

# LEWIS & CLARK COLLEGE - SUMMER 2017

LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 1	Week 2
Med Ball Oger Throws (Overhead Throws w/Jump)	x10	x10
	x10	x10
	x10	x10
DB Upright Rows	x12	x12

DB Goblet Squats 15-30%	x10	x10
	x10	x10
	x10	x10
	x10	x10
	x10	x10
Bench Hip Bridges	x12	x12

BB Bent Rows 55%	x10	x10
	x10	x10
	x10	x10
DB Hammer Curls	x10	x10

DB Alt. Bench Press	x10	x10
	x10	x10
	x10	x10
Cable Rope Pull-Downs	x10	x10
Front Plank w/Kicks	x10e	x10e

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 1	Week 2
Med Ball Wall Balls	x10	x10
	x10	x10
	x10	x10
DB Lateral Raises	x12	x12

Barbell(BB) Front Squats 35-50%	x10	x10
	x10	x10
	x10	x10
	x10	x10
	x10	x10
Single-Leg Box Squats	x6e	x6e

Machine Leg Curls	x10	x10
	x10	x10
	x10	x10
Hypers	x10	x10

DB Split Squats	x10	x10
	x10	x10
	x10	x10
Reverse Hypers	x10	x10
SB Stir-the-Pot	x10e	x10e

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 1	Week 2
Med Ball Slams	x10	x10
	x10	x10
	x10	x10
Kettlebell Swings	x12	x12

BB Incline Bench Press 35-55%	x10	x10
	x10	x10
	x10	x10
	x10	x10
	x10	x10
Cable Rope Face Pulls	x12	x12

DB 1-Arm Rows	x12e	x12e
	x12e	x12e
	x12e	x12e
DB Rear Flys	x10	x10

DB Standing Flys	x10	x10
	x10	x10
	x10	x10
DB Alt. W's	x10	x10
Seated Plate Twists	x10e	x10e

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LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 3	Week 4
BB Deadlifts 35-55%	x7	x7
	x7	x7
	x7	x7
	x7	x7
SL Hip Bridges	x6e	x6e

BB Reverse Grip Bent Rows 55%	x7	x7
	x7	x7
	x7	x7
	x7	x7
Cable Pull-Thrus	x10	x10

DB Alt. Floor Press	x10	x10
	x10	x10
	x10	x10
Low Rope Cable Pulls	x10	x10

Bear Position Holds w/ Alt. Foot Lifts	x10e	x10e
	x10e	x10e
Back Plank w/Kicks	x10e	x10e

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 3	Week 4
BB Back Squats 40-60%	x7	x7
	x7	x7
	x7	x7
	x7	x7
Bodyweight Split Squats	x6e	x6e

Partner Nordic Curls	x7	x7
	x7	x7
	x7	x7
	x7	x7
Med Ball Hypers	x10	x10

DB Alt. Lunges	x10	x10
	x10	x10
	x10	x10
Med Ball Reverse Hypers	x10	x10

BB Sit-Ups	x10	x10
	x10	x10
SB Pikes	x10	x10

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 3	Week 4
BB Military Press 35-55%	x7	x7
	x7	x7
	x7	x7
	x7	x7
DB Empty Cans	x12	x12

DB Arnold Press	x7	x7
	x7	x7
	x7	x7
	x7	x7
Inverted Rows	x10	x10

Pull-Ups	x10	x10
	x10	x10
	x10	x10
DB French Press	x10	x10

Landmine Row-2-Press	x10e	x10e
	x10e	x10e
	x10e	x10e
Alt. Med Ball Side Throws	x10e	x10e

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LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 5	Week 6
Med Ball Underhand Craddle Throws	x8	x8
	x8	x8
	x8	x8
	x8	x8
Heavy BB Shrugs	x6	x6

DB 1-Arm Cleans 15-30%	x5e	x5e
	x5e	x5e

BB Step-Ups 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Squat Jumps	x6	x6

DB 1-Arm Rows 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Frontal Raises	x12	x12

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 5	Week 6
Med Ball Alt. Side Slams	x8	x8
	x8	x8
	x8	x8
	x8	x8
BB Upright Rows	x6	x6

DB Snatch 15-30%	x5e	x5e
	x5e	x5e

BB R.F.E. Split Squats 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Plate Side Lunges	x6e	x6e

DB SL RDLs 15-30%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Weighted Hip Bridges	x6	x6

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 5	Week 6
Med Ball Chest Throws	x8	x8
	x8	x8
	x8	x8
	x8	x8
DB Reverse Empty Cans	x12	x12

DB 1-Arm Push Press 15-30%	x5e	x5e
	x5e	x5e

DB 1/2 Kneeling Shoulder Press	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Lat Pull-Downs	x12	x12

Landmine Hip Throws (1 Side at a Time)	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Plate Push-Ups	x12	x12

