

LEWIS & CLARK COLLEGE



STRENGTH & CONDITIONING PROGRAM WOMEN'S BASKETBALL

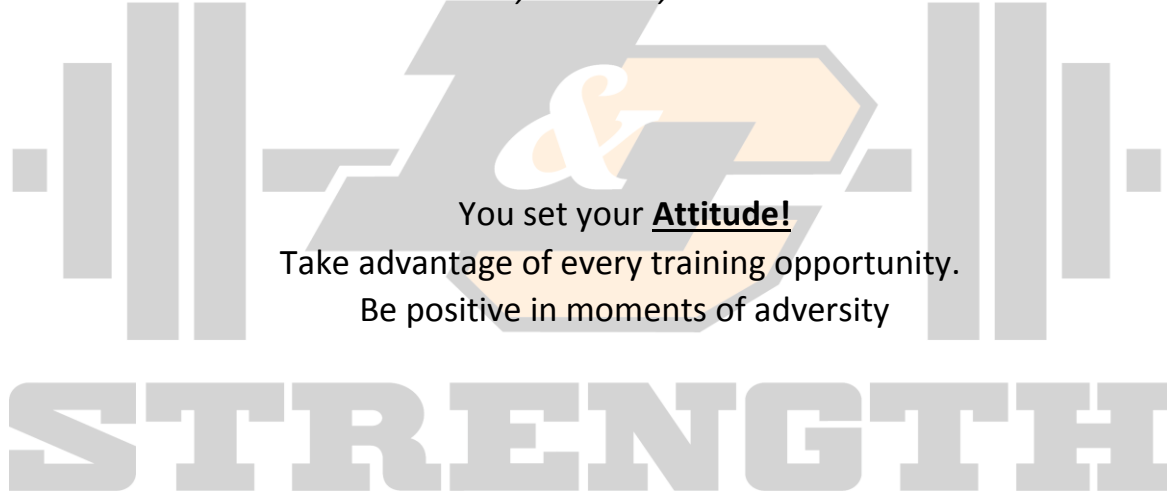
IT'S ALL ABOUT THE T.E.A.M.

Technique. Effort. Attitude. Mental Toughness.

Always bring your best **Technique** to every training session.

Enter each training session prepared to give your best **Effort**.
Leave problems and everyday stresses outside.

Give 100%, ALL OUT, ALL the TIME.



With great **Mental Toughness**, we are the hardest working program in the NWC
Execute the task at hand, resist distractions, and make positive choices.

Get Comfortable Being Uncomfortable!

How To Use The Manual.

This manual contains your Summer Strength Program.

Strength Program:

These warm-ups should be completed before every

Each lift will be listed along with the percentage of your Max (%) that the lift should be completed with. Use the percentage charts included in the manual to select the appropriate weights

LIFT #1		
Pre-Lift Activation Warm-Up		
Barbell Warm-up		
	Week 1	Week 2
BB Hang Clean	x5	x5
Jump Shrugs	x5	x5
40-55%	x5	x5
DB Upright Rows	x12	x12

The number of repetitions and sets to be completed are as listed. For example, this would be 3 sets of 5

Some lifts will be paired with an exercise to be complete after the lift.

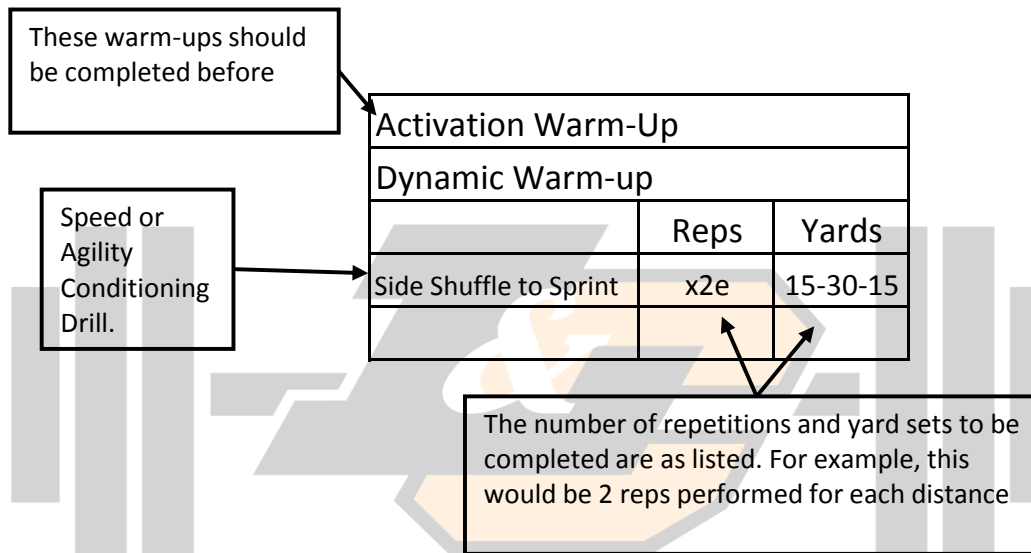
See below to find which Max to use for each lift:

