHNIQUE FLAWS.

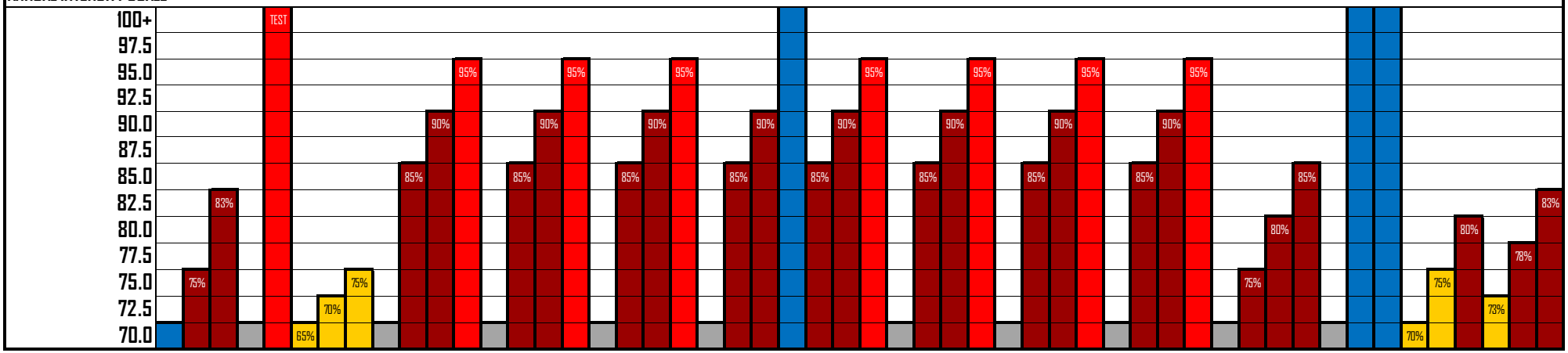
HELL WEEK

READJUSTED TRAINING MAXES AND RETURNED TO 5,3,1 SCHEME. WALK-DNS TO BEGIN EXERCISE TECH AND PROGRAM BASICS. RESUMED TRADITIONAL ROTATION, L-T-U 3 TIERS PLUS POSTERIOR COMPLEX. CONDO FINISHERS. PERFORMED SEVERAL BODYWEIGHT 3:00 CHALLENGES - PUSHUP, CHINUPS, DIPS. PRIMARY GOAL - HIGH FOCUS ON RELATIVE STRENGTH. SECONDARY GOAL - ASSIMILATE WALK-DNS INTO PROGRAM.

BEGAN INSEASON PROGRAM - 5,3,1 SCHEME IN TRADITIONAL L-T-U ROTATION. CONTINUE PROCESS OF BUILDING STRENGTH EVEN DURING INSEASON PRACTICE FATIGUE CONDITIONS. CONDO NEEDED TO MATCH DEVELOPMENTAL GOALS. INTRO TO WEIGHTED JUMP TRAINING. ADD VARIETY TO 3:00 CHALLENGES. STARTERS STAYED ON CARD FOR FIRST BLOCK, FROM THAT POINT THEIR WORKOUT MOVEMENT CATEGORIES AND SETS/REPS/RELATIVE INTENSITY WERE DICTATED - BUT THEY WERE GIVEN OPTIONS OF USING ALTERNATIVE MOVEMENTS TO KEEP THEIR BODIES FEELING GOOD. IT WAS THEIR RESPONSIBILITY TO AUTO-REGULATE EFFECTIVELY.

STARTERS THAT DID NOT MAKE NCAA'S RETURNED TO % BASED CARD AND HAD MAINTAINED VERY WELL. AT THIS TIME WE BEGAN OUR PRE-TESTING CYCLE.

ANNUAL INTENSITY SCALE



LOG COMPLEX

1	RDL	X6
2	BENT ROW	X6
3	SHRUG	X6
4	HIGH PULL	X6
5	HANG CLEAN	X6
6	PUSH JERK	X6
7	OVERHEAD PRESS	X6
8	BACK JUMP SQUAT	X6
9	GOOD MORNING	X6
10	TRICEP EXTENSION	X6
11	CURL	X6

COMPLETE ROTATION IN LESS THAN 1 MINUTE. 2 MINUTES REST.

SUN DEVIL WRESTLING TEAM SPRINT PROGRAM

DIVISION OF GROUPS BY WEIGHT CLASS

GROUP #1 - 125 & 133
GROUP #2 - 141 - 149 - 157
GROUP #3 - 165 - 174 - 184
GROUP #4 - 197 & HWTS.

SET UP

ITEMS NEEDED FOR SET UP - 8 ORANGE CONES - 2 WHISTLES - STOP WATCH

WARMUP PERIOD

STANDING IN-LINE WITH THEIR RESPECTIVE GROUP THE ATHLETES WILL PERFORM ONE SET OF THE INPLACE DRILLS. AFTER INPLACE DRILLS ARE COMPLETE 3 ROTATIONS OF THE MOVEMENT DRILLS CONSECUTIVELY WITH NO REST BETWEEN MOVEMENTS OR SETS. THE WARMUP WILL CONCLUDE WITH THE 20 YARD DYNAMIC MOVEMENT DRILS. THE MOVEMENTS ARE LISTED IN PAIRS; WITH THE 1st MOVEMENT BEING PERFORMED ON THE WAY DOWN TO THE 20 YARD MARKER AND THE 2nd MOVEMENT BEING PERFORMED ON THE WAY BACK.

SPRINT PERIOD

SESSION WILL BEGIN WITH ALL 4 GROUPS LINED UP BEHIND EACH OTHER ON THE START LINE, AND A COACH AT EACH END LINE. THE FIRST SET BEGINS WHEN THE FAR COACH BEGINS BY BLOWING HIS WHISTLE AND STARTING THE STOP WATCH. ON THAT WHISTLE GROUP 1 SPRINTS THROUGH THE END LINE, WHEN THE LAST RUNNER IN THE GROUP CROSSES THE LINE THE COACH BLOWS THE WHISTLE WHICH STARTS GROUP 2. WHEN THE LAST RUNNER IN GROUP 2 CROSSES THE LINE THE WHISTLE BLOWS TO START GROUP 3. GROUP 4 IS STARTED IN THE SAME FASHION, AS THAT LAST RUNNER CROSSES THE LINE THE COACH WILL BLOW THE WHISTLE TO SEND GROUP 1 SPRINTING BACK TO THE OTHER END LINE - FROM THIS POINT THE 2ND COACH BLOWS THE WHISTLE TO SEND THE GROUPS IN THE SAME WAY. THIS CONTINUES BACK AND FORTH UNTIL THE SET IS COMPLETE AND :90 SECONDS REST IS GIVEN BEFORE THE START OF THE NEXT SET. THIS ROTATION CONTINUES UNTIL ALL SETS AND REPS OF EACH DISTANCE ARE COMPLETED. IF THE GOAL TIME IS NOT MET FOR ANY OF THE SETS AT EACH DISTANCE THE INCENTIVE SET WILL BE ADDED ON AT THE END OF THE WORKOUT; MAKING FOR A MAXIMUM OF 9 EXTRA 40 YARD SPRINTS.

BENEFITS

ENTIRE TEAM IS HELD ACCOUNTABLE TO REACH THE EXPECTED GOAL TIMES - WE'RE ALL IN IT TOGETHER.
MAINTAINS A 1:3 WORK TO REST RATIO; FALLS IN LINE WITH OUR PHYSICAL GOALS.
DISTANCE, SETS & REPS CAN MANIPULATED SEVERAL WAY TO CONTROL VOLUME OF TRAINING STRESS.
IF WE CAN GET ON SOME GRASS FOR THIS THAT WOULD BE CRUCIAL TO KEEPING GUYS HEALTHY. THE TRACK BEATS THEM UP WAY TO MUCH FOR THE REASON WE ARE OUT THERE.

SUN DEVIL WRESTLING TEAM SPRINT PROGRAM

	DATE	SETS/REPS	GOAL	REST	YARDAGE	INCENTIVE
TEAM		4X6 @ 60	4:40	1:30	1440	1 X 4
						40 YDS
60/40/20		3X6 @ 40	3:00	1:30	720	1 X 3
						40 YDS
		2X8 @ 20	2:25	1:00	320	1 X 2
2480 YDS.						40 YDS

1- 125 & 133

2- 141 - 149 - 157

3- 165 - 174 - 184

4- 197 & HWT

ONE ROTATION
CB SQUAT X10
STANDING V W/ REACH X 20 CT.
HIP FLEXOR W/ REACH X 20 CT.
KNEELING HAMSTRING X 20 CT.
SQUAT,REACH,EXTEND X10

THREE ROTATIONS
JUMPING JACK X 8
SEAL JUMP X 8
POGO JUMPS X 8
GATE SWINGS X 8
SCISSOR JUMPS X 8

20 YARD DRILLS
FORWARD / REVERSE LUNGE
QUICK FEET / MARCHING SKIP
LATERAL SHUFFLE L/R
CARIOCA L/R
ST. LEG BOUND / REV. CYCLE

SUN DEVIL WRESTLING

SPORT	WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY T | SATURDAY
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUA

TUESDAY	2-Sep-08			9-Sep-08			16-Sep-08			23-Sep-08		
TM	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	BACK SQUAT	52.5%	x5	55	55.0%	x5	55	50.0%	x5	50	50.0%	x5	50
		62.5%	x3-5	65	65.0%	x3-5	65	60.0%	x3-5	60	60.0%	x3-5	60
100		70.0%	x1-3	70	72.5%	x1-3	75	70.0%	x1-3	70	67.5%	x1-3	70
								77.5%	x1	80			
		77.5%	x7	80	80.0%	x6	80	85.0%	x4	85	75.0%	x4	75
		77.5%	x7	80	80.0%	x6	80	85.0%	x4	85	75.0%	x4	75
T(a)		77.5%	x7	80	80.0%	x6	80	85.0%	x4	85	75.0%	x4	75
		70.0%	x10-12	70	72.5%	x10-12	75	77.5%	x8-10	80			
		62.5%	xm15	65	65.0%	xm15	65	70.0%	x10-12	70			
		55.0%	xm15	55	57.5%	xm15	60	62.5%	xm15	65			
T2	PULLUPS	1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
	OPTION - ADDCHAINS	1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
		1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
		1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
2(a)		1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
		1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
		1.0%	X3		1.0%	X3		1.0%	X3		1.0%	X3	
		1.0%	2X3		1.0%	2X3		1.0%	2X3		1.0%	2X3	
T3	OVERHEAD PRESS	65.0%	x4	35	70.0%	x3	40	75.0%	x2	40	75.0%	x4	40
		70.0%	x4	40	75.0%	x3	40	80.0%	x2	45	75.0%	x4	40
55		75.0%	x7	40	80.0%	x6	45	85.0%	x4	45	75.0%	x4	40
		75.0%	x7	40	80.0%	x6	45	85.0%	x4	45			
		75.0%	x7	40	80.0%	x6	45	85.0%	x4	45			
T4													
T5													
Pcom	BAND GOODMORNING	2X20			2X20			2X15			2X15		
Pcom	DB SHRUG	2X20			2X20			2X15			2X15		
M	TEAM GPP CIRCUIT												
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

THURSDAY	4-Sep-08			11-Sep-08			18-Sep-08			25-Sep-08		
TM	SESSION T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	POWER CLEAN	55.0%	x5	55	50.0%	x5	50	55.0%	x5	55	55.0%	x5	55
		62.5%	x3-5	65	60.0%	x3-5	60	65.0%	x3-5	65	62.5%	x3-5	65
100					67.5%	x1-3	70	72.5%	x1-3	75			
		70.0%	x3	70	75.0%	x3	75	80.0%	x2	80	70.0%	x4	70
		70.0%	x3	70	75.0%	x3	75	80.0%	x2	80	70.0%	x4	70
T(a)		70.0%	x3	70	75.0%	x3	75	80.0%	x2	80	70.0%	x4	70
		70.0%	x3	70	75.0%	x3	75	80.0%	x2	80			
		70.0%	x3	70	75.0%	x3	75	80.0%	x2	80			
		70.0%	x3	70	75.0%	x3	75	80.0%	x2	80			
T2	DB LUNGE VARIATION	70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10
	WALKING LUNGE X 20YDS	70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10
18		70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10
		70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10	70.0%	30YD	10
2(a)													
T3	BENT ROW	70.0%	x10	55	75.0%	x7	60	80.0%	x6	65	70.0%	x4	55
		70.0%	x10	55	75.0%	x7	60	80.0%	x6	65	70.0%	x4	55
80		70.0%	x10	55	75.0%	x7	60	80.0%	x6	65	70.0%	x4	55
	COMBO WITH:	62.5%	xm15	50	67.5%	xm15	55	72.5%	x10-12	60			
	PLATE PUSHUPS X 10	55.0%	xm15	45	60.0%	xm15	50	65.0%	xm15	50			
T4													
T5													
Pcom	RDL	2X10			2X10			2X10			2X10		
Pcom	T - RAISE	2X12			2X12			2X10			2X10		
M	TEAM GPP CIRCUIT												
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

STAGE	PRE-SEASON
PROGRAM	FALL - STAGE I
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUA

SATURDAY	6-Sep-08			13-Sep-08			20-Sep-08			27-Sep-08		
TM	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	G3 BENCH	52.5%	x5	55	55.0%	x5	60	50.0%	x5	55	50.0%	x5	55
		62.5%	x3-5	65	65.0%	x3-5	70	60.0%	x3-5	65	60.0%	x3-5	65
105		70.0%	x1-3	75	72.5%	x1-3	75	70.0%	x1-3	75	67.5%	x1-3	70
								77.5%	x1	80			
		77.5%	x7	80	80.0%	x6	85	85.0%	x4	90	75.0%	x4	80
	COMBO WITH:	77.5%	x7	80	80.0%	x6	85	85.0%	x4	90	75.0%	x4	80
T(a)	DB SINGLE ARM ROW	77.5%	x7	80	80.0%	x6	85	85.0%	x4	90	75.0%	x4	80
	3 X 15	70.0%	x10-12	75	72.5%	x10-12	75	77.5%	x8-10	80			
		62.5%	xm15	65	65.0%	xm15	70	70.0%	x10-12	75			
		55.0%	xm15	60	57.5%	xm15	60	62.5%	xm15	65			
T2	HANG CLEAN												
	POWER PULL												
90		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70	70.0%	x4	65
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70	70.0%	x4	65
2(a)		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70	70.0%	x4	65
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70			
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70			
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70			
T3	FRONT SQUAT	70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
	NO STRAPS	70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
75		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
T4													
T5													
Pcom	BACK EXTENSION	2X15			2X15			2X12			2X12		
Pcom	GREEN BAND FACE PULL	2X15			2X15			2X12			2X12		
M	TEAM GPP CIRCUIT												
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

Notes

SUN DEVIL WRESTLING

	SPORT	WRESTLINE											
	Weekly Rotatior	MONDAY L | WEDNESDAY T | FRIDAY											
	Daily Session Rotation												
	A - Basic Movement Prep	B - Power Zone					C - Prehab/Rehab						
	WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONI					NECK WORK X 100 REPS BAND-MACHINE-MANUA						
	MONDAY	29-Sep-08			6-Oct-08		13-Oct-08			20-Oct-08			
TM	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	BACK SQUAT	50.0%	x5	50	55.0%	x5	55	50.0%	x5	50	50.0%	x5	50
		60.0%	x3-5	60	65.0%	x3-5	65	60.0%	x3-5	60	60.0%	x3-5	60
100		67.5%	x1-3	70	72.5%	x1-3	75	70.0%	x1-3	70	67.5%	x1-3	70
								77.5%	x1	80			
		75.0%	x5	75	80.0%	x4	80	85.0%	x3	85	75.0%	x4	75
		75.0%	x5	75	80.0%	x4	80	85.0%	x3	85	75.0%	x4	75
I(a)		75.0%	x5	75	80.0%	x4	80	85.0%	x3	85	75.0%	x4	75
		75.0%	x5	75	80.0%	x4	80	85.0%	x3	85			
		75.0%	x5	75	80.0%	x4	80	85.0%	x3	85			
		75.0%	x5	75	80.0%	x4	80	85.0%	x3	85			
T2	PULLUPS	######	3MIN		######	3MIN		######	3MIN		######	3MIN	
	MAX REPS IN 3:00 MIN.	70.0%	X15		70.0%	X15		70.0%	X15		70.0%	X15	
	GOAL: >30	70.0%	X15		70.0%	X15		70.0%	X15		70.0%	X15	
	RECORD YOUR NUMBER OF CHINUPS												
2(a)	FINISH W/ GREEN BAND ROW 2X15												
T3	PUSH PRESS	65.0%	x4	40	70.0%	x3	45	75.0%	x2	45	75.0%	x4	45
		70.0%	x4	45	75.0%	x3	45	80.0%	x2	50	75.0%	x4	45
63		75.0%	x7	45	80.0%	x6	50	85.0%	x4	55	75.0%	x4	45
		75.0%	x7	45	80.0%	x6	50	85.0%	x4	55			
		75.0%	x7	45	80.0%	x6	50	85.0%	x4	55			
T4	POWER RUNNER		X10E			X10E			X10E			X10E	
	SINGLE LEG		X10E			X10E			X10E			X10E	
T5	PARTNER PUSHUP		X25E			X25E			X25E			X25E	
Pcom	DB SL RDL	2X10E			2X10E			2X10E			2X10E		
Pcom	DB SHRUG	2X20			2X20			2X15			2X15		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											
Notes													

	Daily Session Rotation												
	A - Basic Movement Prep	B - Power Zone					C - Prehab/Rehab						
	WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONI					NECK WORK X 100 REPS BAND-MACHINE-MANUA						
	WEDNESDAY	1-Oct-08			8-Oct-08		15-Oct-08			22-Oct-08			
TM	SESSION T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	POWER CLEAN	52.5%	x5	55	57.5%	x5	60	50.0%	x5	50	52.5%	x5	55
		62.5%	x3-5	65	67.5%	x3-5	70	62.5%	x3-5	65	62.5%	x3-5	65
100		70.0%	x1-3	70	75.0%	x1-3	75	72.5%	x1-3	75	70.0%	x1-3	70
								80.0%	x1	80			
		77.5%	x3	80	82.5%	x2	85	87.5%	x2	90	77.5%	x4	80
		77.5%	x3	80	82.5%	x2	85	87.5%	x2	90	77.5%	x4	80
I(a)		77.5%	x3	80	82.5%	x2	85	87.5%	x2	90	77.5%	x4	80
		77.5%	x3	80	82.5%	x2	85	87.5%	x2	90			
		77.5%	x3	80	82.5%	x2	85	87.5%	x2	90			
		77.5%	x3	80	82.5%	x2	85	87.5%	x2	90			
T2	DB LUNGE VARIATION	70.0%	X12T	10	70.0%	X12T	10	75.0%	X12T	15	80.0%	X12T	15
	REVERSE LUNGE to 15" STEPUP	70.0%	X12T	10	70.0%	X12T	10	75.0%	X12T	15	80.0%	X12T	15
18	OPTION: SANDBAG	70.0%	X12T	10	75.0%	X12T	15	77.5%	X12T	15	80.0%	X12T	15
		70.0%	X12T	10	75.0%	X12T	15	80.0%	X12T	15	70.0%	X12T	10
2(a)		70.0%	X12T	10	75.0%	X12T	15	80.0%	X12T	15	70.0%	X12T	10
T3	TOWEL INVERTED ROW	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
#N/A	COMBO WITH:	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
	PARTNER PUSHUP X 5/5	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
T4	BOX JUMP		X3			X3			X3			X3	
	CONSECUTIVE JUMPS		X3			X3			X3			X3	
			X3			X3			X3			X3	
T5	DB LATERAL LUNGE		X6E			X6E			X6E			X6E	
			X6E			X6E			X6E			X6E	
Pcom	RDL	2X10			2X10			2X10			2X10		
Pcom	LATERAL RAISE	2X20			2X20			2X15			2X15		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

	STAGE	PRE-SEASON											
	PROGRAM	FALL - STAGE I											
	Daily Session Rotation												
	A - Basic Movement Prep	B - Power Zone					C - Prehab/Rehab						
	WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONI					NECK WORK X 100 REPS BAND-MACHINE-MANUA						
	FRIDAY	3-Oct-08			10-Oct-08		17-Oct-08			24-Oct-08			
TM	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	G3 BENCH	50.0%	x5	55	55.0%	x5	60	50.0%	x5	55	50.0%	x5	55
		60.0%	x3-5	65	65.0%	x3-5	70	60.0%	x3-5	65	60.0%	x3-5	65
105		67.5%	x1-3	70	72.5%	x1-3	75	70.0%	x1-3	75	67.5%	x1-3	70
								77.5%	x1	80			
		75.0%	x5	80	80.0%	x4	85	85.0%	x3	90	75.0%	x4	80
	1ST 3 SETS COMBO WITH:	75.0%	x5	80	80.0%	x4	85	85.0%	x3	90	75.0%	x4	80
I(a)	SINGLE ARM BAR ROW	75.0%	x5	80	80.0%	x4	85	85.0%	x3	90	75.0%	x4	80
	X 10E	75.0%	x5	80	80.0%	x4	85	85.0%	x3	90			
		75.0%	x5	80	80.0%	x4	85	85.0%	x3	90			
		75.0%	x5	80	80.0%	x4	85	85.0%	x3	90			
T2	HANG CLEAN												
90		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70	70.0%	x4	65
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70	70.0%	x4	65
2(a)		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70	70.0%	x4	65
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70			
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70			
		75.0%	x3	70	77.5%	x3	70	80.0%	x2	70			
T3	FRONT SQUAT	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
	LUMBER JACK SQUAT	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
75		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4	DIPS		X20			X20			X20			X20	
	OPTION: ADD CHAINS or VEST		X20			X20			X20			X20	
T5	BROAD JUMP		X5			X5			X5			X5	
	CONSECUTIVE JUMPS		X5			X5			X5			X5	
Pcom	WEIGHTED BACK EXTENSION	2X15			2X15		2X12			2X12			
Pcom	ROPE CLIMB	X3			X3		X3			X3			
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