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	Week 5	Week 6
DB Alt. Incline Press 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Incline Curls	x12	x12

Kneeling Cable Rotations	x10e	x10e
	x10e	x10e
	x10e	x10e
	x10e	x10e

	Week 5	Week 6
Alt. Grip Pull-Ups	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Cable Tri Push-Downs	x12	x12

Kneeling Cable High-to-Low Rotations	x10e	x10e
	x10e	x10e
	x10e	x10e
	x10e	x10e

	Week 5	Week 6
Med Ball SL Box Jumps	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Plate Goodmornings	x6	x6

Kneeling Cable Low-to-High Rotations	x10e	x10e
	x10e	x10e
	x10e	x10e
	x10e	x10e

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LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 7	Week 8
BB Back Squats 55-75%	x5	x5
	x5	x5
	x5	x5
	x5	x5
	x5	x5
Plate SL Goodmornings	x5e	x5e

DB Alt. Kneeling Shoulder Press	x5	x5
	x5	x5
	x5	x5
Seated Cable Rows	x10	x10

Landmine 1-Arm Rows	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Hammer Curls	x10	x10

Back Planks w/Kicks	x10e	x10e
	x10e	x10e
	x10e	x10e
Med Ball Seated Twists	x10e	x10e

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 7	Week 8
BB Front Squats 45-65%	x5	x5
	x5	x5
	x5	x5
	x5	x5
	x5	x5
DB SideLunges	x5e	x5e

Trap Bar Deadlifts 60-80%	x5	x5
	x5	x5
	x5	x5
DB Inch Worms	x10	x10

DB Stability Rows	x5e	x5e
	x5e	x5e
	x5e	x5e
DB French Press	x10	x10

BB Leg Raises	x10	x10
	x10	x10
	x10	x10
SB Knee-Ups	x10e	x10e

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 7	Week 8
BB Floor Press 35-55%	x5	x5
	x5	x5
	x5	x5
	x5	x5
	x5	x5
Plate Plyo Push-Ups	x5	x5

BB Reverse Lunges 35-55%	x5e	x5e
	x5e	x5e
	x5e	x5e
Lat Pull-Downs	x10	x10

DB Alt. Bent Rows	x5e	x5e
	x5e	x5e
	x5e	x5e
BB Curls	x10	x10

Front Planks w/Kicks	x10e	x10e
	x10e	x10e
	x10e	x10e
Med Ball Sit-Up Throws	x10	x10

# LEWIS & CLARK COLLEGE - SUMMER 2017

LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 9	Week 10
BB Back Squats 60-85%	x3	x3
	x3	x3
	x3	x3
	x3	x3
	x3	x3
Box Jumps	x5	x5

BB Military Press 40-60%	x6	x6
	x6	x6
	x6	x6
	x6	x6

Inverted Rows w/ Feet Elevated	x8	x8
	x8	x8
	x8	x8
Plate Empty Cans	x12	x12

Plate Alt. Supermans	x10e	x10e
	x10e	x10e
	x10e	x10e
	x10e	x10e

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 9	Week 10
BB Deadlifts 60-85%	x3	x3
	x3	x3
	x3	x3
	x3	x3
	x3	x3
Hurdle Jumps	x5	x5

BB RDLs 40-60%	x6	x6
	x6	x6
	x6	x6
	x6	x6

Wide Grip Pull-Ups	x8	
	x8	
	x8	
Plate Iron Crosses	x12	x12

Plate Alt. Deadbugs	x10e	x10e
	x10e	x10e
	x10e	x10e
	x10e	x10e

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 9	Week 10
BB Floor Press 60-85%	x3	x3
	x3	x3
	x3	x3
	x3	x3
	x3	x3
Inverted Rows	x5	x5

BB Pendlay Rows 40-60%	x6	x6
	x6	x6
	x6	x6
	x6	x6

BB Weighted Hip Bridges	x8	x8
	x8	x8
	x8	x8
Plate W's	x12	x12

Plate Flutter Kicks	x10e	x10e
	x10e	x10e
	x10e	x10e
	x10e	x10e

# LEWIS & CLARK COLLEGE - SUMMER 2017

LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 11	Week 12
Med Ball Underhand Craddle Throws	x8	x8
	x8	x8
	x8	x8
	x8	x8
Heavy BB Shrugs	x6	x6

DB 1-Arm Cleans 15-30%	x5e	x5e
	x5e	x5e

BB Step-Ups 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Squat Jumps	x6	x6

DB 1-Arm Rows 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Frontal Raises	x12	x12

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 11	Week 12
Med Ball Alt. Side Slams	x8	x8
	x8	x8
	x8	x8
	x8	x8
BB Upright Rows	x6	x6

DB Snatch 15-30%	x5e	x5e
	x5e	x5e

BB R.F.E. Split Squats 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Plate Side Lunges	x6e	x6e

DB SL RDLs 15-30%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Weighted Hip Bridges	x6	x6