Power Clean Max	Back Squat Max	Bench Press Max
Power Clean*	Back Squat	Bench Press*
Hang Clean*	Front Squat	Incline Press*
Hang Squat Clean*	RDLs*	Military Press*
Power Snatch*	Deadlifts*	Floor Press*
Hang Snatch*	Lunges*	Pendlay Rows*
Push Press*		Bent Rows*
Jerks (Split Jerk)*		* and All Variations

How To Use The Manual.

This manual contains your Summer Speed & Agility Conditioning Program.

Speed & Agility Conditioning Program:



STRENGTH

Pre-Lift Activation Warm-Up

Activation Warm-Up Protocol

Mule Kicks x10each

Fire Hydrants x10each

Hip Circles x10each

Superdogs x10each

X-Lunges x10each

Spiderman Reaches x10each

Barbell Warm-Up Protocol

RDLs x6

Bent Rows x6

Muscle Snatch x6

Squat-to-Press x6

Goodmornings x6

Alternating Lunges x6

Pre-Speed & Agility Conditioning Activation Warm-Up

Activation Warm-Up Protocol

Mule Kicks x10each
Fire Hydrants x10each
Hip Circles x10each
Superdogs x10each
Spiderman Reaches x10each
Alternating Side Lunges x10each

Dynamic Warm-Up Protocol

Heel Walks x15yards	Right Side Shuffles x20yards
Toe Walks x15yards	Left Side Shuffles x20yards
Walking Forward Hurdle Steps x15yards	Right Side Tapioca x20yards
Walking Backward Hurdle Steps x15yards	Left Side Tapioca x20yards
Alternating Donkey Kicks x15yards	Right Side Leprachans x20yards
Alternating Straight Leg Kicks x15yards	Left Side Leprachans x20yards
Walking Quad Pulls x15yards	High Knees x20yards
Walking Ankle Grabs x15yards	Butt Kickers x 20yards
Walking Knee Pulls x15yards	"Prime Times" x20yards
Alternating Toe Touches x15yards	Quick Skips x20yards
Right High Knee Carioca x20yards	Easy Stride x20yards
Left High Knee Carioca x20yards	<i>*Stretch Anything That's Tight*</i>

Nutrition Program Overview

The Purpose of the L&C Nutrition Program is to Promote Healthy Eating Habits for Performance.

Benefits of Proper Nutrition

1. Increase in overall ATHLETIC PERFORMANCE
2. Increase in energy level and decrease in chronic fatigue
3. Increase in strength levels
4. Increase in conditioning levels and decrease in recovery time
5. Increase in mental capacity
6. Increase in metabolic functioning
7. Increase in lean muscle mass and decrease in body fat
8. The list of benefits is endless...

Nutrition is just as Important as strength and conditioning and the sport itself!!!

It's All About:

Preparing
Performing
Recovering

8 Simple Steps to Achieve Optimal "Eating Habits for Performance"

1. Drink Plenty of Fluids (WATER!)
2. Eat Nutrient Dense Foods (Lots of Color!)
3. Stay Away from High GI Foods (Processed, High Sugar Foods = NO!)
4. Eat a Protein Source at Every Meal
5. Eat on a Consistent Schedule (Every 3-4 Hours is BEST!)
6. Eat BREAKFAST Everyday!
7. Plan ALL of Your Meals in Advance (*Failing to Plan, Is Planning to Fail*)
8. Get Your Rest, at least 6-7 hours (Full Recovery is Dependent on Sleep)