SUN DEVIL WRESTLING

	SPORT	WRESTLING																																							
	Weekly Rotation	MONDAY L | WEDNESDAY T | SATURDAY																																							
	Daily Session Rotation																																								
	A - Basic Movement Prep	B - Power Zone						C - Prehab/Rehab																																	
	WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONI						NECK WORK X 100 REPS BAND-MACHINE-MANUA																																	
	MONDAY	27-Oct-08			3-Nov-08			10-Nov-08			17-Nov-08																														
TM	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	TM	SESSION T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT	TM	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	BACK SQUAT	50.0%	x5	50	55.0%	x5	55	52.5%	x5	55	50.0%	x5	50	T1	POWER CLEAN	50.0%	x5	50	55.0%	x5	55	52.5%	x5	55	50.0%	x5	50	T1	G3 BENCH	50.0%	x5	55	55.0%	x5	60	52.5%	x5	55	50.0%	x5	55
		57.5%	x3-5	60	65.0%	x3-5	65	60.0%	x3-5	60	62.5%	x3-5	65			57.5%	x3-5	60	65.0%	x3-5	65	60.0%	x3-5	60	62.5%	x3-5	65			57.5%	x3-5	60	65.0%	x3-5	70	60.0%	x3-5	65	62.5%	x3-5	65
100		65.0%	x1-3	65	72.5%	x1-3	75				72.5%	x1-3	75	100		65.0%	x1-3	65	72.5%	x1-3	75				72.5%	x1-3	75	105		65.0%	x1-3	70	72.5%	x1-3	75				72.5%	x1-3	75
											80.0%	x1	80												80.0%	x1	80												80.0%	x1	85
		72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90			72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90			72.5%	x3	75	80.0%	x3	85	67.5%	x4	70	87.5%	x3	90
		72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90			72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90		1ST 3 SETS COMBO WITH:	72.5%	x3	75	80.0%	x3	85	67.5%	x4	70	87.5%	x3	90
1(a)		72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90	1(a)		72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90	1(a)	SINGLE ARM BAND ROW	72.5%	x3	75	80.0%	x3	85	67.5%	x4	70	87.5%	x3	90
		72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90			72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90		X 10E	72.5%	x3	75	80.0%	x3	85	67.5%	x4	70	87.5%	x3	90
		72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90			72.5%	x3	75	80.0%	x3	80	67.5%	x4	70	87.5%	x3	90			72.5%	x3	75	80.0%	x3	85	67.5%	x4	70	87.5%	x3	90
		72.5%	x3	75				67.5%	x4	70						72.5%	x3	75				67.5%	x4	70						72.5%	x3	75				67.5%	x4	70			
T2	INVERTED ROW	######	3MIN		######	3MIN		######	3MIN		######	3MIN		T2	DB BULGARIAN SPLIT SQUAT	70.0%	X12T	10	70.0%	X12T	10	75.0%	X12T	10	80.0%	X12T	10	T2	SPRAWL DEADLIFT												
	MAX REPS IN 3:00 MIN.	70.0%	X15		70.0%	X15		70.0%	X15		70.0%	X15			BACK FOOT ON BENCH OR BOX	70.0%	X12T	10	70.0%	X12T	10	75.0%	X12T	10	80.0%	X12T	10														
	GOAL: >30	70.0%	X15		70.0%	X15		70.0%	X15		70.0%	X15		15		70.0%	X12T	10	75.0%	X12T	10	77.5%	X12T	10	80.0%	X12T	10	#N/A		1.0%	X10		1.0%	X10		1.0%	X10		1.0%	X10	
	RECORD YOUR NUMBER OF ROWS															70.0%	X12T	10	75.0%	X12T	10	80.0%	X12T	10	70.0%	X12T	10			1.0%	X10		1.0%	X10		1.0%	X10		1.0%	X10	
2(a)	FINISH W/HEAVY PLATE ROW													2(a)		70.0%	X12T	10	75.0%	X12T	10	80.0%	X12T	10	70.0%	X12T	10	2(a)		1.0%	X10		1.0%	X10		1.0%	X10		1.0%	X10	
T3	SPLIT JERK	65.0%	x4	45	70.0%	x3	45	75.0%	x2	50	75.0%	x4	50	T3	TOWEL CHIN UP	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10		T3	DB LUNGE VARIATION	70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
		70.0%	x4	45	75.0%	x3	50	80.0%	x2	55	75.0%	x4	50			75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10			LOW LUNGE	70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
8B		75.0%	x7	50	80.0%	x6	55	85.0%	x4	55	75.0%	x4	50	#N/A	COMBO WITH:	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10		18		70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
		75.0%	x7	50	80.0%	x6	55	85.0%	x4	55					PLYO PUSHUP X5	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10				70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
		75.0%	x7	50	80.0%	x6	55	85.0%	x4	55																															
T4	SINGLE LEG SQUAT		X10E			X10E			X10E			X10E		T4	DB BOX JUMP		X3			X3			X3			X3		T4	3:00 MIN PUSHUP CHALLENGE												
	FROM BOX - WITH COUNTER-BALANCE		X10E			X10E			X10E			X10E					X3			X3			X3			X3																
																	X3			X3			X3			X3																
T5	DB PLANK PRESS		X10E			X10E			X10E			X10E		T5	LATERAL LUNGE W/PARTNER		X5E			X5E			X5E			X5E		T5	DB BROAD JUMP		X5			X5			X5			X5	
			X10E			X10E			X10E			X10E					X5E			X5E			X5E			X5E			CONSECUTIVE JUMPS		X5			X5			X5			X5	
Pcom	BB SL RDL	2X10E			2X10E			2X10E			2X10E			Pcom	RDL	2X10			2X10			2X10			2X10			Pcom	WEIGHTED BACK EXTENSION	2X10			2X10			2X8			2X8		
Pcom	FACE PULL	2X20			2X20			2X15			2X15			Pcom	FRONT RAISE	2X20			2X20			2X15			2X15			Pcom	ROPE CLIMB	X3			X3			X3			X3		
M														M														M													
M1														M1														M1													
M2														M2														M2													
M3														M3														M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements												Post	E - FLEXIBILITY	Static or Dynamic Movements												Post	E - FLEXIBILITY	Static or Dynamic Movements											
Notes																																									

STAGE	PRE-SEASON
PROGRAM	FALL - STAGE I
Daily Session Rotation	
A - Basic Movement Prep	B - Power Zone / C - Prehab/Rehab
WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONI / NECK WORK X 100 REPS BAND-MACHINE-MANUA
SATURDAY	1-Nov-08 / 8-Nov-08 / 15-Nov-08 / 22-Nov-08

SUN DEVIL WRESTLING

SPORT	WRESTLING
Weekly Rotation	MONDAY L | WEDNESDAY T | SATURDAY
Daily Session Rotation	
STAGE	IN-SEASON
PROGRAM	FALL - STAGE I

MONDAY – SESSION L

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	SESSION L	24-Nov-08 %	GR	WT	1-Dec-08 %	GR	WT	8-Dec-08 %	GR	WT	15-Dec-08 %	GR	WT
T1	BACK SQUAT	52.5%	x5	55	50.0%	x5	50	55.0%	x5	55	55.0%	x5	55
		60.0%	x3-5	60	57.5%	x3-5	60	65.0%	x3-5	65	65.0%	x3-5	65
100					65.0%	x1-3	65	72.5%	x1-3	75	72.5%	x1-3	75
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
1(a)		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75						
T2	MID-ROW		X20-30			X20-30			X20-30			X20-30	
	2-3 PLATES		X20-30			X20-30			X20-30			X20-30	
#N/A	SINGLE ARM												
2(a)													
T3	DB 1 ARM SNATCH	72.5%	x3	15	77.5%	x2	15	82.5%	x1	15	82.5%	x4	15
		77.5%	x3	15	82.5%	x2	15	87.5%	x1	20	82.5%	x4	15
20		82.5%	x5	15	87.5%	x3-4	20	92.5%	x1-2	20	82.5%	x4	15
		82.5%	x5	15	87.5%	x3-4	20	92.5%	x1-2	20			
		82.5%	x5	15	87.5%	x3-4	20	92.5%	x1-2	20			
T4	PARTNER LATERAL LUNGE		X10E			X10E			X10E			X10E	
			X10E			X10E			X10E			X10E	
T5	DB PLANK ROW		X10E			X10E			X10E			X10E	
			X10E			X10E			X10E			X10E	
Pcom	BAND GOOD MORNING		2X15			2X15			2X15			2X15	
Pcom	T-RAISE		2X20			2X20			2X15			2X15	
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

WEDNESDAY – SESSION T

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	SESSION T	26-Nov-08 %	GR	WT	3-Dec-08 %	GR	WT	10-Dec-08 %	GR	WT	17-Dec-08 %	GR	WT
T1	POWER CLEAN	52.5%	x5	55	50.0%	x5	50	55.0%	x5	55	55.0%	x5	55
		60.0%	x3-5	60	57.5%	x3-5	60	65.0%	x3-5	65	65.0%	x3-5	65
100					65.0%	x1-3	65	72.5%	x1-3	75	72.5%	x1-3	75
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
1(a)		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	80	80.0%	x3	80
		67.5%	x4	70	72.5%	x3	75						
T2	DB HIGH STEP UP	70.0%	X12T	15	70.0%	X12T	15	75.0%	X12T	15	80.0%	X12T	15
		70.0%	X12T	15	70.0%	X12T	15	75.0%	X12T	15	80.0%	X12T	15
20		70.0%	X12T	15	75.0%	X12T	15	77.5%	X12T	15	80.0%	X12T	15
		70.0%	X12T	15	75.0%	X12T	15	80.0%	X12T	15	70.0%	X12T	15
2(a)													
T3	WEIGHTED CHIN UP	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
#N/A	COMBO WITH:	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
	CLAP PUSHUP X5	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
T4	MB SLAM		X10			X10			X10			X10	
			X10			X10			X10			X10	
T5	SAND BAG SQUAT		X10			X10			X10			X10	
	BAG ON SHOULDER		X10			X10			X10			X10	
	2ND SET - BAG ON OPPOSITE SHOULDER												
Pcom	RDL		2X10			2X10			2X10			2X10	
Pcom	LATERAL RAISE		2X20			2X20			2X15			2X15	
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

SATURDAY – SESSION U

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YD HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	SESSION U	29-Nov-08 %	GR	WT	6-Dec-08 %	GR	WT	13-Dec-08 %	GR	WT	20-Dec-08 %	GR	WT
T1	G3 BENCH	52.5%	x5	55	50.0%	x5	55	55.0%	x5	60	55.0%	x5	60
		60.0%	x3-5	65	57.5%	x3-5	60	65.0%	x3-5	70	65.0%	x3-5	70
105					65.0%	x1-3	70	72.5%	x1-3	75	72.5%	x1-3	75
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	85	80.0%	x3	85
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	85	80.0%	x3	85
1(a)		67.5%	x4	70	72.5%	x3	75	80.0%	x3	85	80.0%	x3	85
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	85	80.0%	x3	85
		67.5%	x4	70	72.5%	x3	75	80.0%	x3	85	80.0%	x3	85
		67.5%	x4	70	72.5%	x3	75						
T2	SPRAWL DEADLIFT												
#N/A		1.0%	X10		1.0%	X10		1.0%	X10		1.0%	X10	
		1.0%	X10		1.0%	X10		1.0%	X10		1.0%	X10	
2(a)		1.0%	X10		1.0%	X10		1.0%	X10		1.0%	X10	
T3	DB LUNGE VARIATION	70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
	IN-PLACE REVERSE LUNGE	70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
18		70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
T4	3:00 MIN DIP CHALLENGE												
	RECORD #												
T5	GREEN BAND BEAR CRAWL		X1			X1			X1			X1	
	TRACK - DOWN AND BACK = 1		X1			X1			X1			X1	
Pcom	WEIGHTED BACK EXTENSION		2X8			2X8			2X6			2X6	
Pcom	ROPE CLIMB		X3			X3			X3			X3	
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

Notes

SUN DEVIL WRESTLING

SPORT	WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY
Daily Session Rotation	WARMUP-MAIN-NECK/TRAPS-TEAM AB
A - Basic Movement Prep	HIGH KNEE LUNGE / RDL WAL SL KICK / HEEL UP CRAWL / REV.CRAWL / SIDE CRAW ISO PUSHUP + 10 REPS ISO SQUAT + 10 REPS
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUA

TUESDAY	13-Jan-09			20-Jan-09			27-Jan-09			3-Feb-09		
TM	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	BACK SQUAT	55.0%	x5	55	50.0%	x5	50	55.0%	x5	55	55.0%	x5	55
		62.5%	x3-5	65	60.0%	x3-5	60	65.0%	x3-5	65	62.5%	x3-5	65
100					67.5%	x1-3	70	72.5%	x1-3	75			
		70.0%	x6	70	75.0%	x5	75	80.0%	x4	80	70.0%	x4	70
		70.0%	x6	70	75.0%	x5	75	80.0%	x4	80	70.0%	x4	70
1(a)		70.0%	x6	70	75.0%	x5	75	80.0%	x4	80	70.0%	x4	70
		70.0%	x6	70	75.0%	x5	75	80.0%	x4	80			
		70.0%	x6	70	75.0%	x5	75	80.0%	x4	80			
		70.0%	x6	70	75.0%	x5	75	80.0%	x4	80			
T2	COMBO PULLING												
	WEIGHTED CHINUP	X	5-8		X	5-8		X	5-8		X	5-8	
#N/A	DB ROW	X	10-15		X	10-15		X	10-15		X	10-15	
	WEIGHTED PULLUP	X	5-8		X	5-8		X	5-8		X	5-8	
2(a)	DB ROW	X	10-15		X	10-15		X	10-15		X	10-15	
	BWT. NEUTRAL GRIP PULLUP	X	MAX		X	MAX		X	MAX		X	MAX	
T3	DB CLEAN & PRESS		X6			X6			X6			X6	
			X6			X6			X6			X6	
30			X6			X6			X6			X6	
			X6			X6			X6			X6	
T4	CIRCUIT												
	PLATE LUNGE		30YD			30YD			30YD			30YD	
T5	CHAIN PUSHUPS		3			3			3			3	
	STRIP SETS		2			2			2			2	
			1			1			1			1	
Pcom	BACK EXTENSION		X 20			X 20			X 20			X 20	
Pcom	DB SHRUG		X 20			X 20			X 20			X 20	
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

Daily Session Rotation	WARMUP-MAIN-NECK/TRAPS-TEAM AB
A - Basic Movement Prep	HIGH KNEE LUNGE / RDL WAL SL KICK / HEEL UP CRAWL / REV.CRAWL / SIDE CRAW ISO PUSHUP + 10 REPS ISO SQUAT + 10 REPS
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUA

THURSDAY	15-Jan-09			22-Jan-09			29-Jan-09			5-Feb-09		
TM	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	DB BENCH	55.0%	x5	20	50.0%	x5	20	55.0%	x5	20	55.0%	x5	20
		62.5%	x3-5	25	60.0%	x3-5	25	65.0%	x3-5	25	62.5%	x3-5	25
40					67.5%	x1-3	25	72.5%	x1-3	30			
		70.0%	x6	30	75.0%	x5	30	80.0%	x4	30	70.0%	x4	30
		70.0%	x6	30	75.0%	x5	30	80.0%	x4	30	70.0%	x4	30
1(a)		70.0%	x6	30	75.0%	x5	30	80.0%	x4	30	70.0%	x4	30
		70.0%	x6	30	75.0%	x5	30	80.0%	x4	30			
		70.0%	x6	30	75.0%	x5	30	80.0%	x4	30			
		70.0%	x6	30	75.0%	x5	30	80.0%	x4	30			
T2	POWER CLEAN	60.0%	x3-5	60	62.5%	x3-5	65	65.0%	x3-5	65	55.0%	x5	55
	FROM 7" BOX	67.5%	x1-3	70	70.0%	x1-3	70	72.5%	x1-3	75	62.5%	x3-5	65
100		75.0%	x3	75	77.5%	x3	80	80.0%	x2	80	70.0%	x4	70
		75.0%	x3	75	77.5%	x3	80	80.0%	x2	80	70.0%	x4	70
2(a)		75.0%	x3	75	77.5%	x3	80	80.0%	x2	80	70.0%	x4	70
		75.0%	x3	75	77.5%	x3	80	80.0%	x2	80			
		75.0%	x3	75	77.5%	x3	80	80.0%	x2	80			
		75.0%	x3	75	77.5%	x3	80	80.0%	x2	80			
T3	DB BULGARIAN SPLIT SQUAT	70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
		70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
15		70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
		70.0%	X12T		75.0%	X12T		80.0%	X12T		80.0%	X12T	
T4	CIRCUIT												
	INVERTED ROW		X 20			X 20			X 20			X 20	
T5	MB SLAM		X 15			X 15			X 15			X 15	
Pcom	BAND GOODMORNING		X 20			X 20			X 20			X 20	
Pcom	FRONT RAISE		X 15			X 15			X 15			X 15	
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

STAGE	IN-SEASON
PROGRAM	SPRING STAGE
Daily Session Rotation	
A - Basic Movement Prep	
B - Power Zone	
C - Prehab/Rehab	

SATURDAY												
TM	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1													
1(a)													
T2													
2(a)													
T3													
T4													
T5													
Pcom													
Pcom													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	Static or Dynamic Movements											

Notes

SUN DEVIL WRESTLING

SAMPLE

SPORT	SUN DEVIL WRESTLING		
Weekly Rotation	MONDAY L | WEDNESDAY T | FRIDAY U		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	
MONDAY	7-Sep-09	14-Sep-09	21-Sep-09	28-Sep-09
TM / SESSION L	% / BR / WT	% / BR / WT	% / BR / WT	% / BR / WT
T1 / 450 / BACK SQUAT	40.0% x5 180	40.0% x5 180	40.0% x5 180	40.0% x5 180
	50.0% x5 225	50.0% x5 225	50.0% x5 225	50.0% x5 225
	60.0% x3 270	60.0% x3 270	60.0% x3 270	60.0% x5 270
	65.0% x5 295	70.0% x3 315	75.0% x5 340	65.0% x10 295
	75.0% x5 340	80.0% x3 360	85.0% x3 385	65.0% x10 295
T(a) / WRITE IN YOUR MAX SET	85.0% xMAX 385	90.0% xMAX 405	95.0% xMAX 430	65.0% x10 295
				65.0% x10 295
T2 / PULLUPS	100.0% 9 X 3	100.0% 9 X 3	100.0% 9 X 3	100.0% 9 X 3
VARIED GRIP - WEIGHTED	— — —	— — —	— — —	— — —
CHINUP-PULLUP-NEUTRAL GRIPS	— — —	— — —	— — —	— — —
COMBO WITH:	— — —	— — —	— — —	— — —
T2(a) / PUSHUP X 8	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
T3 / 150 / DB POWER PULL	70.0% X6 105	75.0% X6 115	80.0% X6 120	70.0% X6 105
SINGLE ARM - FROM FLOOR	70.0% X6 105	75.0% X6 115	80.0% X6 120	70.0% X6 105
REPS ARE FOR EACH ARM	70.0% X6 105	75.0% X6 115	80.0% X6 120	70.0% X6 105
	70.0% X6 105	75.0% X6 115	80.0% X6 120	70.0% X6 105
T4				
T5				
Pump	BAND GOODMORNING	2 X 25	2 X 25	2 X 25	2 X 25
Pump	BARBELL SHRUG	2 X 15-20	2 X 15-20	2 X 15-20	2 X 15-20
M		TEAM GPP CIRCUIT			
M1					
M2					
M3					
Post	E - FLEXIBILITY	BAND STRETCH			

Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	
WEDNESDAY	9-Sep-09	16-Sep-09	23-Sep-09	30-Sep-09
TM / SESSION T	% / BR / WT	% / BR / WT	% / BR / WT	% / BR / WT
T1 / 450 / DEAD LIFT	40.0% x5 180	40.0% x5 180	40.0% x5 180	40.0% x5 180
	50.0% x5 225	50.0% x5 225	50.0% x5 225	50.0% x5 225
	60.0% x3 270	60.0% x3 270	60.0% x3 270	60.0% x5 270
	65.0% x5 295	70.0% x3 315	75.0% x5 340	65.0% x10 295
	75.0% x5 340	80.0% x3 360	85.0% x3 385	65.0% x10 295
T(a) / WRITE IN YOUR MAX SET	85.0% xMAX 385	90.0% xMAX 405	95.0% xMAX 430	65.0% x10 295
				65.0% x10 295
T2 / 55 / DB LUNGE VARIATION	70.0% X12T	70.0% X12T	75.0% X12T	80.0% X12T
REVERSE LUNGE FROM 5" BOX	70.0% X12T	70.0% X12T	75.0% X12T	80.0% X12T
	70.0% X12T	75.0% X12T	77.5% X12T	80.0% X12T
	70.0% X12T	75.0% X12T	80.0% X12T	— — —
T2(a)	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
T3 / 320 / BENT ROW	70.0% x10 225	75.0% x7 240	80.0% x6 255	70.0% x4 225
	70.0% x10 225	75.0% x7 240	80.0% x6 255	70.0% x4 225
	70.0% x10 225	75.0% x7 240	80.0% x6 255	70.0% x4 225
COMBO WITH:	55.0% xm15 175	60.0% xm15 190	65.0% xm15 210	55.0% xm15 175
DB OVERHEAD PRESS X 8-8	47.5% xm15 150	52.5% xm15 170	57.5% xm15 185	47.5% xm15 150
T4				
T5				
Pump	DB RDL	2 X 12	2 X 12	2 X 12	2 X 12
Pump	"Y" RAISE	2 X 15	2 X 15	2 X 15	2 X 15
M		TEAM GPP CIRCUIT			
M1					
M2					
M3					
Post	E - FLEXIBILITY	BAND STRETCH			

STAGE	DEVELOPMENTAL		
PROGRAM	FALL STAGE I		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	
FRIDAY	11-Sep-09	18-Sep-09	25-Sep-09	2-Oct-09
TM / SESSION U	% / BR / WT	% / BR / WT	% / BR / WT	% / BR / WT
T1 / #N/A / 64 BENCH & CHINUP				
BODYWEIGHT CHALLENGE				
MAX REPS AT YOUR BODYWEIGHT				
FOLLOWED BY MAX CHINUPS				
T(a) / WRITE IN YOUR TOTAL				
T2 / 270 / HANG CLEAN	— — —	— — —	— — —	— — —
	75.0% x3 205	77.5% x3 210	80.0% x2 215	70.0% x4 190
	75.0% x3 205	77.5% x3 210	80.0% x2 215	70.0% x4 190
T2(a)	75.0% x3 205	77.5% x3 210	80.0% x2 215	70.0% x4 190
	75.0% x3 205	77.5% x3 210	80.0% x2 215	— — —
	75.0% x3 205	77.5% x3 210	80.0% x2 215	— — —
	75.0% x3 205	77.5% x3 210	80.0% x2 215	— — —
T3 / 375 / FRONT SQUAT	70.0% x6 265	75.0% x5 280	80.0% x4 300	70.0% x4 265
NO STRAPS	70.0% x6 265	75.0% x5 280	80.0% x4 300	70.0% x4 265
	70.0% x6 265	75.0% x5 280	80.0% x4 300	70.0% x4 265
	70.0% x6 265	75.0% x5 280	80.0% x4 300	— — —
	70.0% x6 265	75.0% x5 280	80.0% x4 300	— — —
T4				
T5				
Pump	BACK EXTENSION	2 X 20	2 X 20	2 X 20	2 X 20
Pump	DB SHRUG	2 X 15-20	2 X 15-20	2 X 15-20	2 X 15-20
M		TEAM GPP CIRCUIT			
M1					
M2					
M3					
Post	E - FLEXIBILITY	BAND STRETCH			