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 11	Week 12
Med Ball Chest Throws	x8	x8
	x8	x8
	x8	x8
	x8	x8
DB Reverse Empty Cans	x12	x12

DB 1-Arm Push Press 15-30%	x5e	x5e
	x5e	x5e

DB 1/2 Kneeling Shoulder Press	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Lat Pull-Downs	x12	x12

Landmine Hip Throws (1 Side at a Time)	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Plate Push-Ups	x12	x12

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	Week 11	Week 12
DB Alt. Incline Press 20-35%	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
DB Incline Curls	x12	x12

Kneeling Cable Rotations	x10e	x10e
	x10e	x10e
	x10e	x10e

	Week 11	Week 12
Alt. Grip Pull-Ups	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Cable Tri Push-Downs	x12	x12

Kneeling Cable High-to-Low Rotations	x10e	x10e
	x10e	x10e
	x10e	x10e

	Week 11	Week 12
Med Ball SL Box Jumps	x5e	x5e
	x5e	x5e
	x5e	x5e
	x5e	x5e
Plate Goodmornings	x6	x6

Kneeling Cable Low-to-High Rotations	x10e	x10e
	x10e	x10e
	x10e	x10e



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LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 13	Week 14
Med Ball Oger Throws (Overhead Throws w/Jump)	x10	x10
	x10	x10
DB Upright Rows	x12	x12

DB Goblet Squats 15-30%	x3	x3
	x3	x3
	x3	x3
	x3	x3
	x3	x3
Bench Hip Bridges	x12	x12

BB Bent Rows 55%	x8	x8
	x8	x8
	x8	x8
DB Hammer Curls	x10	x10

Bear Position Holds w/ Alt. Foot Lifts	x10e	x10e
	x10e	x10e
	x10e	x10e
Cable Pull-Downs	x10	x10
Back Plank w/Kicks	x10e	x10e

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 13	Week 14
Med Ball Wall Balls	x10	x10
	x10	x10
DB Alt. T's	x12	x12

BB Front Squats 35-50%	x3	x3
	x3	x3
	x3	x3
	x3	x3
	x3	x3
SL Box Squats	x6e	x6e

Machine Leg Curls	x8	x8
	x8	x8
	x8	x8
Hypers	x10	x10

DB Split Squats	x10	x10
	x10	x10
	x10	x10
Reverse Hypers	x10	x10
SB Pikes	x10	x10

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 13	Week 14
Med Ball Slams	x10	x10
	x10	x10
KB Swings	x12	x12

BB Incline Bench Press 35-55%	x3	x3
	x3	x3
	x3	x3
	x3	x3
	x3	x3
Cable Face Pulls	x12	x12

DB Incline Rows	x8	x8
	x8	x8
	x8	x8
DB Rear Flys	x10	x10

DB Standing Flys	x10	x10
	x10	x10
	x10	x10
DB Alt. W's	x10	x10
Alt. Med Ball Side Throws	x10e	x10e

# LEWIS & CLARK COLLEGE - SUMMER 2017

LIFT #1		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 15	Week 16
Sumo Deadlifts 35-55%	x7	x7
	x7	x7
	x7	x7
	x7	x7
SL Hip Bridges	x6e	x6e

BB Reverse Grip Bent Rows 55%	x7	x7
	x7	x7
	x7	x7
	x7	x7
Cable Pull-Thrus	x10	x10

DB Alt. Floor Press	x10	x10
	x10	x10
	x10	x10
Low Rope Cable Pulls	x10	x10

Bear Position Holds w/ Shoulder Taps	x10e	x10e
	x10e	x10e
Back Plank w/Kicks	x10e	x10e

LIFT #2		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 15	Week 16
BB Back Squats 40-60%	x7	x7
	x7	x7
	x7	x7
	x7	x7
Box F.F.E. Split Squats	x6e	x6e

Partner Nordic Curls	x7	x7
	x7	x7
	x7	x7
	x7	x7
Med Ball Hypers	x10	x10

DB Alt. Lunges	x10	x10
	x10	x10
	x10	x10
Med Ball Reverse Hypers	x10	x10

BB Sit-Ups	x10	x10
	x10	x10
SB Pikes	x10	x10

LIFT #3		
Pre-Lift Activation Warm-Up		
4-Way Plank Holds @0:30e		
	Week 15	Week 16
BB Military Press 35-55%	x7	x7
	x7	x7
	x7	x7
	x7	x7
DB Empty Cans	x12	x12

DB Arnold Press	x7	x7
	x7	x7
	x7	x7
	x7	x7
Inverted Rows	x10	x10

Pull-Ups	x10	x10
	x10	x10
	x10	x10
DB French Press	x10	x10

Landmine Row-2-Press	x10e	x10e
	x10e	x10e
	x10e	x10e
Alt. Med Ball Side Throws	x10e	x10e