1 Repetition Maximum Charts & Percentage Charts



1 Repetition Maximum Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	100	105	110	115	120	125	130	135	140	145	150	155	160
1	100	105	110	115	120	125	130	135	140	145	150	155	160
2	95	100	105	110	115	120	125	130	135	140	145	145	150
3	90	95	100	105	110	115	120	125	130	135	140	145	145
4	90	95	95	100	105	110	115	120	125	130	135	135	140
5	85	90	95	100	105	110	110	115	120	125	130	135	140
6	85	90	95	95	100	105	110	115	120	125	125	130	135

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	165	170	175	180	185	190	195	200	205	210	215	220	225
1	165	170	175	180	185	190	195	200	205	210	215	220	225
2	155	160	165	170	175	180	185	190	195	200	205	210	215
3	150	155	160	165	170	175	180	185	190	195	200	200	205
4	145	150	155	160	165	170	175	175	180	185	190	195	200
5	145	145	150	155	160	165	170	175	175	180	185	190	195
6	140	145	150	150	155	160	165	170	175	175	180	185	190

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	230	235	240	245	250	255	260	265	270	275	280	285	290
1	230	235	240	245	250	255	260	265	270	275	280	285	290
2	220	225	230	235	240	240	245	250	255	260	265	270	275
3	210	215	220	225	230	235	240	245	250	255	260	260	265
4	205	210	210	215	220	225	230	235	240	245	250	250	255
5	200	205	210	210	215	220	225	230	235	240	240	245	250
6	195	200	205	205	210	215	220	225	230	230	235	240	245

1 Repetition Maximum Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	295	300	305	310	315	320	325	330	335	340	345	350	355
1	295	300	305	310	315	320	325	330	335	340	345	350	355
2	280	285	290	295	300	305	310	315	320	325	330	335	335
3	270	275	280	285	290	295	300	305	310	315	315	320	325
4	260	265	270	275	280	285	290	290	295	300	305	310	315
5	255	260	265	270	270	275	280	285	290	295	300	305	305
6	250	255	260	260	265	270	275	280	285	285	290	295	300

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	360	365	370	375	380	385	390	395	400	405	410	415	420
1	360	365	370	375	380	385	390	395	400	405	410	415	420
2	340	345	350	355	360	365	370	375	380	385	390	395	400
3	330	335	340	345	350	355	360	365	370	375	375	380	385
4	320	325	325	330	335	340	345	350	355	360	365	365	370
5	310	315	320	325	330	335	335	340	345	350	355	360	365
6	305	310	315	315	320	325	330	335	340	340	345	350	355

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	425	430	435	440	445	450	455	460	465	470	475	480	485
1	425	430	435	440	445	450	455	460	465	470	475	480	485
2	405	410	415	420	425	430	430	435	440	445	450	455	460
3	390	395	400	405	410	415	420	425	430	460	435	440	445
4	375	380	385	390	395	400	405	405	410	415	420	425	430
5	370	370	375	380	385	390	395	400	400	405	410	415	420
6	360	365	370	370	375	380	385	390	395	395	400	405	410

1 Repetition Maximum Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps	490	495	500	510	520	530	540	550	560	570	580	590	600
1	490	495	500	510	520	530	540	550	560	570	580	590	600
2	465	470	475	485	495	505	515	525	530	540	550	560	570
3	455	460	465	475	485	495	500	510	520	530	540	550	560
4	440	445	450	460	470	475	485	495	505	515	520	530	540
5	425	430	435	445	450	460	470	480	490	495	505	515	525
6	415	420	425	435	440	450	460	470	475	485	495	500	510

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps													
1													
2													
3													
4													
5													
6													

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
Reps													
1													
2													
3													
4													
5													
6													