Notes

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SUN DEVIL WRESTLING

SAMPLE

SPORT	SUN DEVIL WRESTLING		
Weekly Rotation	MONDAY L | WEDNESDAY T | FRIDAY U		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	
MONDAY	5-Oct-09	12-Oct-09	19-Oct-09	26-Oct-09
SESSION L	% BR WT	% BR WT	% BR WT	% BR WT
BACK SQUAT	40.0% x5 180	40.0% x5 180	40.0% x5 180	40.0% x5 180
	50.0% x5 225	50.0% x5 225	50.0% x5 225	50.0% x5 225
450	60.0% x3 270	60.0% x3 270	60.0% x3 270	60.0% x5 270
	85.0% x5 295	70.0% x3 315	75.0% x5 340	65.0% x10 295
	75.0% x5 340	80.0% x3 360	85.0% x3 385	65.0% x10 295
10x1 WRITE IN YOUR MAX SET	85.0% xMAX 385	80.0% xMAX 405	85.0% xMAX 430	65.0% x10 295
				65.0% x10 295
DB INCLINE BENCH	77.5% x7 95	80.0% x6 95	85.0% x4 100	75.0% x4 90
	77.5% x7 95	80.0% x6 95	85.0% x4 100	75.0% x4 90
120	77.5% x7 95	80.0% x6 95	85.0% x4 100	75.0% x4 90
COMBO WITH:	70.0% x10-12 85	72.5% x10-12 85	77.5% x8-10 95	— — —
2x4 MID OR HIGH ROW X 8-10	62.5% xm15 75	65.0% xm15 80	70.0% x10-12 85	— — —
	55.0% xm15 65	57.5% xm15 70	62.5% xm15 75	— — —
DB 1 ARM SNATCH	70.0% X6	75.0% X6	80.0% X6	70.0% X6
	70.0% X6	75.0% X6	80.0% X6	70.0% X6
60 REPS ARE FOR EACH ARM	70.0% X6	75.0% X6	80.0% X6	70.0% X6
	70.0% X6	75.0% X6	80.0% X6	70.0% X6
3:00 PUSHUP CHALLENGE				
Pause GHR	X 30	X 30	X 30	X 30
Pause PLATE SHRUG	X 100	X 100	X 100	X 100
M				
M1				
M2				
M3				
Post E - FLEXIBILITY	BAND STRETCH			

Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	
WEDNESDAY	7-Oct-09	14-Oct-09	21-Oct-09	28-Oct-09
SESSION T	% BR WT	% BR WT	% BR WT	% BR WT
POWER CLEAN	50.0% x5 145	55.0% x5 155	50.0% x5 145	50.0% x5 145
	60.0% x3-5 170	65.0% x3-5 185	60.0% x3-5 170	60.0% x3-5 170
295	67.5% x1-3 190	72.5% x1-3 205	70.0% x1-3 200	67.5% x1-3 190
			77.5% x1 220	
	75.0% x3 215	80.0% x2 230	85.0% x2 240	75.0% x4 215
	75.0% x3 215	80.0% x2 230	85.0% x2 240	75.0% x4 215
10x1	75.0% x3 215	80.0% x2 230	85.0% x2 240	75.0% x4 215
	75.0% x3 215	80.0% x2 230	85.0% x2 240	
	75.0% x3 215	80.0% x2 230	85.0% x2 240	
	75.0% x3 215	80.0% x2 230	85.0% x2 240	
DB BULGARIAN SPLIT SQUAT	70.0% x20T	70.0% x20T	70.0% x20T	70.0% x20T
REAR FOOT ON BENCH	70.0% x20T	70.0% x20T	70.0% x20T	70.0% x20T
75	70.0% x20T	70.0% x20T	70.0% x20T	70.0% x20T
	— — —	— — —	— — —	— — —
2x4	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
DB ROW	70.0% MAX 125	75.0% MAX 135	80.0% MAX 145	70.0% x10 125
	70.0% MAX 125	75.0% MAX 135	80.0% MAX 145	70.0% x10 125
180 COMBO WITH:	— — —	— — —	— — —	70.0% x10 125
DIPS X 10	— — —	— — —	— — —	70.0% x10 125
BOX JUMP	X3	X3	X3	X3
	X3	X3	X3	X3
	X3	X3	X3	X3
Pause DB SINGLE LEG RDL	2 X 12	2 X 12	2 X 12	2 X 12
Pause "T" RAISE	2 X 15	2 X 15	2 X 15	2 X 15
M				
M1				
M2				
M3				
Post E - FLEXIBILITY	BAND STRETCH			

STAGE	DEVELOPMENTAL		
PROGRAM	FALL STAGE II		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	
FRIDAY	9-Oct-09	16-Oct-09	23-Oct-09	30-Oct-09
SESSION U	% BR WT	% BR WT	% BR WT	% BR WT
G3 BENCH	40.0% x5 170	40.0% x5 170	40.0% x5 170	40.0% x5 170
	50.0% x5 210	50.0% x5 210	50.0% x5 210	50.0% x5 210
420	60.0% x3 250	60.0% x3 250	60.0% x3 250	60.0% x5 250
	85.0% x5 275	70.0% x3 295	75.0% x5 315	85.0% x10 275
	75.0% x5 315	80.0% x3 335	85.0% x3 355	85.0% x10 275
10x1 WRITE IN YOUR TOP SET	85.0% xMAX 355	80.0% xMAX 380	95.0% xMAX 400	85.0% x10 275
				85.0% x10 275
POWER PULL	— — —	— — —	— — —	— — —
	— — —	— — —	— — —	— — —
300	75.0% x3 225	77.5% x3 235	80.0% x2 240	70.0% x4 210
	75.0% x3 225	77.5% x3 235	80.0% x2 240	70.0% x4 210
2x4	75.0% x3 225	77.5% x3 235	80.0% x2 240	70.0% x4 210
	75.0% x3 225	77.5% x3 235	80.0% x2 240	— — —
	75.0% x3 225	77.5% x3 235	80.0% x2 240	— — —
	75.0% x3 225	77.5% x3 235	80.0% x2 240	— — —
SINGLE LEG SQUAT	70.0% X6	75.0% X6	80.0% X6	70.0% X6
FROM A BOX	70.0% X6	75.0% X6	80.0% X6	70.0% X6
	70.0% X6	75.0% X6	80.0% X6	70.0% X6
	70.0% X6	75.0% X6	80.0% X6	70.0% X6
3:00 CHINUP CHALLENGE				
Pause WTD. BACK EXTENSION	2 X 20	2 X 20	2 X 20	2 X 20
Pause FACE PULL	2 X 15-20	2 X 15-20	2 X 15-20	2 X 15-20
M				
M1				
M2				
M3				
Post E - FLEXIBILITY	BAND STRETCH			

Notes

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SUN DEVIL WRESTLING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	MONDAY L | WEDNESDAY T | FRIDAY U
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

	MONDAY	26-Oct-09			2-Nov-09			9-Nov-09			16-Nov-09		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	BACK SQUAT	40.0%	x5	180	40.0%	x5	180	40.0%	x5	180	40.0%	x5	180
		50.0%	x5	225	50.0%	x5	225	50.0%	x5	225	50.0%	x5	225
450		60.0%	x3	270	60.0%	x3	270	60.0%	x3	270	60.0%	x5	270
		85.0%	x5	295	70.0%	x3	315	75.0%	x5	340	65.0%	x10	295
		75.0%	x5	340	80.0%	x3	360	85.0%	x3	385	65.0%	x10	295
1(a)	WRITE IN YOUR MAX SET	85.0%	xMAX	385	80.0%	xMAX	405	85.0%	xMAX	430	65.0%	x10	295
											65.0%	x10	295
T2	DB BENCH	77.5%	x7	125	80.0%	x6	130	85.0%	x4	135	75.0%	x4	120
	SINGLE ARM	77.5%	x7	125	80.0%	x6	130	85.0%	x4	135	75.0%	x4	120
180		77.5%	x7	125	80.0%	x6	130	85.0%	x4	135	75.0%	x4	120
	COMBO WITH:	70.0%	x10-12	110	72.5%	x10-12	115	77.5%	x8-10	125			
2(a)	TOWEL INVERTED ROW X 10												
T3	POWER RUNNER	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
	REPS ARE FOR EACH LEG	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
300		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4	3:00 DIP CHALLENGE												
T5													
Pause	GHR	X 30			X 30			X 30			X 30		
Pause	PLATE SHRUG	X 100			X 100			X 100			X 100		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

	WEDNESDAY	28-Oct-09			4-Nov-09			11-Nov-09			18-Nov-09		
TM	SESSION T	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN	57.5%	x5	165	50.0%	x5	145	52.5%	x5	150	57.5%	x5	165
		67.5%	x3-5	190	62.5%	x3-5	180	67.5%	x3-5	190	67.5%	x3-5	190
295		75.0%	x1-3	215	72.5%	x1-3	205	77.5%	x1-3	220	75.0%	x1-3	215
					80.0%	x1	230	85.0%	x1	240			
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265	82.5%	x4	235
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265	82.5%	x4	235
1(a)		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265	82.5%	x4	235
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265			
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265			
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265			
T2	DB LATERAL LUNGE	70.0%	x20T		70.0%	x20T		70.0%	x20T		70.0%	x20T	
		70.0%	x20T		70.0%	x20T		70.0%	x20T		70.0%	x20T	
#N/A		70.0%	x20T		70.0%	x20T		70.0%	x20T		70.0%	x20T	
2(a)													
T3	DB OVERHEAD PRESS	70.0%	x10	75	75.0%	x7	85	80.0%	x6	90	70.0%	x4	75
		70.0%	x10	75	75.0%	x7	85	80.0%	x6	90	70.0%	x4	75
110		70.0%	x10	75	75.0%	x7	85	80.0%	x6	90	70.0%	x4	75
	COMBO WITH:	55.0%	xm15	60	60.0%	xm15	65	65.0%	xm15	70	55.0%	xm15	60
	DB RENEGADE ROW X 5 EACH												
T4	DB BOX JUMP		X3			X3			X3			X3	
	LESS THAN 20 LBS.		X3			X3			X3			X3	
			X3			X3			X3			X3	
T5													
Pause	DB SINGLE LEG RDL - 2 DB	2 X 12			2 X 12			2 X 12			2 X 12		
Pause	MINIBAND PULL APARTS	2 X 30			2 X 30			2 X 30			2 X 30		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	FALL STAGE II
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

	FRIDAY	30-Oct-09			6-Nov-09			13-Nov-09			20-Nov-09		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	G3 BENCH	40.0%	x5	170	40.0%	x5	170	40.0%	x5	170	40.0%	x5	170
		50.0%	x5	210	50.0%	x5	210	50.0%	x5	210	50.0%	x5	210
420		60.0%	x3	250	60.0%	x3	250	60.0%	x3	250	60.0%	x5	250
		85.0%	x5	275	70.0%	x3	295	75.0%	x5	315	65.0%	x10	275
		75.0%	x5	315	80.0%	x3	335	85.0%	x3	355	65.0%	x10	275
1(a)	WRITE IN YOUR TOP SET	85.0%	xMAX	355	80.0%	xMAX	380	95.0%	xMAX	400	65.0%	x10	275
											65.0%	x10	275
T2	SNATCH												
	FROM THE HANG POSITION												
180		75.0%	x3	135	77.5%	x3	140	80.0%	x2	145	70.0%	x4	125
		75.0%	x3	135	77.5%	x3	140	80.0%	x2	145	70.0%	x4	125
2(a)		75.0%	x3	135	77.5%	x3	140	80.0%	x2	145	70.0%	x4	125
		75.0%	x3	135	77.5%	x3	140	80.0%	x2	145			
		75.0%	x3	135	77.5%	x3	140	80.0%	x2	145			
		75.0%	x3	135	77.5%	x3	140	80.0%	x2	145			
T3	SINGLE LEG SQUAT	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
	TO A BOX	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4	3:00 PULLUP CHALLENGE												
T5													
Pause	WTD. BACK EXTENSION	2 X 20			2 X 20			2 X 20			2 X 20		
Pause	FACE PULL	2 X 15-20			2 X 15-20			2 X 15-20			2 X 15-20		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

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SUN DEVIL WRESTLING

SAMPLE

SPORT	SUN DEVIL WRESTLING		
Weekly Rotation	MONDAY L | WEDNESDAY T | FRIDAY U		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

TM	MONDAY	30-Nov-09 %	30-Nov-09 BR	30-Nov-09 WT	7-Dec-09 %	7-Dec-09 BR	7-Dec-09 WT	14-Dec-09 %	14-Dec-09 BR	14-Dec-09 WT	21-Dec-09 %	21-Dec-09 BR	21-Dec-09 WT
T1	SESSION L												
	BACK SQUAT	40.0%	x5	180	40.0%	x5	180	40.0%	x5	180	40.0%	x5	180
		50.0%	x5	225	50.0%	x5	225	50.0%	x5	225	50.0%	x5	225
450		60.0%	x3	270	60.0%	x3	270	60.0%	x3	270	60.0%	x5	270
		65.0%	x5	295	70.0%	x3	315	75.0%	x5	340	65.0%	x10	295
		75.0%	x5	340	80.0%	x3	360	85.0%	x3	385	65.0%	x10	295
1(a)	WRITE IN YOUR MAX SET	85.0%	xMAX	385	90.0%	xMAX	405	85.0%	xMAX	430	65.0%	x10	295
											65.0%	x10	295
T2	DB INCLINE BENCH	77.5%	x7	95	80.0%	x6	95	85.0%	x4	100	75.0%	x4	90
	SINGLE ARM	77.5%	x7	95	80.0%	x6	95	85.0%	x4	100	75.0%	x4	90
120		77.5%	x7	95	80.0%	x6	95	85.0%	x4	100	75.0%	x4	90
	COMBO WITH:	70.0%	x10-12	85	72.5%	x10-12	85	77.5%	x8-10	95			
2(a)	HAMMER HIGH ROW X 10-12												
T3	JAMMER	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
	2 FEET - SET POSITION	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
180		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4	3:00 WTD.PUSHUP CHALLENGE												
T5	TEAM FINISHER												
Pause	GOOD MORNINGS	3 X 10-12			3 X 10-12			3 X 10-12			3 X 10-12		
Pause	DB SHRUG	3 X 15			3 X 15			3 X 15			3 X 15		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

TM	WEDNESDAY	2-Dec-09 %	2-Dec-09 BR	2-Dec-09 WT	9-Dec-09 %	9-Dec-09 BR	9-Dec-09 WT	16-Dec-09 %	16-Dec-09 BR	16-Dec-09 WT	23-Dec-09 %	23-Dec-09 BR	23-Dec-09 WT
T1	SESSION T												
	POWER CLEAN	57.5%	x5	165	50.0%	x5	145	52.5%	x5	150	57.5%	x5	165
		67.5%	x3-5	190	62.5%	x3-5	180	67.5%	x3-5	190	67.5%	x3-5	190
295		75.0%	x1-3	215	72.5%	x1-3	205	77.5%	x1-3	220	75.0%	x1-3	215
					80.0%	x1	230	85.0%	x1	240			
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265	82.5%	x4	235
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265	82.5%	x4	235
1(a)		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265	82.5%	x4	235
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265			
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265			
		82.5%	x2	235	87.5%	x2	250	92.5%	x1	265			
T2	DB LATERAL LUNGE	70.0%	x20T		70.0%	x20T		70.0%	x20T		70.0%	x20T	
		70.0%	x20T		70.0%	x20T		70.0%	x20T		70.0%	x20T	
#N/A		70.0%	x20T		70.0%	x20T		70.0%	x20T		70.0%	x20T	
2(a)													
T3	PUSH PRESS	70.0%	x10	175	75.0%	x7	190	80.0%	x6	200	70.0%	x4	175
		70.0%	x10	175	75.0%	x7	190	80.0%	x6	200	70.0%	x4	175
250		70.0%	x10	175	75.0%	x7	190	80.0%	x6	200	70.0%	x4	175
	COMBO WITH:	55.0%	xm15	140	60.0%	xm15	150	65.0%	xm15	165	55.0%	xm15	140
	SINGLE ARM BAR ROW X 10 EACH												
T4	BOX JUMP-QUICK		X5			X5			X5			X5	
			X5			X5			X5			X5	
			X5			X5			X5			X5	
T5	TEAM FINISHER												
Pause	BARBELL SINGLE LEG RDL	2 X 12 EACH			2 X 12 EACH			2 X 12 EACH			2 X 12 EACH		
Pause	SEATED CLEAN	2 X 20			2 X 20			2 X 20			2 X 20		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL		
PROGRAM	FALL STAGE IV		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

TM	FRIDAY	4-Dec-09 %	4-Dec-09 BR	4-Dec-09 WT	11-Dec-09 %	11-Dec-09 BR	11-Dec-09 WT	18-Dec-09 %	18-Dec-09 BR	18-Dec-09 WT	25-Dec-09 %	25-Dec-09 BR	25-Dec-09 WT
T1	SESSION U												
	G3 BENCH	40.0%	x5	170	40.0%	x5	170	40.0%	x5	170	40.0%	x5	170
		50.0%	x5	210	50.0%	x5	210	50.0%	x5	210	50.0%	x5	210
420		60.0%	x3	250	60.0%	x3	250	60.0%	x3	250	60.0%	x5	250
		65.0%	x5	275	70.0%	x3	295	75.0%	x5	315	65.0%	x10	275
		75.0%	x5	315	80.0%	x3	335	85.0%	x3	355	65.0%	x10	275
1(a)	WRITE IN YOUR TOP SET	85.0%	xMAX	355	80.0%	xMAX	380	95.0%	xMAX	400	65.0%	x10	275
											65.0%	x10	275
T2	SNATCH												
	FROM THE HANG POSITION												
180		77.5%	x3	140	80.0%	x2	145	82.5%	x2	150	72.5%	x4	130
		77.5%	x3	140	80.0%	x2	145	82.5%	x2	150	72.5%	x4	130
2(a)		77.5%	x3	140	80.0%	x2	145	82.5%	x2	150	72.5%	x4	130
		77.5%	x3	140	80.0%	x2	145	82.5%	x2	150			
		77.5%	x3	140	80.0%	x2	145	82.5%	x2	150			
		77.5%	x3	140	80.0%	x2	145	82.5%	x2	150			
T3	LUMBER JACK SQUAT	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
#N/A		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4	3:00 DB ROW CHALLENGE												
	:90 EACH ARM												
	WTS = 70 - 80 - 90												
T5	TEAM FINISHER												
Pause	WTD. BACK EXTENSION	3 X 10			3 X 10			3 X 10			3 X 10		
Pause	FACE PULL	2 X 15-20			2 X 15-20			2 X 15-20			2 X 15-20		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

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SUN DEVIL WRESTLING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	MONDAY | WEDNESDAY | FRIDAY
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	21-Dec-09			28-Dec-09			4-Jan-10			11-Jan-10		
TM	SESSION	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	G2 BENCH	52.5%	x5	190	50.0%	x5	180	55.0%	x5	200	50.0%	x5	180
380					57.5%	x3-5	205	62.5%	x3-5	225	60.0%	x3-5	215
											67.5%	x1-3	245
		60.0%	x4	215	65.0%	x3	235	70.0%	x2	250	75.0%	x4	270
		65.0%	x4	235	70.0%	x3	250	75.0%	x2	270	75.0%	x4	270
t(a)	FINISH WITH: DB FLOOR PRESS 3 X 15-20	70.0%	x4	250	75.0%	x3	270	80.0%	x2	290	75.0%	x4	270
		75.0%	x7	270	80.0%	x6	290	85.0%	x4	305			
		75.0%	x7	270	80.0%	x6	290	85.0%	x4	305			
		75.0%	x7	270	80.0%	x6	290	85.0%	x4	305			
T2	PULLUPS HEAVY WEIGHTED	100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
		100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
		100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
		100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
2(a)	FINISH WITH: INVERTED ROW X 50												
T3	MINI CIRCUIT X 3 10-12 REPS EACH HIGH TEMPO												
#N/A													
	DB FRONT RAISE DB CURL DB SKULL CRUSHER BARBELL SHRUG												
T4													
T5													
Pause													
Pause													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

WEDNESDAY	23-Dec-09			30-Dec-09			6-Jan-10			13-Jan-10		
TM	SESSION	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	BACK SQUAT	52.5%	x5	235	50.0%	x5	225	55.0%	x5	250	50.0%	x5	225
450					57.5%	x3-5	260	62.5%	x3-5	280	60.0%	x3-5	270
											67.5%	x1-3	305
		60.0%	x4	270	65.0%	x3	295	70.0%	x2	315	75.0%	x4	340
		65.0%	x4	295	70.0%	x3	315	75.0%	x2	340	75.0%	x4	340
t(a)		70.0%	x4	315	75.0%	x3	340	80.0%	x2	360	75.0%	x4	340
		75.0%	x7	340	80.0%	x6	360	85.0%	x4	385			
		75.0%	x7	340	80.0%	x6	360	85.0%	x4	385			
		75.0%	x7	340	80.0%	x6	360	85.0%	x4	385			
T2	DB LUNGE VARIATION DB WALKING LUNGES	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
		70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
55		70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
		70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
2(a)													
T3	MINI CIRCUIT X 3 10-12 REPS EACH HIGH TEMPO												
#N/A													
	CALF RAISE HEAVY SITUP GOOD MORNING LATERAL LUNGE												
T4													
T5													
Pause													
Pause													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	IN-SEASON NON-STARTER
PROGRAM	WINTER BREAK
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY	25-Dec-09			1-Jan-10			8-Jan-10			15-Jan-10		
TM	SESSION	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN	50.0%	x5	145	55.0%	x5	155	50.0%	x5	145	50.0%	x5	145
285		60.0%	x3-5	170	65.0%	x3-5	185	60.0%	x3-5	170	60.0%	x3-5	170
		67.5%	x1-3	190	72.5%	x1-3	205	70.0%	x1-3	200	67.5%	x1-3	190
								77.5%	x1	220			
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240	75.0%	x4	215
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240	75.0%	x4	215
t(a)		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240	75.0%	x4	215
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240			
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240			
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240			
T2	SPLIT JERK												
254		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	70.0%	x4	185
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	70.0%	x4	185
2(a)		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	70.0%	x4	185
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210			
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210			
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210			
T3	MINI CIRCUIT X 3 10-12 REPS EACH HIGH TEMPO												
#N/A													
	RDL WEIGHTED V-UP SQUAT JUMP DB 1 ARM SNATCH												
T4													
T5													
Pause													
Pause													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

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SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY U | THURSDAY L | SATURDAY T
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	8-Feb-11			15-Feb-11			22-Feb-11		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT
T1	REV. BAND BENCH		X 5-8	310		X 5-8	310		X 5-8	310
	GRAYS HUNG FROM #15 PINS		X 3-5	350		X 3-5	350		X 3-5	350
580						X 1-3	390		X 1-3	390
						X 1-2	435		X 1-2	435
			X 5	390					X 1-2	475
			X 5	435		X 3	475		X 1	520
1(x)			X 5	475		X 3	520		X 1	585
			X 5			X 3			X 1	
	RECORD YOUR MAX:		X 5			X 3			X 1	
T2	OVERHEAD PRESS		x10-12	170		x8-10	180		x8-10	190
	FATBAR		x10-12	170		x8-10	180		x8-10	190
240			x10-12	170		x8-10	180		x8-10	190
			x10-12	170		x8-10	180		x8-10	190
2(x)			x10-12	170		x8-10	180		x8-10	190
T3	HAMMER MID ROW		X10			X10			X10	
	ON TEMPO		X10			X10			X10	
			X10			X10			X10	
			X10			X10			X10	
T4	FACE PULL		3X15			3X15			3X15	
	GRAY BAND									
T5	BOX JUMP		X15			X15			X15	
	MAX SINGLE JUMP									
	EXTRA WORK - MONDAY									
	EXTRA CARDIO / GPP WORK - ONLY									
Post	E - FLEXIBILITY	BAND STRETCH								

