

STRENGTH AND CONDITIONING RECORDING FORM

STRENGTH TEST GOALS

NAME:

WEEKS:

DATES:

BENCH PRESS: _____ kgs
 SQUATS: _____ kgs
 CLEANS: _____ kgs
 DATE: _____

MONDAY AM		WEEK						WEEK											
DB BENCH PULL -> BENCH PULLTHROUGHS	REQ.REPS	12	12	12	12	12	12	12	12	12	12	12	12						
	INTENSITY	80	80	80	80	80	80	80	80	80	80	80	80						
	TEMPO	2.0.1						2.0.1											
	DB KG																		
	BAR KG																		
LAT PULLDOWN - 45 DEG TEMPO: 3.0.1.	REQ.REPS	10	MAX	8	MAX	6	MAX	10	MAX	8	MAX	6	MAX						
	INTENSITY	80		90		90		80		90		90							
	RECOVERY	15	45	15	45	15	-	15	45	15	45	15	-						
	WEIGHT	SAME		SAME		SAME		SAME		SAME		SAME							
	WEIGHT																		
UPRIGHT ROW -> SHRUGS (x 8 - 4.0.1.)	REQ.REPS	6	8	10	12	8	6	6	8	10	12	8	6						
	TEMPO	4.0.1.		2.1.1.		4.1.X.		4.0.1.		2.1.1.		4.1.X.							
	RECOVERY	60	60	60	60	60	-	60	60	60	60	60	-						
	ROW KG																		
	SHR.KG																		

MONDAY PM		WEEK						WEEK											
DB BENCH PRESS	REQ.REPS	6	8	10	12	8	6	6	8	10	12	8	6						
	INTENSITY	80	90	90	90	90	90	80	90	90	90	90	90						
	TEMPO	4.0.1.		2.1.1.		4.1.X.		4.0.1.		2.1.1.		4.1.X.							
	RECOVERY	45	45	45	45	45	-	45	45	45	45	45	-						
	WEIGHT																		
INCLINE BENCH PRESS	REQ.REPS	10	MAX	8	MAX	6	MAX	10	MAX	8	MAX	6	MAX						
	INTENSITY	80		90		90		80		90		90							
	RECOVERY	15	45	15	45	15	-	15	45	15	45	15	-						
	WEIGHT	SAME		SAME		SAME		SAME		SAME		SAME							
	WEIGHT																		
"V-SHOULDER PRESS"	REQ.REPS	8	8	8	8	8	8	8	8	8	8	8	8						
	INTENSITY	90	90	90	90	90	90	90	90	90	90	90	90						
	RECOVERY	60	60	60	60	60	-	60	60	60	60	60	-						
	WEIGHT																		
	WEIGHT																		
DIPS OR CLOSE GRIP BENCH PRESS	RECOVERY	45	45	45	45	45	-	45	45	45	45	45	-						
	WEIGHT																		

TUESDAY AM		WEEK						WEEK											
LOW INCLINE BENCH PRESS (WIDE GRIP) -> WIDE SPAN PUSHUPS x 10	REQ.REPS	6	6	3	10	10		6	6	3	10	10							
	INTENSITY	80	90	90	90	90		80	90	90	90	90							
	TEMPO	3.0.1.						3.0.1.											
	RECOVERY	60	60	60	60	60	-	60	60	60	60	60	-						
	WEIGHT																		
INCLINE SHOULDER PRESS -> FORWARD RAISES	REPS																		
BENCH PULL - WIDE GRIP-> BENT OVER REVERSE FLYES	REPS																		
UPRIGHT ROW - WIDE GRIP	REPS																		
WEIGHT																			

TUESDAY PM		WEEK						WEEK											
LEG PRESS	REQ.REPS	3	3	3	3	3	3	3	3	3	3	3	3						
	INTENSITY	80	80	80	80	80	80	80	80	80	80	80	80						
	TEMPO	3.0.1.						3.0.1.											
	RECOVERY	60	60	60	60	60	-	60	60	60	60	60	-						
	WEIGHT																		
LUNGES -> SINGLE ALTERNATING WALL SIT (4 x 20 SECS EA)	REQ.REPS	10	10	10	10	10		8	8	8	8	8							
	RECOVERY	60	60	60	60	-		60	60	60	60	-							
	WEIGHT																		
SINGLE LEG SQUATS TO BENCH (REPS TO EACH SIDE)	REQ.REPS	10	10	10	10			10	10	10	10								
	RECOVERY	NO REST BETWEEN SIDES																	
	WEIGHT																		