Percentage Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170
10	10	11	11	12	12	13	13	14	14	15	15	16	16	17	17
15	15	16	17	17	18	19	20	20	21	22	23	23	24	25	26
20	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
25	25	26	28	29	30	31	33	34	35	36	38	39	40	41	43
30	30	32	33	35	36	38	39	41	42	44	45	47	48	50	51
35	35	37	39	40	42	44	46	47	49	51	53	54	56	58	60
40	40	42	44	46	48	50	52	54	56	58	60	62	64	66	68
45	45	47	50	52	54	56	59	61	63	65	68	70	72	74	77
50	50	53	55	58	60	63	65	68	70	73	75	78	80	83	85
55	55	58	61	63	66	69	72	74	77	80	83	85	88	91	94
60	60	63	66	69	72	75	78	81	84	87	90	93	96	99	102
65	65	68	72	75	78	81	85	88	91	94	98	101	104	107	111
70	70	74	77	81	84	88	91	95	98	102	105	109	112	116	119
72	72	76	79	83	86	90	94	97	101	104	108	112	115	119	122
74	74	78	81	85	89	93	96	100	104	107	111	115	118	122	126
76	76	80	84	87	91	95	99	103	106	110	114	118	122	125	129
78	78	82	86	90	94	98	101	105	109	113	117	121	125	129	133
80	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136
82	82	86	90	94	98	103	107	111	115	119	123	127	131	135	139
84	84	88	92	97	101	105	109	113	118	122	126	130	134	139	143
86	86	90	95	99	103	108	112	116	120	125	129	133	138	142	146
88	88	92	97	101	106	110	114	119	123	128	132	136	141	145	150
90	90	95	99	104	108	113	117	122	126	131	135	140	144	149	153
92	92	97	101	106	110	115	120	124	129	133	138	143	147	152	156
94	94	99	103	108	113	118	122	127	132	136	141	146	150	155	160
96	96	101	106	110	115	120	125	130	134	139	144	149	154	158	163
98	98	103	108	113	118	123	127	132	137	142	147	152	157	162	167
100	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170

Percentage Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
10	18	18	19	19	20	20	21	21	22	22	23	23	24	24	25
15	26	27	28	29	29	30	31	32	32	33	34	35	35	36	37
20	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
25	44	45	46	48	49	50	51	53	54	55	56	58	59	60	61
30	53	54	56	57	59	60	62	63	65	66	68	69	71	72	74
35	61	63	65	67	68	70	72	74	75	77	79	81	82	84	86
40	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98
45	79	81	83	86	88	90	92	95	97	99	101	104	106	108	110
50	88	90	93	95	98	100	103	105	108	110	113	115	118	120	123
55	96	99	102	105	107	110	113	116	118	121	124	127	129	132	135
60	105	108	111	114	117	120	123	126	129	132	135	138	141	144	147
65	114	117	120	124	127	130	133	137	140	143	146	150	153	156	159
70	123	126	130	133	137	140	144	147	151	154	158	161	165	168	172
72	126	130	133	137	140	144	148	151	155	158	162	166	169	173	176
74	130	133	137	141	144	148	152	155	159	163	167	170	174	178	181
76	133	137	141	144	148	152	156	160	163	167	171	175	179	182	186
78	137	140	144	148	152	156	160	164	168	172	176	179	183	187	191
80	140	144	148	152	156	160	164	168	172	176	180	184	188	192	196
82	144	148	152	156	160	164	168	172	176	180	185	189	193	197	201
84	147	151	155	160	164	168	172	176	181	185	189	193	197	202	206
86	151	155	159	163	168	172	176	181	185	189	194	198	202	206	211
88	154	158	163	167	172	176	180	185	189	194	198	202	207	211	216
90	158	162	167	171	176	180	185	189	194	198	203	207	212	216	221
92	161	166	170	175	179	184	189	193	198	202	207	212	216	221	225
94	165	169	174	179	183	188	193	197	202	207	212	216	221	226	230
96	168	173	178	182	187	192	197	202	206	211	216	221	226	230	235
98	172	176	181	186	191	196	201	206	211	216	221	225	230	235	240
100	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245

Percentage Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320
10	25	26	26	27	27	28	28	29	29	30	30	31	31	32	32
15	38	38	39	40	41	41	42	43	44	44	45	46	47	47	48
20	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64
25	63	64	65	66	68	69	70	71	73	74	75	76	78	79	80
30	75	77	78	80	81	83	84	86	87	89	90	92	93	95	96
35	88	89	91	93	95	96	98	100	102	103	105	107	109	110	112
40	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128
45	113	115	117	119	122	124	126	128	131	133	135	137	140	142	144
50	125	128	130	133	135	138	140	143	145	148	150	153	155	158	160
55	138	140	143	146	149	151	154	157	160	162	165	168	171	173	176
60	150	153	156	159	162	165	168	171	174	177	180	183	186	189	192
65	163	166	169	172	176	179	182	185	189	192	195	198	202	205	208
70	175	179	182	186	189	193	196	200	203	207	210	214	217	221	224
72	180	184	187	191	194	198	202	205	209	212	216	220	223	227	230
74	185	189	192	196	200	204	207	211	215	218	222	226	229	233	237
76	190	194	198	201	205	209	213	217	220	224	228	232	236	239	243
78	195	199	203	207	211	215	218	222	226	230	234	238	242	246	250
80	200	204	208	212	216	220	224	228	232	236	240	244	248	252	256
82	205	209	213	217	221	226	230	234	238	242	246	250	254	258	262
84	210	214	218	223	227	231	235	239	244	248	252	256	260	265	269
86	215	219	224	228	232	237	241	245	249	254	258	262	267	271	275
88	220	224	229	233	238	242	246	251	255	260	264	268	273	277	282
90	225	230	234	239	243	248	252	257	261	266	270	275	279	284	288
92	230	235	239	244	248	253	258	262	267	271	276	281	285	290	294
94	235	240	244	249	254	259	263	268	273	277	282	287	291	296	301
96	240	245	250	254	259	264	269	274	278	283	288	293	298	302	307
98	245	250	255	260	265	270	274	279	284	289	294	299	304	309	314
100	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320