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	10-Feb-11			17-Feb-11			24-Feb-11		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT
T1	CAM BAR BOX SQUAT		X 5-8	235		X 5-8	235		X 5-8	235
			X 3-5	265		X 3-5	265		X 3-5	265
425	PARALLEL BOX + AIREX PAD					X 1-3	300		X 1-3	300
						X 1-2	330		X 1-2	330
			X 5	300					X 1-2	360
			X 5	330		X 3	360		X 1	395
1(x)			X 5	360		X 3	395		X 1	430
			X 5			X 3			X 1	
	RECORD YOUR MAX:		X 5			X 3			X 1	
T2	DB LUNGE VARIATION		30YD			30YD			30YD	
	WALKING W/ FATGRIPZ		30YD			30YD			30YD	
88			30YD			30YD			30YD	
			30YD			30YD			30YD	
2(x)										
T3	BACK EXTENSION		X10			X10			X10	
	YELLOW PLATE		X10			X10			X10	
			X10			X10			X10	
			X10			X10			X10	
T4	MED BALL OVERHEAD TOSS		X10			X12			X15	
T5	GRIP WORK									
	HANG FOR TIME									
	EXTRA WORK - WEDNESDAY									
Post	E - FLEXIBILITY	BAND STRETCH								

STAGE	MAX EFFORT ROTATION
PROGRAM	SPRING 1 OF 4
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

SATURDAY	12-Feb-11			19-Feb-11			26-Feb-11		
TM	SESSION T	%	BR	WT	%	BR	WT	%	BR	WT
T1	POWER CLEAN		X 3	145		X 3	145		X 3	145
285										
			X 3	185		X 3	200		X 3	200
			X 3	185		X 3	200		X 3	215
1(x)			X 3	185		X 3	200		X 3	215
			X 3	185		X 3	200		X 3	215
			X 3	185		X 3	200		X 3	215
			X 3	185		X 3	200		X 3	215
T2	CHAIN PUSHUP		MAX			MAX			MAX	
	:90 REST AFTER EACH SET		MAX			MAX			MAX	
	< 200 lbs. = 1 CHAINS		MAX			MAX			MAX	
	200-300 = 2 CHAINS									
2(x)	> 300 lbs. = 3 CHAINS									
	FOLLOW WITH: INVERTED ROW									
T3	SSB JM PRESS		X10			X10			X10	
			X10			X10			X10	
			X10			X10			X10	
			X10			X10			X10	
T4	LATERAL RAISE 1-1-2		X8			X8			X8	
			X8			X8			X8	
			X8			X8			X8	
T5	WOLVERINE CURL		3X12			3X12			3X12	
	ORANGE BAND									
	EXTRA WORK - FRIDAY									
Post	E - FLEXIBILITY	BAND STRETCH								

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T
Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	1-Mar-11			8-Mar-11			15-Mar-11		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT
T1	3 BOARD PRESS		X 5-8	245		X 5-8	245		X 5-8	245
			X 3-5	280		X 3-5	280		X 3-5	280
444						X 1-3	310		X 1-3	310
						X 1-2	345		X 1-2	345
			X 5	310					X 1-2	375
			X 5	345		X 3	375		X 1	410
1(x)			X 5	375		X 3	410		X 1	450
			X 5			X 3			X 1	
	RECORD YOUR MAX:		X 5			X 3			X 1	
T2	DB INCLINE BENCH		x10-12			x8-10			x8-10	
			x10-12			x8-10			x8-10	
110			x10-12			x8-10			x8-10	
			x10-12			x8-10			x8-10	
2(x)			x10-12			x8-10			x8-10	
T3	LOG ROW		X10			X10			X10	
	ASCENDING SETS		X10			X10			X10	
			X10			X10			X10	
			X10			X10			X10	
T4	SHOULDER SERIES		3X15			3X15			3X15	
	"T" RAISE & WIDE ROW									
T5	WEIGHTED BOX JUMP		X10			X10			X10	
	MAX SINGLE JUMP									

EXTRA WORK - MONDAY
EXTRA CARDIO / GPP WORK - ONLY

Post	E - FLEXIBILITY	BAND STRETCH

Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	3-Mar-11			10-Mar-11			17-Mar-11		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT
T1	BUFFALO BAR BOX SQUAT		X 5-8	260		X 5-8	260		X 5-8	260
			X 3-5	295		X 3-5	295		X 3-5	295
470	PARALLEL BOX + AIREX PAD					X 1-3	330		X 1-3	330
						X 1-2	365		X 1-2	365
			X 5	330					X 1-2	400
			X 5	365		X 3	400		X 1	435
1(x)			X 5	400		X 3	435		X 1	475
			X 5			X 3			X 1	
	RECORD YOUR MAX:		X 5			X 3			X 1	
T2	BB LUNGE VARIATION		X12T			X12T			X12T	
	ZERCHER HOLD LUNGE		X12T			X12T			X12T	
175	FATBAR		X12T			X12T			X12T	
			X12T			X12T			X12T	
2(x)										
T3	BACK EXTENSION		X10			X10			X10	
	BLUE PLATE		X10			X10			X10	
			X10			X10			X10	
T4	MED BALL SIDE TOSS		3X10E			3X10E			3X10E	
T5	GRIP WORK									
	PLATE PINCH FOR TIME X 2									

EXTRA WORK - WEDNESDAY

Post	E - FLEXIBILITY	BAND STRETCH

STAGE	MAX EFFORT ROTATION
PROGRAM	SPRING 2 OF 4
Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

SATURDAY	5-Mar-11			12-Mar-11			19-Mar-11		
TM	SESSION T	%	BR	WT	%	BR	WT	%	BR	WT
T1	POWER CLEAN		X 3	145		X 3	145		X 2	145
255										
			X 3	200		X 3	200		X 2	200
			X 3	215		X 3	215		X 2	215
1(x)			X 3	230		X 3	230		X 2	230
			X 3	230		X 3	240		X 2	240
			X 3	230		X 3	240		X 2	255
			X 3	230		X 3	240		X 2	255
T2	DB BENCH		MAX	110		MAX	115		MAX	120
	:90 REST AFTER EACH SET		MAX	110		MAX	115		MAX	120
110			MAX	110		MAX	115		MAX	120
2(x)										
T3	WENDLER EVOLUTION		MAX			MAX			MAX	
			MAX			MAX			MAX	
T4	MATH SHRUGS		X 3			X 3			X 3	
	100 - YOUR # = REPS									
T5	FAT GRIPZ DB CURL		X 40			X 40			X 40	

EXTRA WORK - FRIDAY

Post	E - FLEXIBILITY	BAND STRETCH

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING		
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

TUESDAY	22-Mar-11			29-Mar-11			5-Apr-11		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT
T1	2 BOARD PRESS	55.0%	X 5-8	235	55.0%	X 5-8	235	55.0%	X 5-8	235
		62.5%	X 3-5	270	62.5%	X 3-5	270	62.5%	X 3-5	270
425	ALL DAY:				70.0%	X 1-3	300	70.0%	X 1-3	300
	5 CHINUPS WITH EVERY SET				77.5%	X 1-2	330	77.5%	X 1-2	330
		70.0%	X 5	300				85.0%	X 1-2	365
		77.5%	X 5	330	85.0%	X 3	365	92.5%	X 1	395
1(x)		85.0%	X 5	365	92.5%	X 3	395	101.0%	X 1	430
		85.0%	X 5		92.5%	X 3		101.0%	X 1	
	RECORD YOUR MAX:	85.0%	X 5		92.5%	X 3		101.0%	X 1	
T2	OVERHEAD PRESS	70.0%	x10-12	170	75.0%	x8-10	180	80.0%	x8-10	190
	WITH FATBAR	70.0%	x10-12	170	75.0%	x8-10	180	80.0%	x8-10	190
240		70.0%	x10-12	170	75.0%	x8-10	180	80.0%	x8-10	190
		70.0%	x10-12	170	75.0%	x8-10	180	80.0%	x8-10	190
2(x)		70.0%	x10-12	170	75.0%	x8-10	180	80.0%	x8-10	190
T3	HAMMER MID ROW	75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10	
T4	CABLE FACE PULL		3X15			3X15			3X15	
T5	BOX JUMP MAX HEIGHT		X 12			X 12			X 12	
	EXTRA WORK - MONDAY									
	EXTRA CARDIO / GPP WORK - ONLY									
Post	E - FLEXIBILITY	BAND STRETCH								

Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

THURSDAY	24-Mar-11			31-Mar-11			7-Apr-11		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT
T1	BOX SQUAT	55.0%	X 5-8	275	55.0%	X 5-8	275	55.0%	X 5-8	275
		62.5%	X 3-5	315	62.5%	X 3-5	315	62.5%	X 3-5	315
500	PARALLEL BOX + AIREX PAD				70.0%	X 1-3	350	70.0%	X 1-3	350
					77.5%	X 1-2	390	77.5%	X 1-2	390
		70.0%	X 5	350				85.0%	X 1-2	425
		77.5%	X 5	390	85.0%	X 3	425	92.5%	X 1	465
1(x)		85.0%	X 5	425	92.5%	X 3	465	101.0%	X 1	505
		85.0%	X 5		92.5%	X 3		101.0%	X 1	
	RECORD YOUR MAX:	85.0%	X 5		92.5%	X 3		101.0%	X 1	
T2	DB LUNGE VARIATION	70.0%	X12T		70.0%	X12T		75.0%	X12T	
	OVERHEAD - OFF-SET	70.0%	X12T		70.0%	X12T		75.0%	X12T	
88		70.0%	X12T		75.0%	X12T		77.5%	X12T	
		70.0%	X12T		75.0%	X12T		80.0%	X12T	
2(x)		70.0%	X12T		75.0%	X12T		80.0%	X12T	
T3	BACK EXTENSION	75.0%	X10		75.0%	X10		75.0%	X10	
	BLUE - RED	75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10	
T4	MED BALL		X 12			X 12			X 12	
	GRANNY TOSS - OUTSIDE									
T5	GRIP WORK									
	EXTRA WORK - WEDNESDAY									
Post	E - FLEXIBILITY	BAND STRETCH								

STAGE	MAX EFFORT ROTATION		
PROGRAM	SPRING 3 OF 4		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

SATURDAY	26-Mar-11			2-Apr-11			9-Apr-11		
TM	SESSION T	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN	50.0%	X 3	145	50.0%	X 3	145	50.0%	X 2	145
255										
		70.0%	X 3	200	70.0%	X 3	200	70.0%	X 2	200
		75.0%	X 3	215	75.0%	X 3	215	75.0%	X 2	215
1(x)		80.0%	X 3	230	80.0%	X 3	230	80.0%	X 2	230
		80.0%	X 3	230	85.0%	X 3	240	85.0%	X 2	240
		80.0%	X 3	230	85.0%	X 3	240	90.0%	X 2	255
		80.0%	X 3	230	85.0%	X 3	240	90.0%	X 2	255
T2	FATBAR CHAIN PRESS	65.0%	10-15	195	65.0%	8-12	195	65.0%	6-10	195
	TOP RANGE: ADD 1 CHAIN	65.0%	10-15	195	65.0%	8-12	195	65.0%	6-10	195
300	UNDER RANGE: TAKE OFF 1 CHAIN	65.0%	10-15	195	65.0%	8-12	195	65.0%	6-10	195
	IN RANGE: STAY THE SAME	65.0%	10-15	195	65.0%	8-12	195	65.0%	6-10	195
2(x)		65.0%	10-15	195	65.0%	8-12	195	65.0%	6-10	195
T3	DIPS	75.0%	X10		75.0%	X10		75.0%	X10	
	BOTTOM PAUSE - ADD WEIGHT	75.0%	X10		75.0%	X10		75.0%	X10	
	COMBO WITH:	75.0%	X10		75.0%	X10		75.0%	X10	
	HAMMER HIGH ROW X 10	75.0%	X10		75.0%	X10		75.0%	X10	
T4	SHOULDER SERIES		X 2			X 2			X 2	
T5	FAT BAR CRAZY 8'S									
	EXTRA WORK - FRIDAY									
Post	E - FLEXIBILITY	BAND STRETCH								

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T
Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	12-Apr-11			19-Apr-11			26-Apr-11		
TM	SESSION L	%	ER	WT	%	ER	WT	%	ER	WT
T1	G2 BENCH	55.0%	X 5-8	210	55.0%	X 5-8	210	55.0%	X 5-8	210
		62.5%	X 3-5	240	62.5%	X 3-5	240	62.5%	X 3-5	240
390					70.0%	X 1-3	265	70.0%	X 1-3	265
	ALL DAY:				77.5%	X 1-2	295	77.5%	X 1-2	295
	5 CHINUPS WITH EVERY SET	70.0%	X 5	265				85.0%	X 1-2	325
		77.5%	X 5	295	85.0%	X 3	325	92.5%	X 1	350
1(x)		85.0%	X 5	325	92.5%	X 3	350	101.0%	X 1	385
		85.0%	X 5		92.5%	X 3		101.0%	X 1	
	RECORD YOUR MAX:	85.0%	X 5		92.5%	X 3		101.0%	X 1	
T2	DB PUSH PRESS									
140		70.0%	X 5	100	72.0%	X 5	100	75.0%	X 5	105
		70.0%	X 5	100	72.0%	X 5	100	75.0%	X 5	105
2(x)		70.0%	X 5	100	72.0%	X 5	100	75.0%	X 5	105
		70.0%	X 5	100	72.0%	X 5	100	75.0%	X 5	105
		70.0%	X 5	100	72.0%	X 5	100	75.0%	X 5	105
	COMBO WITH:									
	DB ROW									
T3	DOUBLE DB	75.0%	X10	135	75.0%	X10	135	75.0%	X10	135
		75.0%	X10	135	75.0%	X10	135	75.0%	X10	135
160		75.0%	X10	135	75.0%	X10	135	75.0%	X10	135
		75.0%	X10	135	75.0%	X10	135	75.0%	X10	135
T4	MINI-BAND PULLAPARTS		X 12			X 12			X 12	
			X 12			X 12			X 12	
	COMBO WITH:		X 12			X 12			X 12	
T5	BAND JUMPOUTS		X 8			X 8				
			X 8			X 8				
			X 8			X 8				

EXTRA WORK - MONDAY
EXTRA CARDIO / GPP WORK - ONLY

Post	E - FLEXIBILITY	BAND STRETCH

Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	14-Apr-11			21-Apr-11			28-Apr-11		
TM	SESSION U	%	ER	WT	%	ER	WT	%	ER	WT
T1	BACK SQUAT	55.0%	X 5-8	260	55.0%	X 5-8	260	55.0%	X 5-8	260
		62.5%	X 3-5	295	62.5%	X 3-5	295	62.5%	X 3-5	295
475					70.0%	X 1-3	335	70.0%	X 1-3	335
					77.5%	X 1-2	370	77.5%	X 1-2	370
		70.0%	X 5	335				85.0%	X 1-2	405
		77.5%	X 5	370	85.0%	X 3	405	92.5%	X 1	440
1(x)		85.0%	X 5	405	92.5%	X 3	440	101.0%	X 1	480
		85.0%	X 5		92.5%	X 3		101.0%	X 1	
	RECORD YOUR MAX:	85.0%	X 5		92.5%	X 3		101.0%	X 1	
T2	DB STEPUP									
	15" BOX	70.0%	X12T		70.0%	X12T		75.0%	X12T	
		70.0%	X12T		70.0%	X12T		75.0%	X12T	
		70.0%	X12T		75.0%	X12T		77.5%	X12T	
		70.0%	X12T					80.0%	X12T	
2(x)		70.0%	X12T					80.0%	X12T	
T3	BACK EXTENSION	75.0%	X10		75.0%	X10		75.0%	X10	
	RED - BACK - 2 BLUE - CHEST	75.0%	X10		75.0%	X10		75.0%	X10	
	WEEK 2 - BODYWEIGHT ONLY	75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10	
T4	BOX SQUAT to BOX JUMP		X 5			X 5			X 5	
			X 5			X 5			X 5	
			X 5			X 5			X 5	
T5	GRIP WORK									

EXTRA WORK - WEDNESDAY

Post	E - FLEXIBILITY	BAND STRETCH

STAGE	MAX EFFORT ROTATION
PROGRAM	SPRING 4 OF 4
Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

SATURDAY	16-Apr-11			23-Apr-11			30-Apr-11		
TM	SESSION T	%	ER	WT	%	ER	WT	%	ER	WT
T1	POWER CLEAN	50.0%	X 2	145	50.0%	X 2	145	50.0%	X 3	145
								65.0%	X 3	185
255								72.0%	X 2	205
								77.0%	X 1	220
		75.0%	X 2	215	65.0%	X 2	185	82.0%	X 1	235
		80.0%	X 2	230	70.0%	X 2	200	87.0%	X 1	250
1(x)		85.0%	X 2	240	70.0%	X 2	200	92.0%	X 1	260
		90.0%	X 2	255	70.0%	X 2	200	97.0%	X 1	275
		95.0%	X 2	270	70.0%	X 2	200	102.0%	X 1	290
		95.0%	X 2	270	70.0%	X 2	200	105.0%	X 1	300
T2	DB INCLINE BENCH	70.0%	x10-12	75				80.0%	x8-10	90
		70.0%	x10-12	75				80.0%	x8-10	90
110		70.0%	x10-12	75				80.0%	x8-10	90
		70.0%	x10-12	75				80.0%	x8-10	90
2(x)		70.0%	x10-12	75				80.0%	x8-10	90
T3	DB OVERHEAD PRESS		X10			X10			X10	
			X10			X10			X10	
	COMBO WITH:		X10			X10			X10	
120	INVERTED ROW X 20		X10						X10	
T4	CHAIN LATERAL RAISE		X 12			X 12			X 12	
			X 12			X 12			X 12	
			X 12			X 12			X 12	
T5	RUN THE RACK		X 5 E			X 5 E			X 5 E	
	LIGHTS 50 DOWN									
	HEAVIES 65 DOWN									

EXTRA WORK - FRIDAY

Post	E - FLEXIBILITY	BAND STRETCH

Notes

SUN DEVIL WRESTLING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	9-Feb-10			16-Feb-10			23-Feb-10					
TM	SESSION L	%	ER	WT	%	ER	WT	%	ER	WT	%	ER	WT
T1	BACK SQUAT	55.0%	x5	250	50.0%	x5	225	55.0%	x5	250			
		62.5%	x3-5	280	60.0%	x3-5	270	65.0%	x3-5	295			
450					67.5%	x1-3	305	72.5%	x1-3	325			
		70.0%	x10	315	75.0%	x7	340	80.0%	x6	360			
		70.0%	x10	315	75.0%	x7	340	80.0%	x6	360			
1(a)		70.0%	x10	315	75.0%	x7	340	80.0%	x6	360			
		62.5%	xm15	280	67.5%	xm15	305	72.5%	x10-12	325			
		55.0%	xm15	250	60.0%	xm15	270	65.0%	xm15	295			
T2	G2 FLOOR PRESS	77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
		77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
372	COMBO WITH:	77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
		77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
2(a)	CHINUPS X 50 REPS	77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
T3	HANG CLEAN	70.0%	x3	190	77.5%	x3	210	65.0%	x4	175			
		70.0%	x3	190	77.5%	x3	210	65.0%	x4	175			
270		70.0%	x3	190	77.5%	x3	210	65.0%	x4	175			
		70.0%	x3	190	77.5%	x3	210	65.0%	x4	175			
		70.0%	x3	190	77.5%	x3	210	65.0%	x4	175			
T4	POWER RUNNER		X8			X8			X8				
			X8			X8			X8				
			X8			X8			X8				
T5	TRICEP FINISHER												
	SEE COACH												
Pump	BACK EXTENSION	3X20			3X20			3X20					
Pump	SEATED CLEAN	2X15			2X15			2X15					
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	11-Feb-10			18-Feb-10			25-Feb-10					
TM	SESSION U	%	ER	WT	%	ER	WT	%	ER	WT	%	ER	WT
T1	G3 BENCH	55.0%	x5	230	50.0%	x5	210	55.0%	x5	230			
		62.5%	x3-5	265	60.0%	x3-5	250	65.0%	x3-5	275			
420					67.5%	x1-3	285	72.5%	x1-3	305			
		70.0%	x10	295	75.0%	x7	315	80.0%	x6	335			
		70.0%	x10	295	75.0%	x7	315	80.0%	x6	335			
1(a)		70.0%	x10	295	75.0%	x7	315	80.0%	x6	335			
		62.5%	xm15	265	67.5%	xm15	285	72.5%	x10-12	305			
		55.0%	xm15	230	60.0%	xm15	250	65.0%	xm15	275			
					52.5%	xm15	220	57.5%	xm15	240			
T2	DEAD LIFT	77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
	TRAP BAR - HIGH HANDLES	77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
450		77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
		77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
2(a)		77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
T3	DB BULGARIAN SPLIT SQUAT	70.0%	X6	55	75.0%	X6	55	80.0%	X6	60			
		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60			
75		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60			
		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60			
T4	DB ROW		MAX			MAX			MAX				
			MAX			MAX			MAX				
T5	DB OVERHEAD PRESS		X8			X8			X8				
			X8			X8			X8				
			X8			X8			X8				
Pump	GOOD MORNING	3X10			3X10			3X10					
Pump	COMBO RAISE	2X12			2X12			2X12					
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	SPRING I
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

SATURDAY												
TM	SESSION T	%	ER	WT	%	ER	WT	%	ER	WT	%	ER	WT
T1													
1(a)													
T2													
2(a)													
T3													
T4													
T5													
Pump													
Pump													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GET JACKED / NECK / STRETCH

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	TUESDAY / SESSION L	17-Mar-09 %	GR	WT	24-Mar-09 %	GR	WT
T1	HANG CLEAN	50.0%	x5	135	55.0%	x5	150
		57.5%	x3-5	155	62.5%	x3-5	170
270		65.0%	x5	175	70.0%	x4	190
		65.0%	x5	175	70.0%	x4	190
1(a)		65.0%	x5	175	70.0%	x4	190
		65.0%	x5	175	70.0%	x4	190
		65.0%	x5	175	70.0%	x4	190
		65.0%	x5	175	70.0%	x4	190
T2	BACK SQUAT	50.0%	x5	240	55.0%	x5	260
475		65.0%	x12	310	70.0%	x10	335
		62.5%	x12	295	67.5%	x10	320
2(a)		60.0%	x12	285	65.0%	x10	310
		57.5%	x12	275	62.5%	x10	295
		55.0%	x12	260	60.0%	x10	285
		52.5%	x12	250	57.5%	x10	275
T3	DB LUNGE VARIATION	100.0%	X12T	90	100.0%	X12T	90
	DB REVERSE LUNGE - FROM BOX	100.0%	X12T	90	100.0%	X12T	90
88		100.0%	X12T	90	100.0%	X12T	90
T4	TEMPO CHINUPS		X6			X6	
	HOLDS 6,5,4,3,2,1,0		X6			X6	
	ADD CHAIN or VEST if able		X6			X6	
T5	BARBELL CURL		X12			X12	
	BIG WEIGHT = BIG ARMS		X12			X12	
			X12			X12	
Pcom	YOKE CIRCUIT		X2			X2	
Pcom	SEE COACH						
M	ALTERNATIVE						
M1							
M2							
M3							
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH					