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STRENGTH TEST GOALS

NAME: _____ **WEEKS:** _____ **DATES:** _____

BENCH PRESS: _____ kgs
 SQUATS: _____ kgs
 CLEANS: _____ kgs
 DATE: _____

THURSDAY AM		WEEK						WEEK													
BENCH PRESS (4.0.X.) -> WIDE PUSHUPS (x6) -> CLOSE GRIP PUSHUPS (x6)	REQ.REPS	4	4	4	4	4	4	5	5	5	5	5	5								
	INTENSITY	80	90	90	90	90	90	80	90	90	90	90	90								
	WEIGHT																				
	REPS																				
	RECOVERY	75	75	75	75	75	75	75	75	75	75	75	75								
DB SHOULDER PRESS	REQ.REPS	6	6	8	8	10		6	6	8	8	10									
	INTENSITY	80	90	90	90	100		80	90	90	90	100									
	TEMPO	4.0.X.		3.1.X.		2.0.2		4.0.X.		3.1.X.		2.0.2									
	RECOVERY	45	45	45	45	-		45	45	45	45	-									
	WEIGHT																				
CABLE LATERAL RAISES	REQ.REPS	10	10	10	10	10		10	10	10	10	10									
	RECOVERY																				
	WEIGHT																				

START THE BENCH HIGH AND CHANGE THE INCLINE EACH SET.

INCLINE DB FLYES TEMPO: 3.0.2.	REQ.REPS	8	8	8	8	8		8	8	8	8	8									
	INTENSITY	90	90	90	90	90		90	90	90	90	90									
	RECOVERY	60	60	60	60	60		60	60	60	60	60									
	WEIGHT																				

THURSDAY PM		WEEK						WEEK													
PARTIAL CHINS -> OVER TO UNDERHAND	REQ.REPS	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX	MAX								
	RECOVERY	60	60	60	60	60	-	60	60	60	60	60	-								
	WEIGHT																				
LATPULLDOWN	REQ.REPS	10	10	8	6	6		10	10	8	6	6									
	INTENSITY	90	100	100	100	100		90	100	100	100	100									
	TEMPO	1.2.1			2.2.X			1.2.1			2.2.X										
	RECOVERY	90	90	90	90	-		90	90	90	90	-									
SHRUGS -> BENT OVER FLYES (x 12)	REQ.REPS	10	10	8	6	6		10	10	8	6	6									
	SHRUG KG																				
	RECOVERY	45	45	45	45	-		45	45	45	45	-									

FRIDAY AM		WEEK						WEEK													
LOW INCLINE BENCH PRESS (WIDE GRIP) -> WIDE SPAN PUSHUPS x 10	REQ.REPS	6	6	3	10	10		6	6	3	10	10									
	INTENSITY	80	90	90	90	90		80	90	90	90	90									
	RECOVERY	60	60	60	60	-		60	60	60	60	-									
	WEIGHT																				
INCLINE SHOULDER PRESS -> FORWARD RAISES	REPS																				
CHINS	WEIGHT																				
SINGLE SEATED ROW	REPS																				
	WEIGHT																				

FRIDAY PM		WEEK						WEEK													
DEADLIFTS - SUMO	REQ.REPS	12	10	8	10	12		12	10	8	10	12									
	INTENSITY	80	90	90	100	100		80	90	90	100	100									
	RECOVERY	45	45	60	60	-		45	45	60	60	-									
	WEIGHT																				
SQUATS	REPS																				
	WEIGHT																				
SPLIT SQUATS (REPS TO EACH SIDE)	REPS																				
	WEIGHT																				

SATURDAY		WEEK						WEEK													
DEADLIFTS - START ON EACH MINUTE HOLD FOR 2s AT THE TOP	REQ.REPS	6	6	6	6	6	6	6	6	6	6	6	6								
	INTENSITY	80	90	90	90	90	90	80	90	90	90	90	90								
	WEIGHT																				
ALTERNATE SINGLE LEG PRESS TEMPO: 3.0.3.	REQ.REPS	8	8	8	8	8	8	8	8	8	8	8	8								
	INTENSITY	90	90	90	90	90	90	90	90	90	90	90	90								
	RECOVERY	60	60	90	90	90	-	60	60	90	90	90	-								
200m FARMERS WALK 60s REST	LAPS	1	1					1	1												
	WEIGHT TIME																				