Percentage Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395
10	33	33	34	34	35	35	36	36	37	37	38	38	39	39	40
15	49	50	50	51	52	53	53	54	55	56	56	57	58	59	59
20	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79
25	81	83	84	85	86	88	89	90	91	93	94	95	96	98	99
30	98	99	101	102	104	105	107	108	110	111	113	114	116	117	119
35	114	116	117	119	121	123	124	126	128	130	131	133	135	137	138
40	130	132	134	136	138	140	142	144	146	148	150	152	154	156	158
45	146	149	151	153	155	158	160	162	164	167	169	171	173	176	178
50	163	165	168	170	173	175	178	180	183	185	188	190	193	195	198
55	179	182	184	187	190	193	195	198	201	204	206	209	212	215	217
60	195	198	201	204	207	210	213	216	219	222	225	228	231	234	237
65	211	215	218	221	224	228	231	234	237	241	244	247	250	254	257
70	228	231	235	238	242	245	249	252	256	259	263	266	270	273	277
72	234	238	241	245	248	252	256	259	263	266	270	274	277	281	284
74	241	244	248	252	255	259	263	266	270	274	278	281	285	289	292
76	247	251	255	258	262	266	270	274	277	281	285	289	293	296	300
78	254	257	261	265	269	273	277	281	285	289	293	296	300	304	308
80	260	264	268	272	276	280	284	288	292	296	300	304	308	312	316
82	267	271	275	279	283	287	291	295	299	303	308	312	316	320	324
84	273	277	281	286	290	294	298	302	307	311	315	319	323	328	332
86	280	284	288	292	297	301	305	310	314	318	323	327	331	335	340
88	286	290	295	299	304	308	312	317	321	326	330	334	339	343	348
90	293	297	302	306	311	315	320	324	329	333	338	342	347	351	356
92	299	304	308	313	317	322	327	331	336	340	345	350	354	359	363
94	306	310	315	320	324	329	334	338	343	348	353	357	362	367	371
96	312	317	322	326	331	336	341	346	350	355	360	365	370	374	379
98	319	323	328	333	338	343	348	353	358	363	368	372	377	382	387
100	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395