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GET JACKED / NECK / STRETCH

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	THURSDAY / SESSION U	19-Mar-09 %	GR	WT	26-Mar-09 %	GR	WT
T1	SNATCH	50.0%	x5	90	50.0%	x5	90
	FROM THE HANG POSITION	55.0%	x3	100	55.0%	x3	100
180		60.0%	x2	110	60.0%	x2	110
		60.0%	x2	110	60.0%	x2	110
1(a)		60.0%	x2	110	60.0%	x2	110
		60.0%	x2	110	60.0%	x2	110
		60.0%	x2	110	60.0%	x2	110
		60.0%	x2	110	60.0%	x2	110
T2	G4 BENCH	50.0%	x5	160	55.0%	x5	175
320		65.0%	x12	210	70.0%	x10	225
		62.5%	x12	200	67.5%	x10	215
2(a)		60.0%	x12	190	65.0%	x10	210
		57.5%	x12	185	62.5%	x10	200
		55.0%	x12	175	60.0%	x10	190
		52.5%	x12	170	57.5%	x10	185
T3	DB FLOOR PRESS	70.0%	X15M	105	72.5%	X15M	110
		70.0%	X15M	105	72.5%	X15M	110
150		70.0%	X15M	105	72.5%	X15M	110
T4	DB ROW		MAX			MAX	
	75LBS. / 95LBS. / 115LBS.		MAX			MAX	
T5	100 REP PUSHDOWNS		X100			X100	
	BENCH < 300LBS. = PURPLE BAND						
	BENCH > 300LBS. = GREEN BAND						
Pcom	DB RDL		2 X 12			2 X 12	
Pcom	SEATED CLEAN		2 X 15			2 X 15	
M	ALTERNATIVE						
M1							
M2							
M3							
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH					

STAGE	POST SEASON
PROGRAM	SPRING 1 of 2
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GET JACKED / NECK / STRETCH

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	SATURDAY / SESSION T	21-Mar-09 %	GR	WT	28-Mar-09 %	GR	WT
T1	DEAD LIFT	50.0%	x5	225	55.0%	x5	250
	HIGH HANDLE TRAPBAR	57.5%	x3-5	260	62.5%	x3-5	280
450		65.0%	x12	295	70.0%	x10	315
		62.5%	x12	280	67.5%	x10	305
1(a)		60.0%	x12	270	65.0%	x10	295
		57.5%	x12	260	62.5%	x10	280
		55.0%	x12	250	60.0%	x10	270
		52.5%	x12	235	57.5%	x10	260
T2	ZERCHER SQUAT						
	USE FAT BARS						
350		62.5%	x12	220	67.5%	x10	235
2(a)		60.0%	x12	210	65.0%	x10	230
		57.5%	x12	200	62.5%	x10	220
		55.0%	x12	195	60.0%	x10	210
T3	DIPS		X6			X6	
	&		X6			X6	
	HAMMER MID ROW		X6			X6	
	HOLDS 6,5,4,3,2,1,0						
T4	DB SWINGS		X25E			X25E	
	35 - 55 LBS.		X25E			X25E	
T5	JAMMER		X8			X8	
			X8			X8	
Pcom	BACK EXTENSION		2 X 20			2 X 20	
Pcom	TEAM SIX PACK						
M	ALTERNATIVE						
M1							
M2							
M3							
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH					

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING		
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

TUESDAY	31-Mar-09			7-Apr-09			14-Apr-09			21-Apr-09		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	HANG CLEAN	52.5%	x5	140	50.0%	x5	135	55.0%	x5	150			
270		60.0%	x3-5	160	60.0%	x3-5	160						
					67.5%	x1-3	180						
		67.5%	x4	180	75.0%	x3	205	62.5%	x4	170			
		67.5%	x4	180	75.0%	x3	205	62.5%	x4	170			
Rx1		67.5%	x4	180	75.0%	x3	205	62.5%	x4	170			
		67.5%	x4	180	75.0%	x3	205	62.5%	x4	170			
		67.5%	x4	180	75.0%	x3	205	62.5%	x4	170			
		67.5%	x4	180	75.0%	x3	205	62.5%	x4	170			
T2	BACK SQUAT	52.5%	x5	250	52.5%	x5	250	55.0%	x5	260	50.0%	x5	240
					60.0%	x3-5	285	62.5%	x3-5	295	60.0%	x3-5	285
475		60.0%	x4	285	67.5%	x3	320	70.0%	x3	335	75.0%	x1	355
		65.0%	x4	310	72.5%	x3	345	70.0%	x3	335	80.0%	x1	380
Rx1		70.0%	x4	335	77.5%	x3	370	70.0%	x3	335	85.0%	x1	405
		75.0%	x7	355	82.5%	x5	390	70.0%	x3	335	90.0%	x3	430
		75.0%	x7	355	82.5%	x5	390				90.0%	x3	430
		75.0%	x7	355	82.5%	x5	390				90.0%	x3	430
T3	DB HIGH STEP UP		X12T			X12T			X12T				
	15" BOX ON THE TRACK		X12T			X12T			X12T				
100	PICK A WEIGHT		X12T			X12T			X12T				
	40's - 50's - 60's OR GREATER												
T4	CHINUPS		MAX			MAX			MAX				
	FROM DEAD HANG-PERFECT REPS		MAX			MAX			MAX				
T5	DB CURL		X10			X8			X6				
			X10			X8			X6				
			X10			X8			X6				
Power	NECKS LIKE TREE TRUNKS CIRCUIT												
Power	SEE COACH												
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

THURSDAY	2-Apr-09			9-Apr-09			16-Apr-09			23-Apr-09		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	SNATCH	52.5%	x5	95	50.0%	x5	90	55.0%	x5	100			
180		60.0%	x3-5	110	60.0%	x3-5	110						
					67.5%	x1-3	120						
		67.5%	x4	120	75.0%	x3	135	62.5%	x4	115			
		67.5%	x4	120	75.0%	x3	135	62.5%	x4	115			
Rx1		67.5%	x4	120	75.0%	x3	135	62.5%	x4	115			
		67.5%	x4	120	75.0%	x3	135	62.5%	x4	115			
		67.5%	x4	120	75.0%	x3	135	62.5%	x4	115			
		67.5%	x4	120	75.0%	x3	135	62.5%	x4	115			
T2	62 BENCH	52.5%	x5	200	52.5%	x5	200	55.0%	x5	210	50.0%	x5	190
					60.0%	x3-5	230	62.5%	x3-5	240	60.0%	x3-5	230
380		60.0%	x4	230	67.5%	x3	255	70.0%	x3	265	75.0%	x1	285
		65.0%	x4	245	72.5%	x3	275	70.0%	x3	265	80.0%	x1	305
Rx1		70.0%	x4	265	77.5%	x3	295	70.0%	x3	265	85.0%	x1	325
		75.0%	x7	285	82.5%	x5	315	70.0%	x3	265	90.0%	x3	340
		75.0%	x7	285	82.5%	x5	315				90.0%	x3	340
		75.0%	x7	285	82.5%	x5	315				90.0%	x3	340
T3	64 BENCH	60.0%	X12M	190	62.5%	X12M	200	65.0%	X12M	210			
	FROM A 4 or 5 BOARD	57.5%	X12M	185	60.0%	X12M	190	62.5%	X12M	200			
320		55.0%	X12M	175	57.5%	X12M	185	60.0%	X12M	190			
T4	MIDROW / HIGHROW		X8-10			X8-10			X8-10				
	2 SETS TO FAILURE		X8-10			X8-10			X8-10				
T5	ROLLING DB EXTENSION		:60			:60			:60			:60	
			:60			:60			:60			:60	
Power	GHR		2 X 8			2 X 8			2 X 8			2 X 8	
Power	SEATED CLEAN		2 X 15			2 X 15			2 X 15			2 X 15	
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	POST SEASON		
PROGRAM	SPRING 2 of 2		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

SATURDAY	4-Apr-09			11-Apr-09			18-Apr-09			25-Apr-09		
TM	SESSION T	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN	52.5%	x5	150	52.5%	x5	150	55.0%	x5	155	50.0%	x5	145
295					60.0%	x3-5	170	62.5%	x3-5	180	60.0%	x3-5	170
											67.5%	x1-3	190
		60.0%	x4	170	67.5%	x3	190	70.0%	x3	200	75.0%	x1	215
		65.0%	x4	185	72.5%	x3	205	70.0%	x3	200	80.0%	x1	230
Rx1		70.0%	x4	200	77.5%	x3	220	70.0%	x3	200	85.0%	x1	240
		75.0%	x7	215	82.5%	x5	235	70.0%	x3	200	90.0%	x3	255
		75.0%	x7	215	82.5%	x5	235				90.0%	x3	255
		75.0%	x7	215	82.5%	x5	235				90.0%	x3	255
T2	POWER RUNNER		X12T			X12T			X12T				
			X12T			X12T			X12T				
300			X12T			X12T			X12T				
			X12T			X12T			X12T				
Rx1													
T3	BANDED PUSHUPS		X10			X10			X10			X10	
	&		X10			X10			X10			X10	
#N/A	GREEN BAND ROW		X10			X10			X10				
T4	DB SWINGS		X30E			X30E			X30E				
	35 - 55 LBS.		X30E			X30E			X30E				
T5	DB LATERAL RAISE		X12			X12			X12				
			X12			X12			X12				
Power	BACK EXTENSION-PAUSE		3 X 6			3 X 6			3 X 6				
Power	SCAP PUSHUPS		2 X 15			2 X 15			2 X 15				
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING	
Weekly Rotation	TUESDAY U | THURSDAY L | SATURDAY U	
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFS! / NECK / STRETCH	
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	TUESDAY	28-Apr-09 %	GR	WT	5-May-09 %	GR	WT	12-May-09 %	GR	WT	19-May-09 %	GR	WT
	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	DB BENCH	50.0%	x5	80	55.0%	x5	90	50.0%	x5	80	52.5%	x5	85
		57.5%	x3-5	90	62.5%	x3-5	100	60.0%	x3-5	95	60.0%	x3-5	95
160								67.5%	x1-3	110			
		65.0%	x12	105	70.0%	x10	110	75.0%	x10	120	67.5%	x3	110
		62.5%	x12	100	67.5%	x10	110	72.5%	x10	115	67.5%	x3	110
1(a)		60.0%	x12	95	65.0%	x10	105	70.0%	x10	110	67.5%	x3	110
		57.5%	x12	90	62.5%	x10	100	67.5%	x10	110			
		55.0%	x12	90	60.0%	x10	95	65.0%	x10	105			
T2	EDT BLOCK	60.0%	x5/5		60.0%	x5/5		60.0%	x5/5		60.0%	x5/5	
	DIP OR PUSHUP & BLAST STRAP ROW												
2(a)	8 MINUTES - MAX ROTATIONS												
T3	EDT BLOCK	60.0%	x5/5		60.0%	x5/5		60.0%	x5/5		60.0%	x5/5	
	FAT BAR PULLDOWN & BARBELL SHRUG												
	8 MINUTES - MAX ROTATIONS												
T4	DB CURL		X6			X6			X6			X6	
	6 COUNT LOWERING		X6			X6			X6			X6	
			X6			X6			X6			X6	
T5	TRICEP PUSHDOWN		X10			X10			X10			X10	
	ONE AND A HALF		X10			X10			X10			X10	
Pcom													
Pcom													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFS! / NECK / STRETCH	
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	THURSDAY	30-Apr-09 %	GR	WT	7-May-09 %	GR	WT	14-May-09 %	GR	WT	21-May-09 %	GR	WT
	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	DB LUNGE	60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55
		60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55
88		60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55
		60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55	60.0%	40yd	55
1(a)													
T2	POWER SQUAT	45.0%	x20+	280	45.0%	x20+	280	45.0%	x20+	280	45.0%	x20+	280
		40.0%	x20+	250	40.0%	x20+	250	40.0%	x20+	250	40.0%	x20+	250
625													
2(a)													
T3	EDT BLOCK	60.0%	x5/5		60.0%	x5/5		60.0%	x5/5		60.0%	x5/5	
	PULL THROUGH & CALF RAISE												
	8 MINUTES - MAX ROTATIONS												
T4	THICK NECK CIRCUIT		X2			X2			X2			X2	
	NECK MACHINE-LEFT X 25												
	FACE PULL X 25												
T5	NECK MACHINE-RIGHT X 25												
	"T" RAISE X 25												
	NECK HARNESS X 25												
Pcom													
Pcom													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	POST SEASON	
PROGRAM	SPRING 2 of 2	
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFS! / NECK / STRETCH	
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
DYNAMIC WARMUP & ISO HOLD WORK	TEAM POWER ZONE AFTER WARMUP	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TM	SATURDAY	2-May-09 %	GR	WT	9-May-09 %	GR	WT	16-May-09 %	GR	WT	23-May-09 %	GR	WT
	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	OVERHEAD PRESS	50.0%	x5	110	55.0%	x5	120	50.0%	x5	110	52.5%	x5	115
		57.5%	x3-5	125	62.5%	x3-5	140	60.0%	x3-5	130	60.0%	x3-5	130
220								67.5%	x1-3	150			
		65.0%	x12	145	70.0%	x10	155	75.0%	x10	165	67.5%	x3	150
		62.5%	x12	140	67.5%	x10	150	72.5%	x10	160	67.5%	x3	150
1(a)		60.0%	x12	130	65.0%	x10	145	70.0%	x10	155	67.5%	x3	150
		57.5%	x12	125	62.5%	x10	140	67.5%	x10	150			
		55.0%	x12	120	60.0%	x10	130	65.0%	x10	145			
T2	EDT BLOCK	60.0%	x5/5		60.0%	x5/5		60.0%	x5/5		60.0%	x5/5	
	STABILITY BALL FLYE & CHINUP												
2(a)	8 MINUTES - MAX ROTATIONS												
T3	EDT BLOCK	60.0%	x5/5		60.0%	x5/5		60.0%	x5/5		60.0%	x5/5	
	LATERAL RAISE & MID ROW												
	8 MINUTES - MAX ROTATIONS												
T4	EDT BLOCK		x5/5			x5/5			x5/5			x5/5	
	BAR CURL & OVERHEAD TRICEP EXT.												
T5	5 MINUTES - MAX ROTATIONS												
Pcom													
Pcom													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING
Weekly Rotation	MONDAY U | WEDNESDAY L | FRIDAY U
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	25-May-09			1-Jun-09			8-Jun-09			15-Jun-09		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
390	RECORD YOUR NUMBER	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
Wd		85.0%	xMAX	325	90.0%	xMAX	340	95.0%	xMAX	360			
T2	DB BENCH	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
	NEUTRAL GRIP	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
160		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
Zd		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
T3	CHINUPS	100.0%	X50		100.0%	X50		100.0%	X50		100.0%	X50	
	TOTAL # OF REPS												
	EXAMPLE 2X25 / 5X10 / 10X5												
	WEIGHTED IF ABLE												
T4	CIRCUIT X 3												
	FACE PULL		X15			X15			X15			X15	
	HANGING LEG RAISE		X15			X15			X15			X15	
T5	DB SHRUG		X15			X15			X15			X15	
Pwr													
Pwr													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

WEDNESDAY	27-May-09			3-Jun-09			10-Jun-09			17-Jun-09		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN	55.0%	x5	155	50.0%	x5	145	55.0%	x5	155	55.0%	x5	155
		62.5%	x3-5	180	60.0%	x3-5	170	65.0%	x3-5	185	62.5%	x3-5	180
295													
		70.0%	x3	200	75.0%	x3	215	80.0%	x2	230	70.0%	x4	200
		70.0%	x3	200	75.0%	x3	215	80.0%	x2	230	70.0%	x4	200
Wd		70.0%	x3	200	75.0%	x3	215	80.0%	x2	230	70.0%	x4	200
		70.0%	x3	200	75.0%	x3	215	80.0%	x2	230			
		70.0%	x3	200	75.0%	x3	215	80.0%	x2	230			
T2	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	RECORD YOUR NUMBER	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
Zd		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450			
T3	POWER SQUAT	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220
	OR LEG PRESS	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220
625		35.0%	X10	220	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220
		35.0%	X10	220	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220
		35.0%	X10	220	35.0%	X10	220	35.0%	X10	220	35.0%	X10	220
T4	BACK EXTENSION		X50			X50			X50			X50	
	TOTAL # OF REPS												
	WEIGHTED IF ABLE												
T5													
Pwr													
Pwr													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	SUMMER I
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY	29-May-09			5-Jun-09			12-Jun-09			19-Jun-09		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	OVERHEAD PRESS	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110
220	RECORD YOUR NUMBER	60.0%	x3	130	60.0%	x3	130	60.0%	x3	130	60.0%	x5	130
		65.0%	x5	145	70.0%	x3	155	75.0%	x5	165			
		75.0%	x5	165	80.0%	x3	175	85.0%	x3	185			
Wd		85.0%	xMAX	185	90.0%	xMAX	200	95.0%	xMAX	210			
T2	DB OVERHEAD PRESS	35.0%	X10	35	35.0%	X10	35	35.0%	X10	35	35.0%	X10	35
		35.0%	X10	35	35.0%	X10	35	35.0%	X10	35	35.0%	X10	35
100		35.0%	X10	35	35.0%	X10	35	35.0%	X10	35	35.0%	X10	35
		35.0%	X10	35	35.0%	X10	35	35.0%	X10	35	35.0%	X10	35
Zd		35.0%	X10	35	35.0%	X10	35	35.0%	X10	35	35.0%	X10	35
T3	DB ROW	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
	RECORD YOUR NUMBER ON LAST SET	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
160		80.0%	20-40	160	80.0%	20-40	160	80.0%	20-40	160	80.0%	20-40	160
T4	CIRCUIT X 3												
	INVERTED ROW		X15			X15			X15			X15	
	HEAVY SITUP		X15			X15			X15			X15	
T5	"T" RAISE		X15			X15			X15			X15	
Pwr													
Pwr													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING		
Weekly Rotation	MONDAY U | WEDNESDAY L | FRIDAY U		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

MONDAY	22-Jun-09			29-Jun-09			6-Jul-09			13-Jul-09		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
390	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
Rx1		85.0%	xMAX	325	90.0%	xMAX	340	95.0%	xMAX	360			
T2	DB FLOOR PRESS	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
150		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
Rx1		35.0%	X10	55	35.0%	X10	55	35.0%	X10	55	35.0%	X10	55
T3	CHINUPS	100.0%	X75		100.0%	X75		100.0%	X75		100.0%	X75	
	TOTAL # OF REPS												
	WEIGHTED IF ABLE												
T4	CIRCUIT X 3												
	BAND FACE PULL		X20			X20			X20			X20	
	ROCKY LEG RAISES		X15			X15			X15			X15	
T5	BARBELL SHRUG		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

WEDNESDAY	24-Jun-09			1-Jul-09			8-Jul-09			15-Jul-09		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN	50.0%	x5	145	55.0%	x5	155	50.0%	x5	145	50.0%	x5	145
		60.0%	x3-5	170	65.0%	x3-5	185	60.0%	x3-5	170	60.0%	x3-5	170
295								77.5%	x1	220			
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240	75.0%	x4	215
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240	75.0%	x4	215
Rx1		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240	75.0%	x4	215
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240			
		75.0%	x3	215	80.0%	x2	230	85.0%	x2	240			
T2	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
Rx1		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450			
T3	HIGH STEP UP										70.0%	x6	140
	REPS ARE FOR EACH LEG	62.5%	x12	125	67.5%	x10	135	72.5%	x8	145	70.0%	x6	140
200	SET BOX TO KNEE HEIGHT	60.0%	x12	120	65.0%	x10	130	70.0%	x8	140	70.0%	x6	140
		57.5%	x12	115	62.5%	x10	125	67.5%	x8	135			
		55.0%	x12	110	60.0%	x10	120	65.0%	x8	130			
T4	GLUTE HAM RAISE		X50			X50			X50			X50	
	TOTAL # OF REPS												
	EXAMPLE 2X25 / 5X10 / 10X5												
T5													
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL		
PROGRAM	SUMMER II		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

FRIDAY	26-Jun-09			3-Jul-09			10-Jul-09			17-Jul-09		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	OVERHEAD PRESS	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110
220	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	130	60.0%	x3	130	60.0%	x3	130	60.0%	x5	130
		65.0%	x5	145	70.0%	x3	155	75.0%	x5	165			
		75.0%	x5	165	80.0%	x3	175	85.0%	x3	185			
Rx1		85.0%	xMAX	185	90.0%	xMAX	200	95.0%	xMAX	210			
T2	DIPS	35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
	WEIGHTED	35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
Rx1		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
T3	BENT ROW	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160
		50.0%	X10	160	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160
320		80.0%	20-40		80.0%	20-40		80.0%	20-40		80.0%	20-40	
T4	CIRCUIT X 3												
	LAT PULLDOWN		X15			X15			X15			X15	
	HANGING 3 WAY KNEE TUCKS		X45T			X45T			X45T			X45T	
T5	SEATED CLEAN		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING		
Weekly Rotation	MONDAY U | WEDNESDAY L | FRIDAY U		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

MONDAY	20-Jul-09			27-Jul-09			3-Aug-09			10-Aug-09		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
390	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
Rx1		85.0%	xMAX	325	90.0%	xMAX	340	95.0%	xMAX	360			
T2	PUSHUPS	35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
	WEIGHTED	35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
Rx1		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
T3	CHINUPS	100.0%	X100		100.0%	X100		100.0%	X100		100.0%	X100	
	TOTAL # OF REPS												
	WEIGHTED IF ABLE												
T4	CIRCUIT X 3												
	PLATE SHRUG		X20			X20			X20			X20	
	HANGING LEG RAISE		X15			X15			X15			X15	
T5	SHOULDER SERIES		X15E			X15E			X15E			X15E	
	"T" "Y" "A" RAISES												
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

WEDNESDAY	22-Jul-09			29-Jul-09			5-Aug-09			12-Aug-09		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	POWER CLEAN	55.0%	x5	155	50.0%	x5	145	50.0%	x5	145	55.0%	x5	155
		65.0%	x3-5	185	60.0%	x3-5	170	65.0%	x3-5	185	65.0%	x3-5	185
295					77.5%	x1	220	82.5%	x1	235			
		80.0%	x2	230	85.0%	x2	240	90.0%	x1	255	80.0%	x4	230
		80.0%	x2	230	85.0%	x2	240	90.0%	x1	255	80.0%	x4	230
Rx1		80.0%	x2	230	85.0%	x2	240	90.0%	x1	255	80.0%	x4	230
		80.0%	x2	230	85.0%	x2	240	90.0%	x1	255			
		80.0%	x2	230	85.0%	x2	240	90.0%	x1	255			
T2	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
Rx1		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450			
T3	DB LUNGE VARIATION	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
	WALKING FOR DISTANCE	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
185		60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
		60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
T4	BARBELL RDL		X10			X10			X10			X10	
			X10			X10			X10			X10	
			X10			X10			X10			X10	
T5													
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL		
PROGRAM	SUMMER III		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