Percentage Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	400	405	410	415	420	425	430	435	440	445	450	455	460	465	470
10	40	41	41	42	42	43	43	44	44	45	45	46	46	47	47
15	60	61	62	62	63	64	65	65	66	67	68	68	69	70	71
20	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94
25	100	101	103	104	105	106	108	109	110	111	113	114	115	116	118
30	120	122	123	125	126	128	129	131	132	134	135	137	138	140	141
35	140	142	144	145	147	149	151	152	154	156	158	159	161	163	165
40	160	162	164	166	168	170	172	174	176	178	180	182	184	186	188
45	180	182	185	187	189	191	194	196	198	200	203	205	207	209	212
50	200	203	205	208	210	213	215	218	220	223	225	228	230	233	235
55	220	223	226	228	231	234	237	239	242	245	248	250	253	256	259
60	240	243	246	249	252	255	258	261	264	267	270	273	276	279	282
65	260	263	267	270	273	276	280	283	286	289	293	296	299	302	306
70	280	284	287	291	294	298	301	305	308	312	315	319	322	326	329
72	288	292	295	299	302	306	310	313	317	320	324	328	331	335	338
74	296	300	303	307	311	315	318	322	326	329	333	337	340	344	348
76	304	308	312	315	319	323	327	331	334	338	342	346	350	353	357
78	312	316	320	324	328	332	335	339	343	347	351	355	359	363	367
80	320	324	328	332	336	340	344	348	352	356	360	364	368	372	376
82	328	332	336	340	344	349	353	357	361	365	369	373	377	381	385
84	336	340	344	349	353	357	361	365	370	374	378	382	386	391	395
86	344	348	353	357	361	366	370	374	378	383	387	391	396	400	404
88	352	356	361	365	370	374	378	383	387	392	396	400	405	409	414
90	360	365	369	374	378	383	387	392	396	401	405	410	414	419	423
92	368	373	377	382	386	391	396	400	405	409	414	419	423	428	432
94	376	381	385	390	395	400	404	409	414	418	423	428	432	437	442
96	384	389	394	398	403	408	413	418	422	427	432	437	442	446	451
98	392	397	402	407	412	417	421	426	431	436	441	446	451	456	461
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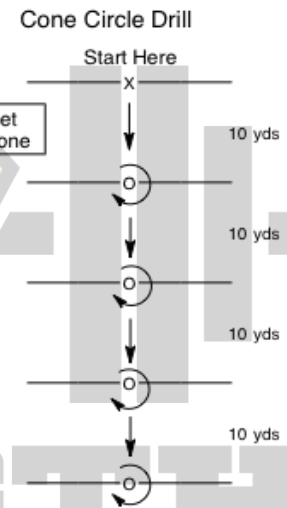
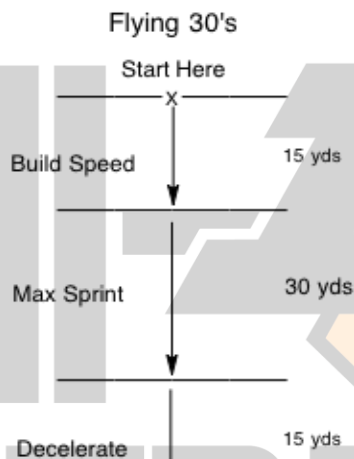
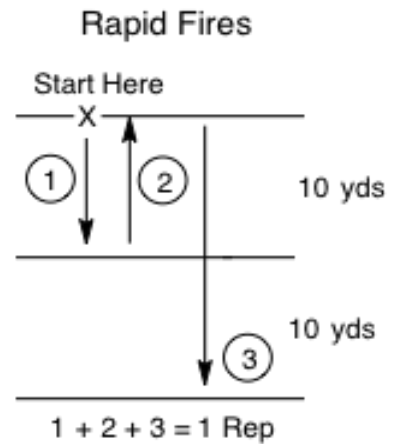
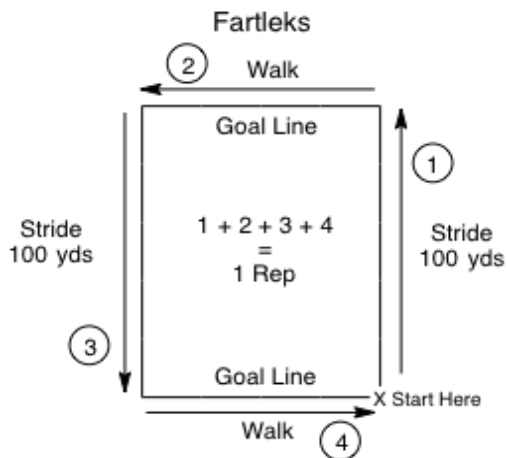
Percentage Charts:

	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	475	480	485	490	495	500	505	510	515	520	525	530	535	540	545
10	48	48	49	49	50	50	51	51	52	52	53	53	54	54	55
15	71	72	73	74	74	75	76	77	77	78	79	80	80	81	82
20	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109
25	119	120	121	123	124	125	126	128	129	130	131	133	134	135	136
30	143	144	146	147	149	150	152	153	155	156	158	159	161	162	164
35	166	168	170	172	173	175	177	179	180	182	184	186	187	189	191
40	190	192	194	196	198	200	202	204	206	208	210	212	214	216	218
45	214	216	218	221	223	225	227	230	232	234	236	239	241	243	245
50	238	240	243	245	248	250	253	255	258	260	263	265	268	270	273
55	261	264	267	270	272	275	278	281	283	286	289	292	294	297	300
60	285	288	291	294	297	300	303	306	309	312	315	318	321	324	327
65	309	312	315	319	322	325	328	332	335	338	341	345	348	351	354
70	333	336	340	343	347	350	354	357	361	364	368	371	375	378	382
72	342	346	349	353	356	360	364	367	371	374	378	382	385	389	392
74	352	355	359	363	366	370	374	377	381	385	389	392	396	400	403
76	361	365	369	372	376	380	384	388	391	395	399	403	407	410	414
78	371	374	378	382	386	390	394	398	402	406	410	413	417	421	425
80	380	384	388	392	396	400	404	408	412	416	420	424	428	432	436
82	390	394	398	402	406	410	414	418	422	426	431	435	439	443	447
84	399	403	407	412	416	420	424	428	433	437	441	445	449	454	458
86	409	413	417	421	426	430	434	439	443	447	452	456	460	464	469
88	418	422	427	431	436	440	444	449	453	458	462	466	471	475	480
90	428	432	437	441	446	450	455	459	464	468	473	477	482	486	491
92	437	442	446	451	455	460	465	469	474	478	483	488	492	497	501
94	447	451	456	461	465	470	475	479	484	489	494	498	503	508	512
96	456	461	466	470	475	480	485	490	494	499	504	509	514	518	523
98	466	470	475	480	485	490	495	500	505	510	515	519	524	529	534
100	475	480	485	490	495	500	505	510	515	520	525	530	535	540	545

Percentage Charts:

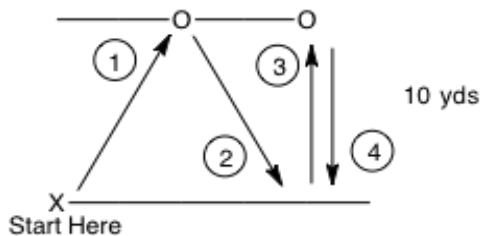
	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM	1RM
%	550	555	560	565	570	575	580	585	590	595	600	605	610	615	620
10	55	56	56	57	57	58	58	59	59	60	60	61	61	62	62
15	83	83	84	85	86	86	87	88	89	89	90	91	92	92	93
20	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124
25	138	139	140	141	143	144	145	146	148	149	150	151	153	154	155
30	165	167	168	170	171	173	174	176	177	179	180	182	183	185	186
35	193	194	196	198	200	201	203	205	207	208	210	212	214	215	217
40	220	222	224	226	228	230	232	234	236	238	240	242	244	246	248
45	248	250	252	254	257	259	261	263	266	268	270	272	275	277	279
50	275	278	280	283	285	288	290	293	295	298	300	303	305	308	310
55	303	305	308	311	314	316	319	322	325	327	330	333	336	338	341
60	330	333	336	339	342	345	348	351	354	357	360	363	366	369	372
65	358	361	364	367	371	374	377	380	384	387	390	393	397	400	403
70	385	389	392	396	399	403	406	410	413	417	420	424	427	431	434
72	396	400	403	407	410	414	418	421	425	428	432	436	439	443	446
74	407	411	414	418	422	426	429	433	437	440	444	448	451	455	459
76	418	422	426	429	433	437	441	445	448	452	456	460	464	467	471
78	429	433	437	441	445	449	452	456	460	464	468	472	476	480	484
80	440	444	448	452	456	460	464	468	472	476	480	484	488	492	496
82	451	455	459	463	467	472	476	480	484	488	492	496	500	504	508
84	462	466	470	475	479	483	487	491	496	500	504	508	512	517	521
86	473	477	482	486	490	495	499	503	507	512	516	520	525	529	533
88	484	488	493	497	502	506	510	515	519	524	528	532	537	541	546
90	495	500	504	509	513	518	522	527	531	536	540	545	549	554	558
92	506	511	515	520	524	529	534	538	543	547	552	557	561	566	570
94	517	522	526	531	536	541	545	550	555	559	564	569	573	578	583
96	528	533	538	542	547	552	557	562	566	571	576	581	586	590	595
98	539	544	549	554	559	564	568	573	578	583	588	593	598	603	608
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Speed & Agility Conditioning Drills:

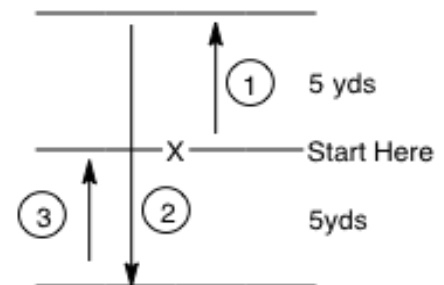


STRENGTH

Triangle Agility



Pro-Agility



L-Drill