FRIDAY	24-Jul-09			31-Jul-09			7-Aug-09			14-Aug-09		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	OVERHEAD PRESS	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110
220	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	130	60.0%	x3	130	60.0%	x3	130	60.0%	x5	130
		65.0%	x5	145	70.0%	x3	155	75.0%	x5	165			
		75.0%	x5	165	80.0%	x3	175	85.0%	x3	185			
Rx1		85.0%	xMAX	185	90.0%	xMAX	200	95.0%	xMAX	210			
T2	DB INCLINE BENCH	35.0%	X10	50	35.0%	X10	50	35.0%	X10	50	35.0%	X10	50
		35.0%	X10	50	35.0%	X10	50	35.0%	X10	50	35.0%	X10	50
140		35.0%	X10	50	35.0%	X10	50	35.0%	X10	50	35.0%	X10	50
		35.0%	X10	50	35.0%	X10	50	35.0%	X10	50	35.0%	X10	50
Rx1		35.0%	X10	50	35.0%	X10	50	35.0%	X10	50	35.0%	X10	50
T3	DB ROW	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
		50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
160		80.0%	20-40	160	80.0%	20-40	160	80.0%	20-40	160	80.0%	20-40	160
T4	CIRCUIT X 3												
	GREEN BAND ROW		X15			X15			X15			X15	
	BUS DRIVERS		X20			X20			X20			X20	
T5	FRONT RAISE		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING
Weekly Rotation	MONDAY U | WEDNESDAY T | FRIDAY L
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

	MONDAY	17-Aug-09			24-Aug-09			31-Aug-09			7-Sep-09		
		%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
TM	SESSION U												
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
390	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	265	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
Rx1		85.0%	xMAX	325	90.0%	xMAX	340	95.0%	xMAX	360			
T2	DEAD LIFT	75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
	WITH SPRAWL	75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
450		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
Rx1		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
T3	DB LUNGE VARIATION	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
	LOW STANCE WALKING LUNGE	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
165		60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
		60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
T4	CHECK BOARD												
T5													
PC	WEIGHTED BACK EXTENSION	4 X 15			4 X 15			4 X 15			4 X 15		
PC	SEATED CLEAN	3 X 15			3 X 15			3 X 15			3 X 15		
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

	WEDNESDAY	19-Aug-09			26-Aug-09			2-Sep-09			9-Sep-09		
		%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
TM	SESSION T												
T1	POWER CLEAN	50.0%	x5	145	52.5%	x5	150	55.0%	x5	155	50.0%	x5	145
		65.0%	x3-5	185	67.5%	x3-5	190	70.0%	x3-5	200	60.0%	x3-5	170
295		87.5%	x1	235	85.0%	x1	240	87.5%	x1	250	77.5%	x1	220
		90.0%	x1	255	87.5%	x1	265	85.0%	x1	270	85.0%	x4	240
		90.0%	x1	255	87.5%	x1	265	85.0%	x1	270	85.0%	x4	240
Rx1		90.0%	x1	255	87.5%	x1	265	85.0%	x1	270	85.0%	x4	240
		90.0%	x1	255	87.5%	x1	265	85.0%	x1	270			
		90.0%	x1	255	87.5%	x1	265	85.0%	x1	270			
		90.0%	x1	255	87.5%	x1	265	85.0%	x1	270			
T2	BULGARIAN SPLIT SQUAT	40.0%	x5	35	40.0%	x5	35	40.0%	x5	35	40.0%	x5	35
		50.0%	x5	45	50.0%	x5	45	50.0%	x5	45	50.0%	x5	45
55		60.0%	x3	55	60.0%	x3	55	60.0%	x3	55	60.0%	x5	55
Rx1		65.0%	x5	55	70.0%	x3	60	75.0%	x5	65			
		75.0%	x5	65	80.0%	x3	70	85.0%	x3	75			
		85.0%	xMAX	75	90.0%	xMAX	80	95.0%	xMAX	85			
T3	CHINUPS	35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
		35.0%	X10		35.0%	X10		35.0%	X10		35.0%	X10	
T4	CHECK BOARD												
T5													
PC	ROL	4 X 8			4 X 8			4 X 8			4 X 8		
PC	NECK & TRAP	SEE COACH			SEE COACH			SEE COACH			SEE COACH		
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	SUMMER IV
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

	FRIDAY	21-Aug-09			28-Aug-09			4-Sep-09			11-Sep-09		
		%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
TM	SESSION L												
T1	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
Rx1		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450			
T2	OVERHEAD PRESS	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90	40.0%	x5	90
		50.0%	x5	110	50.0%	x5	110	50.0%	x5	110	50.0%	x5	110
220		60.0%	x3	130	60.0%	x3	130	60.0%	x3	130	60.0%	x5	130
Rx1		65.0%	x5	145	70.0%	x3	155	75.0%	x5	165			
		75.0%	x5	165	80.0%	x3	175	85.0%	x3	185			
		85.0%	xMAX	185	90.0%	xMAX	200	95.0%	xMAX	210			
T3	DB 1 ARM SNATCH	80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
		80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
60		80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
		80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
T4	CHECK BOARD												
T5													
PC	GHR	4 X 8-10			4 X 8-10			4 X 8-10			4 X 8-10		
PC	FACE PULLS	3 X 10			3 X 10			3 X 10			3 X 10		
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING		
Weekly Rotation	MONDAY L | WEDNESDAY T | FRIDAY U		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

MONDAY	20-Sep-10			27-Sep-10			4-Oct-10			11-Oct-10		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	BACK SQUAT	50.0%	x5	240	55.0%	x5	260	50.0%	x5	240			
		60.0%	x3-5	285	65.0%	x3-5	310	60.0%	x3-5	285			
475													
		65.0%	x5	310	70.0%	x4	335	70.0%	x3	335		R	
		70.0%	x5	335	75.0%	x4	355	75.0%	x3	355		E	
t(x)		75.0%	x5	355	80.0%	x4	380	80.0%	x3	380		L	
		75.0%	x5	355	80.0%	x4	380	85.0%	x3	405		O	
		75.0%	x5	355	80.0%	x4	380	85.0%	x3	405		A	
		75.0%	x5	355	80.0%	x4	380	85.0%	x3	405		D	
T2	WEIGHTED CHINUP		9 X 3			9 X 3			9 X 3			9 X 3	
#N/A	COMBO WITH WEIGHTED DIP												
2(x)													
T3	DB SINGLE ARM POWER PULL		X6			X6			X6			X6	
	PULL FROM THE FLOOR		X6			X6			X6			X6	
#N/A			X6			X6			X6			X6	
			X6			X6			X6			X6	
T4	POWER RUNNER												
	SINGLE LEG												
T5	3:00 PUSHUP CHALLENGE												
Power	BAND GOODMORNING	2 X 25			2 X 25			2 X 25			2 X 25		
Power	BARBELL SHRUG	2 X 15-20			2 X 15-20			2 X 15-20			2 X 15-20		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											
Notes													

Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

WEDNESDAY	22-Sep-10			29-Sep-10			6-Oct-10			13-Oct-10		
TM	SESSION T	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	DEAD LIFT	50.0%	x 3-5	225	52.5%	x 3-5	235	55.0%	x 3-5	250			
	TRAP BAR	55.0%	x 3-5	250	57.5%	x 3-5	260	60.0%	x 3-5	270			
450		60.0%	x 1-3	270	62.5%	x 1-3	280	65.0%	x 1-3	295			
		65.0%	x 7	295	70.0%	x 6	315	75.0%	x 5	340		R	
		70.0%	x 7	315	75.0%	x 6	340	80.0%	x 5	360		E	
t(x)		75.0%	x 7	340	80.0%	x 6	360	85.0%	x 5	385		L	
	BUMP SET MUST BE SIGNED BE COACH	75.0%	X7-10	340	80.0%	x 6-9	360	85.0%	x 5-8	385		O	
	40 LBS MAX JUMP											A	
												D	
T2	BULGARIAN SPLIT SQUAT		X12T			X12T			X12T			X12T	
			X12T			X12T			X12T			X12T	
88			X12T			X12T			X12T			X12T	
			X12T			X12T			X12T			X12T	
2(x)													
T3	BENT ROW	70.0%	x10	195	75.0%	x7	210	80.0%	x6	225	70.0%	x4	195
	YELLOW LOG	70.0%	x10	195	75.0%	x7	210	80.0%	x6	225	70.0%	x4	195
280	COMBO WITH DB OH PRESS X 8-10	70.0%	x10	195	75.0%	x7	210	80.0%	x6	225	70.0%	x4	195
		55.0%	xm15	155	60.0%	xm15	170	65.0%	xm15	180	55.0%	xm15	155
		47.5%	xm15	135	52.5%	xm15	145	57.5%	xm15	160	47.5%	xm15	135
T4	LONG JUMP												
	MAX DISTANCE - MULTI RESPONSE												
T5	COSSACK SQUAT												
	ADD CHAINS												
Power	DB RDL	2 X 12			2 X 12			2 X 12			2 X 12		
Power	"Y" RAISE	2 X 15			2 X 15			2 X 15			2 X 15		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL		
PROGRAM	FALL STAGE I		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

FRIDAY	24-Sep-10			1-Oct-10			8-Oct-10			15-Oct-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	62 BENCH	50.0%	x 3-5	190	52.5%	x 3-5	200	55.0%	x 3-5	210			
		55.0%	x 3-5	210	57.5%	x 3-5	220	60.0%	x 3-5	230			
380		60.0%	x 1-3	230	62.5%	x 1-3	240	65.0%	x 1-3	245			
		65.0%	x 7	245	70.0%	x 6	265	75.0%	x 5	285		R	
	COMBO WITH FACE PULL X 15	70.0%	x 7	265	75.0%	x 6	285	80.0%	x 5	305		E	
t(x)		75.0%	x 7	285	80.0%	x 6	305	85.0%	x 5	325		L	
	BUMP SET MUST BE SIGNED BE COACH	75.0%	X7-10	285	80.0%	x 6-9	305	85.0%	x 5-8	325		O	
	20 LBS MAX JUMP											A	
												D	
T2	HANG CLEAN												
280		75.0%	x3	195	77.5%	x3	200	80.0%	x2	210	70.0%	x4	185
		75.0%	x3	195	77.5%	x3	200	80.0%	x2	210	70.0%	x4	185
2(x)		75.0%	x3	195	77.5%	x3	200	80.0%	x2	210	70.0%	x4	185
		75.0%	x3	195	77.5%	x3	200	80.0%	x2	210			
		75.0%	x3	195	77.5%	x3	200	80.0%	x2	210			
		75.0%	x3	195	77.5%	x3	200	80.0%	x2	210			
T3	FRONT SQUAT	70.0%	x6	265	75.0%	x5	280	80.0%	x4	300	70.0%	x4	265
		70.0%	x6	265	75.0%	x5	280	80.0%	x4	300	70.0%	x4	265
375		70.0%	x6	265	75.0%	x5	280	80.0%	x4	300	70.0%	x4	265
		70.0%	x6	265	75.0%	x5	280	80.0%	x4	300			
		70.0%	x6	265	75.0%	x5	280	80.0%	x4	300			
T4	GUN SHOW												
	SEE BOARD												
T5													
Power	WEIGHTED BACK EXTENSION	2 X 20			2 X 20			2 X 20			2 X 20		
Power	DB SHRUG	2 X 15-20			2 X 15-20			2 X 15-20			2 X 15-20		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	MONDAY L | WEDNESDAY T | FRIDAY U
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	18-Oct-10			25-Oct-10			1-Nov-10			8-Nov-10		
SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
BACK SQUAT	57.5%	x5	275	60.0%	x5	240	52.5%	x5	250			
	67.5%	x3-5	320	62.5%	x3-5	295	67.5%	x3-5	320			
							75.0%	x1-3	355			
	72.5%	x3	345	77.5%	x2	370	82.5%	x1	390		R	
	75.0%	x3	355	80.0%	x2	380	85.0%	x1	405		E	
	80.0%	x3	380	85.0%	x2	405	90.0%	x1	430		L	
	82.5%	x3	390	87.5%	x2	415	92.5%	x1	440		O	
	82.5%	x3	390	87.5%	x2	415	92.5%	x1	440		A	
	82.5%	x3	390	87.5%	x2	415	92.5%	x1	440		D	
TOWEL CHINUP		x10			x10			x10			x10	
BODYWEIGHT / WEIGHTED		x5			x5			x5			x5	
		x10			x10			x10			x10	
COMBO WITH: PUSHUP OF THE WEEK		x5			x5			x5			x5	
		x10			x10			x10			x10	
DB 1 ARM SNATCH		x4E			x4E			x3E			x3E	
FROM KNEE HEIGHT		x4E			x4E			x3E			x3E	
		x4E			x4E			x3E			x3E	
SINGLE LEG SQUAT		x10E			x10E			x10E			x10E	
		x10E			x10E			x10E			x10E	
DB CURL		x5			x5			x5			x5	
		x10			x10			x10			x10	
		x20			x20			x20			x20	
CAMBERED BAR GOODMORNING	2 x 15			2 x 15			2 x 15			2 x 15		
TRAP SERIES X 1	1:00			1:15			1:30			1:45		
LATERAL RAISE to PLATE SHRUG to OVERHEAD BAR HOLD												
E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

WEDNESDAY	20-Oct-10			27-Oct-10			3-Nov-10			10-Nov-10		
SESSION T	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
HANG CLEAN	50.0%	x5	130	55.0%	x5	145	50.0%	x5	130	50.0%	x5	130
	60.0%	x3-5	155	65.0%	x3-5	170	57.5%	x3-5	150	60.0%	x3-5	155
	67.5%	x1-3	175	72.5%	x1-3	190	65.0%	x1-3	170	70.0%	x1-3	185
										77.5%	x1	200
	75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
	75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
	75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
	75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
	75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
	75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
12" BOX STEPUP		x5E			x5E			x5E			x5E	
		x5E			x5E			x5E			x5E	
		x5E			x5E			x5E			x5E	
		x5E			x5E			x5E			x5E	
BENT ROW		x10			x8			x6			x4	
		x10			x8			x6			x4	
COMBO WITH: DB PUSH PRESS X 8		x10			x8			x6			x4	
		mx15			mx12			mx12			x4	
JAMMER		x6			x6			x4			x4	
		x6			x6			x4			x4	
COMBO WITH: PARTNER LATERAL LUNGE		x6			x6			x4			x4	
		x6E			x6E			x6E			x6E	
		x6E			x6E			x6E			x6E	
BARBELL RDL	2 X 10			2 X 10			2 X 10			2 X 10		
MINIBAND REV. FLY	2 X 15			2 X 15			2 X 15			2 X 15		
E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	FALL STAGE II
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY	22-Oct-10			29-Oct-10			5-Nov-10			12-Nov-10		
SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
G2 BENCH	52.5%	x 3-5	200	57.5%	x 3-5	220	67.5%	x 3-5	255			
	57.5%	x 3-5	220	62.5%	x 3-5	240	72.5%	x 3-5	275			
	62.5%	x 1-3	240	67.5%	x 1-3	255	77.5%	x 1-3	295			
	72.5%	x 4	275	77.5%	x 3	295	82.5%	x 2	315		R	
COMBO WITH: BAND HIGH ROW X 10	77.5%	x 4	295	82.5%	x 3	315	87.5%	x 2	335		E	
	82.5%	x 4	315	87.5%	x 3	335	92.5%	x 2	350		L	
	82.5%	x 4-7	315	87.5%	x 3-6	335	92.5%	x 2-5	350		O	
											A	
											D	
SHRUG PULL												
	80.0%	x2	250	85.0%	x2	270	90.0%	x2	285	75.0%	x4	235
	80.0%	x2	250	85.0%	x2	270	90.0%	x2	285	75.0%	x4	235
	80.0%	x2	250	85.0%	x2	270	90.0%	x2	285	75.0%	x4	235
	80.0%	x2	250	85.0%	x2	270	90.0%	x2	285			
	80.0%	x2	250	85.0%	x2	270	90.0%	x2	285			
	80.0%	x2	250	85.0%	x2	270	90.0%	x2	285			
ZERCHER SQUAT												
	65.0%	x 7	205	70.0%	x 6	220	75.0%	x 5	235	80.0%	x 3	250
	70.0%	x 7	220	75.0%	x 6	235	80.0%	x 5	250	85.0%	x 3	270
	75.0%	x 7	235	80.0%	x 6	250	85.0%	x 5	270	90.0%	x 3	285
	75.0%	X7-10	235	80.0%	x 6-9	250	85.0%	x 5-8	270	90.0%	x 3	285
GUN SHOW!												
WTD. BACK EXTENSION	2 X 15			2 X 15			2 X 15			2 X 15		
LATERAL RAISE	2 X 12			2 X 12			2 X 12			2 X 12		
E - FLEXIBILITY	BAND STRETCH											

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	MONDAY L | WEDNESDAY U | FRIDAY S
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	15-Nov-10			22-Nov-10			29-Nov-10			6-Dec-10		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	HANG CLEAN	50.0%	x5	130	55.0%	x5	145	50.0%	x5	130	50.0%	x5	130
		60.0%	x3-5	155	65.0%	x3-5	170	57.5%	x3-5	150	60.0%	x3-5	155
281		67.5%	x1-3	175	72.5%	x1-3	190	65.0%	x1-3	170	70.0%	x1-3	185
											77.5%	x1	200
		75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
1(x)		75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
T2	BACK SQUAT												
		80.0%	X 3	380									
475		80.0%	X 3	380	82.0%	X 3	390						
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405			
2(x)		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
T3	SINGLE LEG SQUAT	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
T4	JAMMER ROTATIONS		X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
T5	CURL OF THE WEEK SEE NABES												
Pump	WTD. BACK EXTENSION	3 X 8			3 X 8			3 X 8			3 X 8		
Pump	CABLE FACE PULL	3 X 12			3 X 12			3 X 12			3 X 12		
N													
N1													
N2													
N3													
Post	E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

WEDNESDAY	17-Nov-10			24-Nov-10			1-Dec-10			8-Dec-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	SNATCH	50.0%	x5	90	55.0%	x5	100	50.0%	x5	90	50.0%	x5	90
		60.0%	x3-5	110	65.0%	x3-5	115	57.5%	x3-5	105	60.0%	x3-5	110
180		67.5%	x1-3	120	72.5%	x1-3	130	65.0%	x1-3	115	70.0%	x1-3	125
											77.5%	x1	140
		75.0%	x3	135	80.0%	x2	145	72.5%	x4	130	85.0%	x2	155
		75.0%	x3	135	80.0%	x2	145	72.5%	x4	130	85.0%	x2	155
1(x)		75.0%	x3	135	80.0%	x2	145	72.5%	x4	130	85.0%	x2	155
		75.0%	x3	135	80.0%	x2	145				85.0%	x2	155
		75.0%	x3	135	80.0%	x2	145				85.0%	x2	155
		75.0%	x3	135	80.0%	x2	145				85.0%	x2	155
T2	G2 BENCH												
	COMBO WITH:												
380	MINI BAND PULL-APARTS X 10	70.0%	X 5	265	72.0%	X 5	275	75.0%	X 5	285	77.0%	X 5	295
		70.0%	X 5	265	72.0%	X 5	275	75.0%	X 5	285	77.0%	X 5	295
2(x)		70.0%	X 5	265	72.0%	X 5	275	75.0%	X 5	285	77.0%	X 5	295
		70.0%	X 5	265	72.0%	X 5	275	75.0%	X 5	285	77.0%	X 5	295
		70.0%	X 5	265	72.0%	X 5	275	75.0%	X 5	285	77.0%	X 5	295
T3	DB INCLINE BENCH ONE - ONE - TWO	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
110		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
		70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4	CHINUP		X 40			X 40			X 50			X 50	
T5	LATERAL RAISE		X12			X8			X12			X8	
			X12			X8			X12			X8	
			X12			X8			X12			X8	
Pump	DB SL RDL	3 X 5 EACH			3 X 5 EACH			3 X 5 EACH			3 X 5 EACH		
Pump	DB SHRUG	2 X MATCHED			2 X MATCHED			2 X MATCHED			2 X MATCHED		
N													
N1													
N2													
N3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	COMPETITIVE - STARTERS
PROGRAM	FALL STAGE III
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY												
TM	SESSION BONUS	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1													
1(x)													
T2													
2(x)													
T3													
T4													
T5													
Pump													
Pump													
N													
N1													
N2													
N3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | FRIDAY S
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	11-Jan-11			18-Jan-11			25-Jan-11			1-Feb-11		
TM SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1 HANG CLEAN	50.0%	x3	130	50.0%	x3	130	50.0%	x3	130	50.0%	x3	130
281												
	72.0%	X2	190	75.0%	X2	195	77.0%	X2	200	80.0%	X2	210
	72.0%	X2	190	75.0%	X2	195	77.0%	X2	200	80.0%	X2	210
t(x)	75.0%	X2	195	77.0%	X2	200	80.0%	X2	210	82.0%	X2	215
	75.0%	X2	195	77.0%	X2	200	80.0%	X2	210	82.0%	X2	215
	82.5%	X2	215	85.0%	X2	220	87.5%	X2	230	90.0%	X2	235
T2 BACK SQUAT												
475	82.5%	X2	390	85.0%	X2	405						
	82.5%	X2	390	85.0%	X2	405	87.0%	X2	415			
2(x)	82.5%	X2	390	85.0%	X2	405	87.0%	X2	415	90.0%	X2	430
	82.5%	X2	390	85.0%	X2	405	87.0%	X2	415	90.0%	X2	430
	82.5%	X2	390	85.0%	X2	405	87.0%	X2	415	90.0%	X2	430
	82.5%	X2	390	85.0%	X2	405	87.0%	X2	415	90.0%	X2	430
T3 POWER RUNNER	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
#N/A	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
T4 JAMMER-DOUBLE ARM		X6			X6			X6			X6	
		X6			X6			X6			X6	
		X6			X6			X6			X6	
T5 CURL OF THE WEEK SEE NABES												
Pump CRAZY 8 BACK EXT.	X1			X1			X1			X1		
Pump SEATED CLEAN	2 X 15-20			2 X 15-20			2 X 15-20			2 X 15-20		
M												
M1												
M2												
M3												
Post E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	13-Jan-11			20-Jan-11			27-Jan-11			3-Feb-11		
TM SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1 SNATCH												
160												
	82.5%	x2	150	87.5%	x2	160	72.5%	x4	130	92.5%	x1	165
	82.5%	x2	150	87.5%	x2	160	72.5%	x4	130	92.5%	x1	165
t(x)	82.5%	x2	150	87.5%	x2	160	72.5%	x4	130	92.5%	x1	165
	82.5%	x2	150	87.5%	x2	160				92.5%	x1	165
	82.5%	x2	150	87.5%	x2	160				92.5%	x1	165
	82.5%	x2	150	87.5%	x2	160				92.5%	x1	165
T2 62 BENCH	65.0%	x 5	245	70.0%	x 4	265	75.0%	x 3	285	70.0%	x 2	285
COMBO WITH:	70.0%	x 5	265	75.0%	x 4	285	80.0%	x 3	305	75.0%	x 2	285
380	75.0%	x 5	285	80.0%	x 4	305	85.0%	x 3	325	80.0%	x 2	305
	75.0%	x 5	285	80.0%	x 4	305	85.0%	x 3	325	85.0%	x 2	325
2(x)	75.0%	x 5 +	285	80.0%	x 4 +	305	85.0%	x 3 +	325	90.0%	x 2 +	340
		3 80	5		380	5		380	5		380	5
		REPS	245		REPS	255		REPS	265		REPS	275
T3 DB OVERHEAD PRESS ONE - ONE - TWO	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
120	70.0%	X6		75.0%	X6		80.0%	X6		70.0%	X6	
T4 HEAVY DB ROW		X10E			X10E			X10E			X10E	
		X10E			X10E			X10E			X10E	
		X10E			X10E			X10E			X10E	
T5 FRONT RAISE ONE-ONE-TWO		X6			X6			X6			X6	
		X6			X6			X6			X6	
		X6			X6			X6			X6	
Pump BAND GOODMORNING	2 X 15			2 X 15			2 X 15			2 X 15		
Pump DB SHRUG	2 X MATCHED			2 X MATCHED			2 X MATCHED			2 X MATCHED		
M												
M1												
M2												
M3												
Post E - FLEXIBILITY	BAND STRETCH											

STAGE	COMPETITIVE - STARTERS
PROGRAM	FALL STAGE IV
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY												
TM SESSION BONUS	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1												
T2												
T3												
T4												
T5												
Pump												
Pump												
M												
M1												
M2												
M3												
Post E - FLEXIBILITY	BAND STRETCH											

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | FRIDAY S
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	8-Feb-11			15-Feb-11			22-Feb-11			1-Mar-11		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER PULL	50.0%	x3	150	50.0%	x3	150	50.0%	x3	150	50.0%	x3	150
300													
		70.0%	x3	210	75.0%	x3	225	80.0%	x3	240	85.0%	x3	255
		70.0%	x3	210	75.0%	x3	225	80.0%	x3	240	85.0%	x3	255
1(x)		70.0%	x3	210	75.0%	x3	225	80.0%	x3	240	85.0%	x3	255
		70.0%	x3	210	75.0%	x3	225	80.0%	x3	240	85.0%	x3	255
		70.0%	x3	210	75.0%	x3	225	80.0%	x3	240	85.0%	x3	255
		70.0%	x3	210	75.0%	x3	225	80.0%	x3	240	85.0%	x3	255
T2	BACK SQUAT												
475													
2(x)		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
		80.0%	X 3	380	82.0%	X 3	390	85.0%	X 3	405	87.5%	X 3	415
T3	2 BOARD PRESS												
		65.0%	x 7	280	70.0%	x 6	300	75.0%	x 5	320	80.0%	x 3	340
428	COMBO WITH: HAMMER MID ROW X 8-10	70.0%	x 7	300	75.0%	x 6	320	80.0%	x 5	340	85.0%	x 3	365
		75.0%	x 7	320	80.0%	x 6	340	85.0%	x 5	365	90.0%	x 3	385
		75.0%	X7-10	320	80.0%	x 6-8	340	85.0%	x 5-8	365	90.0%	x 3	385
T4	JAMMER-DOUBLE ARM		X6			X6			X6			X6	
	MODERATE WEIGHT ADD ORANGE BANDS		X6			X6			X6			X6	
			X6			X6			X6			X6	
T5	GUN SHOW FINISHER SEE NABES												
Press	DB RDL	3 X 10			3 X 10			3 X 10			3 X 10		
Press	"T" RAISE	2 X 15-20			2 X 15-20			2 X 15-20			2 X 15-20		
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	10-Feb-11			17-Feb-11			24-Feb-11			3-Mar-11		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	BOX JUMP												
			x3			x3			x3			x3	
	COMBO WITH:		x3			x3			x3			x3	
1(x)	MED BALL SIDE THROW X 3 EACH		x3			x3			x3			x3	
			x3			x3			x3			x3	
			x3			x3			x3			x3	
			x3			x3			x3			x3	
T2	CHAIN PUSHUP	68.5%	MAX		72.5%	MAX		75.0%	MAX				
		68.5%	MAX		72.5%	MAX		75.0%	MAX				
		68.5%	MAX		72.5%	MAX		75.0%	MAX				
2(x)													
	COMBO WITH: FATGRIP PULLDOWN												
T3		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
T4	LATERAL RAISE		X6			X6			X6			X6	
	ONE-ONE-TWO		X6			X6			X6			X6	
	COMBO WITH:		X6			X6			X6			X6	
T5	SLED PULL		X 3			X 3			X 3			X 3	
Press	SL DB RDL	2 X 6 EACH			2 X 6 EACH			2 X 6 EACH			2 X 6 EACH		
Press	DB SHRUG	2 X MATCHED			2 X MATCHED			2 X MATCHED			2 X MATCHED		
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	COMPETITIVE - STARTERS
PROGRAM	FALL STAGE V
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY												
TM	SESSION BONUS	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1													
1(x)													
T2													
2(x)													
T3													
T4													
T5													
Press													
Press													
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	MONDAY L | WEDNESDAY U | FRIDAY T
Daily Session Rotation	

STAGE	DEVELOPMENTAL - NON-TRAVEL
PROGRAM	FALL STAGE III
Daily Session Rotation	

A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY

TM	MONDAY	15-Nov-10			22-Nov-10			29-Nov-10			6-Dec-10		
TM	SESSION L	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	HANG CLEAN	50.0%	x3	130	50.0%	x3	130	50.0%	x3	130	50.0%	x3	130
261													
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
1(a)		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
T2	BACK SQUAT										55.0%	x8	260
		48.0%	x5-8	230	55.0%	x5-8	260	60.0%	x5-8	285	63.0%	x5	300
475		53.0%	x3-5	250	60.0%	x3-5	285	67.0%	x3-5	320	70.0%	x3	335
		60.0%	x3	285	67.0%	x3	320	75.0%	x3	355	77.0%	x3	365
2(a)											83.0%	x3	395
		68.0%	x10	325	75.0%	x7	355	82.0%	x5	390	90.0%	x3	430
		68.0%	x10	325	75.0%	x7	355	82.0%	x5	390			
		68.0%	x10	325	75.0%	x7	355	82.0%	x5	390			
T3	HIGH STEP UP TOP FOOT STAYS SET	75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
#N/A		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
		75.0%	X10		75.0%	X10		75.0%	X10		75.0%	X10	
T4	ROPE		:30			:30			:30			:30	
			:30			:30			:30			:30	
			:30			:30			:30			:30	
T5													
Pcom	RDL	5 X 5			5 X 5			5 X 5			5 X 5		
Pcom	DB SHRUG	3 x MATCHED			3 x MATCHED			3 x MATCHED			3 x MATCHED		
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

WEDNESDAY

TM	WEDNESDAY	17-Nov-10			24-Nov-10			1-Dec-10			8-Dec-10		
TM	SESSION U	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
		50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
380		60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	265	75.0%	x5	285	60.0%	x10	230
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325	60.0%	x10	230
1(a)		85.0%	xMAX	325	90.0%	xMAX	340	95.0%	xMAX	360	60.0%	x10	230
											60.0%	x10	230
T2	DB FLOOR PRESS	77.5%	x8-10	115	80.0%	x8-10	120	82.5%	x8-10	125			
		77.5%	x8-10	115	80.0%	x8-10	120	82.5%	x8-10	125			
150		77.5%	x8-10	115	80.0%	x8-10	120	82.5%	x8-10	125			
		77.5%	x8-10	115	80.0%	x8-10	120	82.5%	x8-10	125			
2(a)		77.5%	x8-10	115	80.0%	x8-10	120	82.5%	x8-10	125			
T3	DB ROW	70.0%	MAX	125	75.0%	MAX	135	80.0%	MAX	145	70.0%	x10	125
		70.0%	MAX	125	75.0%	MAX	135	80.0%	MAX	145	70.0%	x10	125
180											70.0%	x10	125
											70.0%	x10	125
T4	DB OVERHEAD PRESS		X6			X6			X6			X6	
	ONE - ONE - TWO		X6			X6			X6			X6	
			X6			X6			X6			X6	
T5	TEMPO MID-ROW		X6			X6			X6			X6	
	WEEKS 1 & 2 - HOLDS		X6			X6			X6			X6	
	WEEKS 2 & 3 - SLOW LOWER		X6			X6			X6			X6	
Pcom	CABLE FACEPULL	3 X 12			3 X 12			3 X 12			3 X 12		
Pcom													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

FRIDAY

TM	FRIDAY	19-Nov-10			26-Nov-10			3-Dec-10			10-Dec-10		
TM	SESSION T	%	GR	WT	%	GR	WT	%	GR	WT	%	GR	WT
T1	HANG CLEAN to FRONT SQUAT	50.0%	x3	130	50.0%	x3	130	50.0%	x3	130	50.0%	x3	130
261													
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
1(a)		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
		70.0%	x3	185	75.0%	x3	195	80.0%	x3	210	85.0%	x3	220
T2	PUSH PRESS	55.0%	x5	140	57.5%	x5	145	50.0%	x5	125	50.0%	x5	125
		65.0%	x3-5	165	67.5%	x3-5	170	60.0%	x3-5	150	60.0%	x3-5	150
250		80.0%	x2	200	85.0%	x2	215	90.0%	x2	225	75.0%	x4	190
		80.0%	x2	200	85.0%	x2	215	90.0%	x2	225	75.0%	x4	190
2(a)		80.0%	x2	200	85.0%	x2	215	90.0%	x2	225	75.0%	x4	190
		80.0%	x2	200	85.0%	x2	215	90.0%	x2	225			
		80.0%	x2	200	85.0%	x2	215	90.0%	x2	225			
		80.0%	x2	200	85.0%	x2	215	90.0%	x2	225			
T3	CHINUPS	100.0%	MAX		100.0%	MAX		100.0%	MAX		100.0%	MAX	
		100.0%	MAX		100.0%	MAX		100.0%	MAX		100.0%	MAX	
261		100.0%	MAX		100.0%	MAX		100.0%	MAX		100.0%	MAX	
	COMBO WITH:												
T4	DIPS		X12			X12			X12			X12	
			X12			X12			X12			X12	
			X12			X12			X12			X12	
T5	WTD. BACK EXTENSION		X10			X10			X10			X10	
			X10			X10			X10			X10	
			X10			X10			X10			X10	
Pcom	GUN SHOW!												
Pcom													
M													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

Notes

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

TUESDAY	11-Jan-11			18-Jan-11			25-Jan-11			1-Feb-11		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	BACK SQUAT	55.0%	x5	260	60.0%	x5	240	55.0%	x5	260	55.0%	x5	260
475		62.5%	x3-5	295	60.0%	x3-5	285	65.0%	x3-5	310	62.5%	x3-5	295
		70.0%	x10	335	75.0%	x7	355	80.0%	x6	380	70.0%	x4	335
		70.0%	x10	335	75.0%	x7	355	80.0%	x6	380	70.0%	x4	335
10x1		70.0%	x10	335	75.0%	x7	355	80.0%	x6	380	70.0%	x4	335
		62.5%	xm15	295	67.5%	xm15	320	72.5%	x10-12	345			
		55.0%	xm15	260	60.0%	xm15	285	65.0%	xm15	310			
T2	G2 FLOOR PRESS	77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
		77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
372		77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
	COMBO WITH:	77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
20x1	CHINUPS X 50 REPS	77.5%	x8-10	290	80.0%	x8-10	300	82.5%	x8-10	305			
T3	HANG CLEAN	70.0%	x3	185	77.5%	x3	200	85.0%	x4	170	85.0%	x3	220
		70.0%	x3	185	77.5%	x3	200	85.0%	x4	170	85.0%	x3	220
281		70.0%	x3	185	77.5%	x3	200	85.0%	x4	170	85.0%	x3	220
		70.0%	x3	185	77.5%	x3	200	85.0%	x4	170	85.0%	x3	220
		70.0%	x3	185	77.5%	x3	200	85.0%	x4	170	85.0%	x3	220
T4	OVERHEAD LUNGE		x8E			x8E			x8E			x8E	
			x8E			x8E			x8E			x8E	
T5	FINISHER												
	SEE NABES												
Pump	BACK EXTENSION	3X20			3X20			3X20			3X20		
Pump	SEATED CLEAN	2X15			2X15			2X15			2X15		
N													
N1													
N2													
N3													
Post	E - FLEXIBILITY	BAND STRETCH											
Notes													

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

THURSDAY	13-Jan-11			20-Jan-11			27-Jan-11			3-Feb-11		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	G2 BENCH												
		50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
390		60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	265	75.0%	x5	285	80.0%	x10	230
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325	80.0%	x10	230
10x1	RECORD LAST SET:	85.0%	xMAX	325	90.0%	xMAX	340	95.0%	xMAX	360	80.0%	x10	230
											80.0%	x10	230
T2	DEAD LIFT	77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
	TRAP BAR - HIGH HANDLES	77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
450		77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
		77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
20x1		77.5%	x8-10	350	80.0%	x8-10	360	82.5%	x8-10	370			
T3	DB BULGARIAN SPLIT SQUAT	70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
75		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
		70.0%	X6	55	75.0%	X6	55	80.0%	X6	60	70.0%	X6	55
T4	DB ROW		9x3			9x3			9x3			9x3	
			1xMX			1xMX			1xMX			1xMX	
T5													
Pump	RDL	3X10			3X10			3X10			3X10		
Pump	MAX MED BALL THROWS	X10			X12			X14			X16		
N													
N1													
N2													
N3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL NON-TRAVEL
PROGRAM	SPRING 1
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	TEAM POWER ZONE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

SATURDAY	15-Jan-11			22-Jan-11			29-Jan-11			5-Feb-11		
TM	SESSION T	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	POWER CLEAN												
		60.0%	x3-5	170	65.0%	x3-5	185	57.5%	x3-5	165	60.0%	x3-5	170
265		67.5%	x1-3	190	72.5%	x1-3	205	65.0%	x1-3	185	70.0%	x1-3	200
											77.5%	x1	220
		75.0%	x3	215	80.0%	x2	230	72.5%	x4	205	85.0%	x2	240
		75.0%	x3	215	80.0%	x2	230	72.5%	x4	205	85.0%	x2	240
10x1		75.0%	x3	215	80.0%	x2	230	72.5%	x4	205	85.0%	x2	240
		75.0%	x3	215	80.0%	x2	230				85.0%	x2	240
		75.0%	x3	215	80.0%	x2	230				85.0%	x2	240
		75.0%	x3	215	80.0%	x2	230				85.0%	x2	240
T2	FRONT SQUAT												
375													
		70.0%	x 6	265	70.0%	x 5	285	75.0%	x 4	280	70.0%	x 2	265
20x1		70.0%	x 6	265	75.0%	x 5	280	80.0%	x 4	300	75.0%	x 2	280
		70.0%	x 6	265	75.0%	x 5	280	80.0%	x 4	300	80.0%	x 2	300
		70.0%	x 6	265	75.0%	x 5	280	80.0%	x 4	300	85.0%	x 2	320
T3	OVERHEAD PRESS	50.0%	x5	120	50.0%	x5	120	50.0%	x5	120	40.0%	x5	95
		60.0%	x3	145	60.0%	x3	145	60.0%	x3	145	60.0%	x10	145
240		65.0%	x5	155	70.0%	x3	170	75.0%	x5	180	60.0%	x10	145
		75.0%	x5	180	80.0%	x3	190	85.0%	x3	205	60.0%	x10	145
	COMBO WITH:	85.0%	xMAX	205	90.0%	xMAX	215	95.0%	xMAX	230	60.0%	x10	145
T4	100 lbs. PLATE ROW		x10+			x10+			x10+			x10+	
			x10+			x10+			x10+			x10+	
			x10+			x10+			x10+			x10+	
T5	GUN SHOW & CORE WORK												
	SEE NABES												
Pump													
Pump													
N													
N1													
N2													
N3													
Post	E - FLEXIBILITY	BAND STRETCH											

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING		
Weekly Rotation	TUESDAY L | THURSDAY U | SATURDAY T		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

TUESDAY	2-Mar-10			9-Mar-10			16-Mar-10			23-Mar-10		
TM	SESSION L	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	BACK SQUAT	50.0%	x5	240	55.0%	x5	260	52.5%	x5	250	50.0%	x5	240
								60.0%	x3-5	285	57.5%	x3-5	275
475											65.0%	x1-3	310
		57.5%	x4	275	62.5%	x4	295	67.5%	x3	320	72.5%	x4	345
		62.5%	x4	295	67.5%	x4	320	72.5%	x3	345	72.5%	x4	345
10x1		67.5%	x4	320	72.5%	x4	345	77.5%	x3	370	72.5%	x4	345
		72.5%	x8	345	77.5%	x7	370	82.5%	x5	390			
		72.5%	x8	345	77.5%	x7	370	82.5%	x5	390			
		72.5%	x8	345	77.5%	x7		82.5%	x5				
T2	3 BOARD PRESS	55.0%	x5	245	50.0%	x5	220	50.0%	x5	220	55.0%	x5	245
		65.0%	x3-5	290	60.0%	x3-5	265	65.0%	x3-5	290	65.0%	x3-5	290
444					77.5%	x1	345	82.5%	x1	365			
	COMBO WITH:	80.0%	x4	355	85.0%	x3	375	80.0%	x2	400	80.0%	x4	355
20x1	75 CHINUPS	80.0%	x4	355	85.0%	x3	375	80.0%	x2	400	80.0%	x4	355
		80.0%	x4	355	85.0%	x3	375	80.0%	x2	400	80.0%	x4	355
		80.0%	x4	355	85.0%	x3	375	80.0%	x2	400			
		80.0%	x4	355	85.0%	x3	375	80.0%	x2	400			
T3	HANG CLEAN	72.5%	x3	190	80.0%	x3	210	67.5%	x4	175	67.5%	x3	230
		72.5%	x3	190	80.0%	x3	210	67.5%	x4	175	67.5%	x3	230
281		72.5%	x3	190	80.0%	x3	210	67.5%	x4	175	67.5%	x3	230
		72.5%	x3	190	80.0%	x3	210	67.5%	x4	175	67.5%	x3	230
		72.5%	x3	190	80.0%	x3	210	67.5%	x4	175	67.5%	x3	
T4	REVERSE HYPER		X10			X10			X10			X10	
			X10			X10			X10			X10	
			X10			X10			X10			X10	
T5	UPPER BODY FINISHER												
	SEE COACH												
Pump	BACK EXTENSION	2X5WT 1X25			2X5WT 1X25			2X5WT 1X25			2X5WT 1X25		
Pump	DB POWER SHRUG	3X10			3X10			3X10			3X10		
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											
Notes													

Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

THURSDAY	4-Mar-10			11-Mar-10			18-Mar-10			25-Mar-10		
TM	SESSION U	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1	G3 BENCH	50.0%	x5	195	55.0%	x5	215	52.5%	x5	205	50.0%	x5	195
								60.0%	x3-5	235	57.5%	x3-5	225
392											65.0%	x1-3	255
		57.5%	x4	225	62.5%	x4	245	67.5%	x3	265	72.5%	x4	285
		62.5%	x4	245	67.5%	x4	265	72.5%	x3	285	72.5%	x4	285
10x1		67.5%	x4	265	72.5%	x4	285	77.5%	x3	305	72.5%	x4	285
		72.5%	x8	285	77.5%	x7	305	82.5%	x5	325			
		72.5%	x8	285	77.5%	x7	305	82.5%	x5	325			
		72.5%	x8	285	77.5%	x7		82.5%	x5				
T2	SHRUG PULL	50.0%	x5	160	55.0%	x5	175	50.0%	x5	160	50.0%	x5	160
	1ST 3 SETS = SHRUG PULL	60.0%	x3-5	190	65.0%	x3-5	205	60.0%	x3-5	190	60.0%	x3-5	190
365	2ND 3 SETS = POWER PULL	75.0%	x3	235	80.0%	x2	250	85.0%	x2	270	75.0%	x4	235
		75.0%	x3	235	80.0%	x2	250	85.0%	x2	270	75.0%	x4	235
20x1		75.0%	x3	235	80.0%	x2	250	85.0%	x2	270	75.0%	x4	235
		75.0%	x3	235	80.0%	x2	250	85.0%	x2	270			
		75.0%	x3	235	80.0%	x2	250	85.0%	x2	270			
		75.0%	x3	235	80.0%	x2	250	85.0%	x2	270			
T3	DB LUNGE VARIATION	70.0%	X6	60	75.0%	X6	65	80.0%	X6	70	70.0%	X6	60
	FRONT FOOT ON BOX	70.0%	X6	60	75.0%	X6	65	80.0%	X6	70	70.0%	X6	60
88		70.0%	X6	60	75.0%	X6	65	80.0%	X6	70	70.0%	X6	60
		70.0%	X6	60	75.0%	X6	65	80.0%	X6	70	70.0%	X6	60
T4	PULLING CIRCUIT		X2			X2			X2			X2	
	SEE COACH												
T5	BROAD JUMP		X5			X5			X5			X5	
	QUICK CONSECUTIVE JUMPS		X5			X5			X5			X5	
Pump	CAMBERED BAR GOOD MORNING	3X8			3X8			3X8			3X8		
Pump	REVERSE COMBO RAISE	2X10			2X10			2X10			2X10		
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	DEVELOPMENTAL NON-TRAVEL		
PROGRAM	SPRING 1		
Daily Session Rotation			
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD	TEAM POWER ZONE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

SATURDAY												
TM	SESSION T	%	RR	WT	%	RR	WT	%	RR	WT	%	RR	WT
T1													
T2													
20x1													
T3													
T4													
T5													
Pump													
Pump													
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

SUN DEVIL WRESTING

SAMPLE

SPORT	SUN DEVIL WRESTLING
Weekly Rotation	MONDAY | WEDNESDAY | FRIDAY
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	13-Dec-10			20-Dec-10			27-Dec-10			3-Jan-11		
TM	SESSION	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	G2 BENCH												
390													
		60.0%	x4	230	65.0%	x3	245	70.0%	x2	265	75.0%	x4	285
		65.0%	x4	245	70.0%	x3	265	75.0%	x2	285	75.0%	x4	285
1(x)	FINISH WITH:	70.0%	x4	285	75.0%	x3	285	80.0%	x2	305	75.0%	x4	285
	DB FLOOR PRESS 2 X 15-20	75.0%	x7	285	80.0%	x6	305	85.0%	x4	325			
		75.0%	x7	285	80.0%	x6	305	85.0%	x4	325			
		75.0%	x7	285	80.0%	x6	305	85.0%	x4	325			
T2	PULLUPS	100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
	HEAVY WEIGHTED	100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
		100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
		100.0%	XM10		100.0%	XM10		100.0%	XM10		100.0%	XM10	
2(x)	FINISH WITH:	—	—	—	—	—	—	—	—	—	—	—	—
	INVERTED ROW 1 X 50	—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
T3	MINI CIRCUIT X 3	—	—	—	—	—	—	—	—	—	—	—	—
	10-12 REPS EACH	—	—	—	—	—	—	—	—	—	—	—	—
#N/A	HIGH TEMPO	—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
	DB FRONT RAISE	—	—	—	—	—	—	—	—	—	—	—	—
T4	DB CURL	—	—	—	—	—	—	—	—	—	—	—	—
	DB SKULL CRUSHER	—	—	—	—	—	—	—	—	—	—	—	—
	BARBELL SHRUG	—	—	—	—	—	—	—	—	—	—	—	—
T5													
Pump													
Pump													
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											
Notes													

Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

WEDNESDAY	15-Dec-10			22-Dec-10			29-Dec-10			5-Jan-11		
TM	SESSION	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
		50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475		60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355	80.0%	x10	285
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405	80.0%	x10	285
1(x)		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450	80.0%	x10	285
											80.0%	x10	285
T2	DB LUNGE VARIATION	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
	DB WALKING LUNGES	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
88		70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
		70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60	70.0%	30YD	60
2(x)		—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
T3	MINI CIRCUIT X 3	—	—	—	—	—	—	—	—	—	—	—	—
	10-12 REPS EACH	—	—	—	—	—	—	—	—	—	—	—	—
#N/A	HIGH TEMPO	—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
	CALF RAISE	—	—	—	—	—	—	—	—	—	—	—	—
T4	HEAVY DB SITUP	—	—	—	—	—	—	—	—	—	—	—	—
	GOOD MORNING	—	—	—	—	—	—	—	—	—	—	—	—
	LATERAL LUNGE	—	—	—	—	—	—	—	—	—	—	—	—
T5													
Pump													
Pump													
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

STAGE	IN-SEASON NON-TRAVEL
PROGRAM	WINTER BREAK
Daily Session Rotation	
A - Basic Movement Prep	WALKING LUNGE X 20YDS HEEL UPS X 20YDS STRAIGHT LEG KICK X 20YDS SPIDER MANS X 20YDS TEAM ISO HOLD
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY	17-Dec-10			24-Dec-10			31-Dec-10			7-Jan-11		
TM	SESSION	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	HANG CLEAN												
281		60.0%	x3-5	155	65.0%	x3-5	170	57.5%	x3-5	150	60.0%	x3-5	155
		67.5%	x1-3	175	72.5%	x1-3	190	65.0%	x1-3	170	70.0%	x1-3	185
											77.5%	x1	200
		75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
1(x)		75.0%	x3	195	80.0%	x2	210	72.5%	x4	190	85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
		75.0%	x3	195	80.0%	x2	210				85.0%	x2	220
T2	SPLIT JERK	—	—	—	—	—	—	—	—	—	—	—	—
284		—	—	—	—	—	—	—	—	—	—	—	—
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	70.0%	x4	185
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	70.0%	x4	185
2(x)		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	70.0%	x4	185
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	—	—	—
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210	—	—	—
		75.0%	x3	200	77.5%	x3	205	80.0%	x2	210			
T3	MINI CIRCUIT X 3	—	—	—	—	—	—	—	—	—	—	—	—
	10-12 REPS EACH	—	—	—	—	—	—	—	—	—	—	—	—
#N/A	HIGH TEMPO	—	—	—	—	—	—	—	—	—	—	—	—
		—	—	—	—	—	—	—	—	—	—	—	—
	RDL	—	—	—	—	—	—	—	—	—	—	—	—
T4	WEIGHTED V-UP	—	—	—	—	—	—	—	—	—	—	—	—
	SQUAT JUMP	—	—	—	—	—	—	—	—	—	—	—	—
	DB 1 ARM SNATCH	—	—	—	—	—	—	—	—	—	—	—	—
T5													
Pump													
Pump													
N													
M1													
M2													
M3													
Post	E - FLEXIBILITY	BAND STRETCH											

SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING
Weekly Rotation	MONDAY U | WEDNESDAY L | FRIDAY U
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	31-May-10			7-Jun-10			14-Jun-10			21-Jun-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
380	RECORD YOUR NUMBER	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
T1(a)		85.0%	xMAX	325	90.0%	xMAX	340	85.0%	xMAX	360			
T2	DB BENCH	50.0%	X10	80	52.5%	X10	85	55.0%	X10	90	57.5%	X10	90
	NEUTRAL GRIP	52.5%	X10	85	55.0%	X10	90	57.5%	X10	90	60.0%	X10	95
160		55.0%	X10	90	57.5%	X10	90	60.0%	X10	95	62.5%	X10	100
		57.5%	X10	90	60.0%	X10	95	62.5%	X10	100	65.0%	X10	105
T2(a)	MINIMUM WEIGHT	60.0%	X10	95	62.5%	X10	100	65.0%	X10	105	67.5%	X10	110
T3	CHINUPS	100.0%	X50		100.0%	X50		100.0%	X50		100.0%	X50	
	TOTAL # OF REPS												
	EXAMPLE 2X25 / 5X10 / 10X5												
	WEIGHTED IF ABLE												
T4	CIRCUIT X 4												
	FACE PULL		X15			X15			X15			X15	
	HANGING LEG RAISE		X15			X15			X15			X15	
T5	DB SHRUG		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

WEDNESDAY	2-Jun-10			9-Jun-10			16-Jun-10			23-Jun-10		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	HANG CLEAN	55.0%	x5	165	50.0%	x5	150	55.0%	x5	165	55.0%	x5	165
		62.5%	x3-5	190	60.0%	x3-5	180	65.0%	x3-5	195	62.5%	x3-5	190
300													
		70.0%	x3	210	75.0%	x3	225	80.0%	x2	240	70.0%	x4	210
		70.0%	x3	210	75.0%	x3	225	80.0%	x2	240	70.0%	x4	210
T1(a)		70.0%	x3	210	75.0%	x3	225	80.0%	x2	240	70.0%	x4	210
		70.0%	x3	210	75.0%	x3	225	80.0%	x2	240			
		70.0%	x3	210	75.0%	x3	225	80.0%	x2	240			
T2	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	RECORD YOUR NUMBER	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
T2(a)		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
		85.0%	xMAX	405	80.0%	xMAX	430	85.0%	xMAX	450			
T3	POWER SQUAT	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315
	OR LEG PRESS	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315
625		50.0%	X10	315	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315
	MINIMUM WEIGHT	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315
		50.0%	X10	315	50.0%	X10	315	50.0%	X10	315	50.0%	X10	315
T4	BACK EXTENSION		X50			X50			X50			X50	
	TOTAL # OF REPS												
	WEIGHTED IF ABLE												
T5	COSSACK SQUAT		X10E			X10E			X10E			X10E	
	ADD CHAINS		X10E			X10E			X10E			X10E	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	SUMMER I
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY	4-Jun-10			11-Jun-10			18-Jun-10			25-Jun-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	OVERHEAD PRESS	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130
220	RECORD YOUR NUMBER	60.0%	x3	155	60.0%	x3	155	60.0%	x3	155	60.0%	x5	155
		65.0%	x5	170	70.0%	x3	180	75.0%	x5	195			
		75.0%	x5	195	80.0%	x3	210	85.0%	x3	220			
T1(a)		85.0%	xMAX	220	80.0%	xMAX	235	85.0%	xMAX	245			
T2	DB OVERHEAD PRESS	50.0%	X10	65	52.5%	X10	70	55.0%	X10	70	57.5%	X10	75
	NEUTRAL GRIP	52.5%	X10	70	55.0%	X10	70	57.5%	X10	75	60.0%	X10	80
130		55.0%	X10	70	57.5%	X10	75	60.0%	X10	80	62.5%	X10	80
		57.5%	X10	75	60.0%	X10	80	62.5%	X10	80	65.0%	X10	85
T2(a)	MINIMUM WEIGHT	60.0%	X10	80	62.5%	X10	80	65.0%	X10	85	67.5%	X10	90
T3	DB ROW	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
	RECORD YOUR NUMBER ON LAST SET	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
160	REPS ARE FOR EACH ARM	80.0%	20-40	160	80.0%	20-40	160	80.0%	20-40	160	80.0%	20-40	160
T4	CIRCUIT X 4												
	INVERTED ROW		X15			X15			X15			X15	
	HEAVY SITUP		X15			X15			X15			X15	
T5	"T" RAISE		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

JOSH.STORMS@ASU.EDU 480-580-9218 CALL, TEXT OR EMAIL WITH ANY QUESTIONS - CONTACT ME FOR YOUR NEXT CARD DURING WEEK 3 OF THIS CARD.

SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING		
Weekly Rotation	MONDAY U | WEDNESDAY L | FRIDAY U		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

MONDAY	28-Jun-10			5-Jul-10			12-Jul-10			19-Jul-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
380	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
T1(a)		85.0%	xMAX	325	90.0%	xMAX	340	85.0%	xMAX	360			
T2	DB FLOOR PRESS	50.0%	X10	75	52.5%	X10	80	55.0%	X10	85	57.5%	X10	85
		52.5%	X10	80	55.0%	X10	85	57.5%	X10	85	60.0%	X10	90
150		55.0%	X10	85	57.5%	X10	85	60.0%	X10	90	62.5%	X10	95
		57.5%	X10	85	60.0%	X10	90	62.5%	X10	95	65.0%	X10	100
T2(a)	MINIMUM WEIGHT	60.0%	X10	90	62.5%	X10	95	65.0%	X10	100	67.5%	X10	100
	WORK UP IN WEIGHT IF YOUR ABLE												
T3	CHINUPS	100.0%	X75		100.0%	X75		100.0%	X75		100.0%	X75	
	TOTAL # OF REPS												
	WEIGHTED IF ABLE												
T4	CIRCUIT X 4												
	BAND FACE PULL		X20			X20			X20			X20	
	ROCKY LEG RAISES		X15			X15			X15			X15	
T5	BARBELL SHRUG		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

WEDNESDAY	30-Jun-10			7-Jul-10			14-Jul-10			21-Jul-10		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	HANG CLEAN	50.0%	x5	150	55.0%	x5	165	50.0%	x5	150	50.0%	x5	150
		60.0%	x3-5	180	65.0%	x3-5	195	60.0%	x3-5	180	60.0%	x3-5	180
300													
								77.5%	x1	235			
		75.0%	x3	225	80.0%	x2	240	85.0%	x2	255	75.0%	x4	225
		75.0%	x3	225	80.0%	x2	240	85.0%	x2	255	75.0%	x4	225
T1(a)	WEEK 3 - RECORD BUMP SET	75.0%	x3	225	80.0%	x2	240	85.0%	x2	255	75.0%	x4	225
		75.0%	x3	225	80.0%	x2	240	85.0%	x2	255			
		75.0%	x3	225	80.0%	x2		85.0%	x2				
T2	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
T2(a)		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450			
T3	HIGH STEP UP										70.0%	x6	140
	USE DB'S	62.5%	x12	125	67.5%	x10	135	72.5%	x8	145	70.0%	x6	140
200	SET BOX TO KNEE HEIGHT	60.0%	x12	120	65.0%	x10	130	70.0%	x8	140	70.0%	x6	140
	REPS ARE FOR EACH LEG	57.5%	x12	115	62.5%	x10	125	67.5%	x8	135			
		55.0%	x12	110	60.0%	x10	120	65.0%	x8	130			
T4	GLUTE HAM RAISE		X50			X50			X50			X50	
	TOTAL # OF REPS												
	EXAMPLE 2X25 / 5X10 / 10X5												
T5	PISTOL SQUAT		X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL		
PROGRAM	SUMMER II		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

FRIDAY	2-Jul-10			9-Jul-10			16-Jul-10			23-Jul-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	OVERHEAD PRESS	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130
220	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	155	60.0%	x3	155	60.0%	x3	155	60.0%	x5	155
		65.0%	x5	170	70.0%	x3	180	75.0%	x5	195			
	FINISH WITH:	75.0%	x5	195	80.0%	x3	210	85.0%	x3	220			
T1(a)	JAMMER 3 X 6	85.0%	xMAX	220	90.0%	xMAX	235	95.0%	xMAX	245			
T2	DIPS	50.0%	X10		52.5%	X10		55.0%	X10		57.5%	X10	
	WEIGHTED	52.5%	X10		55.0%	X10		57.5%	X10		60.0%	X10	
		55.0%	X10		57.5%	X10		60.0%	X10		62.5%	X10	
		57.5%	X10		60.0%	X10		62.5%	X10		65.0%	X10	
T2(a)		60.0%	X10		62.5%	X10		65.0%	X10		67.5%	X10	
T3	BENT ROW	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160
	BARBELL	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160	50.0%	X10	160
220	MINIMUM WEIGHT	90.0%	20-40		90.0%	20-40		90.0%	20-40		90.0%	20-40	
	NO BODY ENGLISH												
T4	CIRCUIT X 4												
	LAT PULLDOWN		X15			X15			X15			X15	
	HANGING 3 WAY KNEE TUCKS		X45T			X45T			X45T			X45T	
T5	SEATED CLEAN		X15			X15			X15			X15	
Power													
Power													
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

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SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING		
Weekly Rotation	MONDAY U | WEDNESDAY L | FRIDAY U		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

MONDAY	26-Jul-10			2-Aug-10			9-Aug-10			16-Aug-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
380	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
T(a)		85.0%	xMAX	325	90.0%	xMAX	340	85.0%	xMAX	360			
T2	PUSHUPS	50.0%	X10		52.5%	X10		55.0%	X10		57.5%	X10	
	WEIGHTED - HEAVY	52.5%	X10		55.0%	X10		57.5%	X10		60.0%	X10	
	SUPERSET W/CHINUPS	55.0%	X10		57.5%	X10		60.0%	X10		62.5%	X10	
T2(a)	INCREASE WEIGHT EACH WEEK	57.5%	X10		60.0%	X10		62.5%	X10		65.0%	X10	
		60.0%	X10		62.5%	X10		65.0%	X10		67.5%	X10	
T3	CHINUPS	100.0%	X100		100.0%	X100		100.0%	X100		100.0%	X100	
	TOTAL # OF REPS												
	WEIGHTED IF ABLE												
T4	CIRCUIT X 4												
	PLATE SHRUG		X20			X20			X20			X20	
	HANGING LEG RAISE		X15			X15			X15			X15	
T5	SHOULDER SERIES		X15E			X15E			X15E			X15E	
	"T" "Y" "A" RAISES												
Power													
Power													
M	FINISHING CIRCUIT - BODYWEIGHT												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

WEDNESDAY	28-Jul-10			4-Aug-10			11-Aug-10			18-Aug-10		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	HANG CLEAN	55.0%	x5	165	50.0%	x5	150	50.0%	x5	150	55.0%	x5	165
		65.0%	x3-5	195	60.0%	x3-5	180	65.0%	x3-5	195	65.0%	x3-5	195
300													
					77.5%	x1	235	82.5%	x1	250			
		80.0%	x2	240	85.0%	x2	255	90.0%	x1	270	80.0%	x4	240
	COMBO W/ BOX JUMP X 3	80.0%	x2	240	85.0%	x2	255	90.0%	x1	270	80.0%	x4	240
T(a)	RECORD BUMP SET	80.0%	x2	240	85.0%	x2	255	90.0%	x1	270	80.0%	x4	240
		80.0%	x2	240	85.0%	x2	255	90.0%	x1	270			
		80.0%	x2		85.0%	x2		90.0%	x1				
T2	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
T2(a)		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
		85.0%	xMAX	405	90.0%	xMAX	430	95.0%	xMAX	450			
T3	DB LUNGE VARIATION	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
	WALKING FOR DISTANCE	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
88		60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
	MINIMUM WEIGHT	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
T4	BARBELL RDL		X10			X10			X10			X10	
	MINIMUM = REDS (155)		X10			X10			X10			X10	
			X10			X10			X10			X10	
T5	COSSACK SQUAT		X10E			X10E			X10E			X10E	
	ADD CHAINS		X10E			X10E			X10E			X10E	
Power													
Power													
M	FINISHING CIRCUIT - COMPLEX												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL		
PROGRAM	SUMMER III		
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH		
A - Basic Movement Prep	B - Power Zone	C - Prehab/Rehab	
DYNAMIC WARMUP & ISO HOLD WORK	POWER ZONE 200 REPS YOUR CHOICE	NECK WORK X 100 REPS BAND-MACHINE-MANUAL	

FRIDAY	30-Jul-10			6-Aug-10			13-Aug-10			20-Aug-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	OVERHEAD PRESS	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130
220	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	155	60.0%	x3	155	60.0%	x3	155	60.0%	x5	155
		65.0%	x5	170	70.0%	x3	180	75.0%	x5	195			
	FINISH WITH:	75.0%	x5	195	80.0%	x3	210	85.0%	x3	220			
T(a)	3 X 6 SINGLE ARM JAMMER	85.0%	xMAX	220	90.0%	xMAX	235	95.0%	xMAX	245			
T2	DB INCLINE BENCH	50.0%	X10	60	52.5%	X10	65	55.0%	X10	65	57.5%	X10	70
		52.5%	X10	65	55.0%	X10	65	57.5%	X10	70	60.0%	X10	70
120		55.0%	X10	65	57.5%	X10	70	60.0%	X10	70	62.5%	X10	75
	ASCENDING WEIGHT	57.5%	X10	70	60.0%	X10	70	62.5%	X10	75	65.0%	X10	80
T2(a)	MINIMUM WEIGHT	60.0%	X10	70	62.5%	X10	75	65.0%	X10	80	67.5%	X10	80
T3	DB ROW	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
	RECORD YOUR NUMBER ON LAST SET	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90	50.0%	X10	90
160	REPS ARE FOR EACH ARM	90.0%	20-40	160	90.0%	20-40	160	90.0%	20-40	160	90.0%	20-40	160
T4	CIRCUIT X 4												
	GREEN BAND ROW		X15			X15			X15			X15	
	BUS DRIVERS		X20			X20			X20			X20	
T5	FRONT RAISE		X15			X15			X15			X15	
Power													
Power													
M	FINISHING CIRCUIT - GET BIG												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

NOTES

JOSH.STORMS@ASU.EDU 480-580-9218 CALL, TEXT OR EMAIL WITH ANY QUESTIONS - CONTACT ME FOR YOUR NEXT CARD DURING WEEK 3 OF THIS CARD.

SUN DEVIL WRESTLING

SAMPLE

SPORT	WRESTLING
Weekly Rotation	MONDAY U | WEDNESDAY T | FRIDAY L
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

MONDAY	23-Aug-10			30-Aug-10			6-Sep-10			13-Sep-10		
TM	SESSION U	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	G2 BENCH	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150	40.0%	x5	150
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190	50.0%	x5	190
380	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	230	60.0%	x3	230	60.0%	x3	230	60.0%	x5	230
		65.0%	x5	245	70.0%	x3	285	75.0%	x5	285			
		75.0%	x5	285	80.0%	x3	305	85.0%	x3	325			
t(x)		85.0%	xMAX	325	90.0%	xMAX	340	85.0%	xMAX	360			
T2	DEAD LIFT	75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
	WITH SPRAWL	75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
450		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
t(x)		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
		75.0%	X5		75.0%	X5		75.0%	X5		75.0%	X5	
T3	DB LUNGE VARIATION	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
	LOW STANCE WALKING LUNGE	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
88		60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
	MINIMUM WEIGHT	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55	60.0%	30YD	55
T4	INVERTED ROW		X50			X50			X50			X50	
	FEWEST POSSIBLE SETS												
T5	BOX JUMP		x5			x5			x5			x5	
			x5			x5			x5			x5	
			x5			x5			x5			x5	
PC	WEIGHTED BACK EXTENSION	4 X 15			4 X 15			4 X 15			4 X 15		
PC	SEATED CLEAN	3 X 15			3 X 15			3 X 15			3 X 15		
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

WEDNESDAY	25-Aug-10			1-Sep-10			8-Sep-10			15-Sep-10		
TM	SESSION T	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	HANG CLEAN	50.0%	x5	150	52.5%	x5	160	55.0%	x5	165	50.0%	x5	150
		65.0%	x3-5	195	67.5%	x3-5	205	70.0%	x3-5	210	60.0%	x3-5	180
300													
		82.5%	x1	250	85.0%	x1	255	87.5%	x1	265	77.5%	x1	235
		90.0%	x1	270	92.5%	x1	280	95.0%	x1	285	85.0%	x4	255
t(x)	RECORD BUMP SET	90.0%	x1	270	92.5%	x1	280	95.0%	x1	285	85.0%	x4	255
		90.0%	x1	270	92.5%	x1	280	95.0%	x1	285			
		90.0%	x1	270	92.5%	x1	280	95.0%	x1	285			
		90.0%	x1		92.5%	x1		95.0%	x1				
T2	BULGARIAN SPLIT SQUAT		x12T			x12T			x12T			x12T	
	W/SAFETY SQUAT BAR		x12T			x12T			x12T			x12T	
88			x12T			x12T			x12T			x12T	
			x12T			x12T			x12T			x12T	
t(x)	MINIMUM = GREENS												
T3	CHINUPS	50.0%	X10		50.0%	X10		50.0%	X10		50.0%	X10	
	WEIGHTED	50.0%	X10		50.0%	X10		50.0%	X10		50.0%	X10	
	RECORD YOUR WEIGHT	50.0%	X10		50.0%	X10		50.0%	X10		50.0%	X10	
		50.0%	X10		50.0%	X10		50.0%	X10		50.0%	X10	
		50.0%	X10		50.0%	X10		50.0%	X10		50.0%	X10	
T4	DB SWINGS		X20E			X20E			X20E			X20E	
			X20E			X20E			X20E			X20E	
T5	4 WAY SANDBAG SQUAT		X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
PC	RDL	4 X 8			4 X 8			4 X 8			4 X 8		
PC	PLATE SHRUG	X 100			X 100			X 100			X 100		
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

STAGE	DEVELOPMENTAL
PROGRAM	SUMMER IV
Daily Session Rotation	DYNAMIC WARMUP / POWER ZONE / GFSI / NECK / STRETCH
A - Basic Movement Prep	DYNAMIC WARMUP & ISO HOLD WORK
B - Power Zone	POWER ZONE 200 REPS YOUR CHOICE
C - Prehab/Rehab	NECK WORK X 100 REPS BAND-MACHINE-MANUAL

FRIDAY	27-Aug-10			3-Sep-10			10-Sep-10			17-Sep-10		
TM	SESSION L	%	BR	WT	%	BR	WT	%	BR	WT	%	BR	WT
T1	BACK SQUAT	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190	40.0%	x5	190
	YOUR LAST SET IS FOR MAX REPS	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240	50.0%	x5	240
475	BEAT YOUR # FROM THE LAST CYCLE	60.0%	x3	285	60.0%	x3	285	60.0%	x3	285	60.0%	x5	285
		65.0%	x5	310	70.0%	x3	335	75.0%	x5	355			
		75.0%	x5	355	80.0%	x3	380	85.0%	x3	405			
t(x)		85.0%	xMAX	405	80.0%	xMAX	430	85.0%	xMAX	450			
T2	OVERHEAD PRESS	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105	40.0%	x5	105
		50.0%	x5	130	50.0%	x5	130	50.0%	x5	130	50.0%	x5	130
290		60.0%	x3	155	60.0%	x3	155	60.0%	x3	155	60.0%	x5	155
t(x)		65.0%	x5	170	70.0%	x3	180	75.0%	x5	195			
		75.0%	x5	195	80.0%	x3	210	85.0%	x3	220			
		85.0%	xMAX	220	80.0%	xMAX	235	95.0%	xMAX	245			
T3	DB 1 ARM SNATCH	80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
	ASCENDING WEIGHT	80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
88		80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
		80.0%	X3E		80.0%	X3E		80.0%	X3E		80.0%	X3E	
T4	DB GET-UPS		X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
			X5E			X5E			X5E			X5E	
T5	6 MINUTE EOT BLOCK		X8/8			X8/8			X8/8			X8/8	
	DB CURL & TRICEP EXTENSION												
	RECORD # OF SETS DONE												
PC	GHR	4 X 8-10			4 X 8-10			4 X 8-10			4 X 8-10		
PC	FACE PULLS	3 X 10			3 X 10			3 X 10			3 X 10		
M	ALTERNATIVE												
M1													
M2													
M3													
Post	FLEXIBILITY	FOAM ROLL - BAND STRETCH											

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