

# MWP

## Summer 2009 - Phase 1

Day 1	Week 1	Week 2	Week 3	Week 4	Day 2	Week 1	Week 2	Week 3	Week 4	
	week of 6/1	week of 6/8	week of 6/15	week of 6/22		week of 6/1	week of 6/8	week of 6/15	week of 6/22	
<b>Warm Up:</b>	<b>See Choices</b>				<b>Warm Up:</b>	<b>See Choices</b>				
<b>Core:</b>	<b>See Choices</b>				<b>Core:</b>	<b>See Choices</b>				
<b>Clean Pull / Power Clean</b>	x3e a50	x3e a55	x3e a60	x3e a60	<b>Hang Clean</b>	x3 a50	x3 a55	x3 a60	x3 a60	
<i>paired with:</i>	x3e a55	x3e a60	x3e a62.5	x3e a65		x3 a55	x3 a60	x3 a62.5	x3 a65	
<i>Y-T-W</i>	x3e a60	x3e a65	x3e a70	x3e a75		<i>paired with:</i>	x3 a60	x3 a65	x3 a70	x3 a75
	3x8	3x8	3x8	3x8		<b>Scarecrows</b>	3x8	3x8	3x8	3x8
<b>Back Squat</b>	x10 a45	x8 a50	x8 a55	x8 a55	<b>Bench Press</b>	x10 a45	x8 a50	x8 a55	x8 a55	
<i>paired with:</i>	x10 a50	x8 a60	x8 a65	x8 a67.5		x10 a50	x8 a60	x8 a65	x8 a67.5	
<i>DB Scap &amp; Row</i>	x10 a55	x8 a65	x8 a70	x8 a72.5		x10 a55	x8 a65	x8 a70	x8 a72.5	
	x10 a60	x8 a70	x8 a72.5	x8 a75		<i>paired with:</i>	x10 a60	x8 a70	x8 a72.5	x8 a75
	x8	x8	x8	x8	<b>DB Step Ups</b>	x5e	x5e	x6e	x6e	
	x8	x8	x8	x8	<i>(onto box)</i>	x5e	x5e	x6e	x6e	
	x8	x8	x8	x8	<i>all 1 leg; then switch</i>	x5e	x5e	x6e	x6e	
<b>PB Leg Curl</b>	x8	x8	x10	x10	<b>Barbell RDL</b>	x8	x8	x8	x8	
<i>(2 in - 2 out)</i>	x8	x8	x10	x10		x8	x8	x8	x8	
<i>tripled with:</i>	x8	x8	x10	x10		<i>paired with:</i>	x8	x8	x8	x8
<i>Pull-ups</i>	x8	x8	x10	x10	<b>Upperback Row</b>	x7	x8	x9	x10	
<i>tripled with:</i>	x8	x8	x10	x10		x7	x8	x9	x10	
	x8	x8	x10	x10		<i>paired with:</i>	x7	x8	x9	x10
<i>Supermans</i>	x10	x10	x10	x10	<b>Wrist Roller</b>	x1	x1	x1	x1	
<i>(3s hold at top)</i>	x10	x10	x10	x10		<i>(up and down)</i>	x1	x1	x1	x1
	x10	x10	x10	x10			x1	x1	x1	x1
<b>GUN SHOW:</b>					<b>GUN SHOW:</b>					
<i>Bicep Curls</i>	3x8	3x8	3x8	3x8	<i>OH Extension</i>	3x8	3x8	3x8	3x8	
<i>Hammer Curls</i>	3x8	3x8	3x8	3x8	<i>Tricep Kickbacks</i>	3x8	3x8	3x8	3x8	
<i>Cable Curls</i>	3x8	3x8	3x8	3x8	<i>Cable Press Downs</i>	3x8	3x8	3x8	3x8	
<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e	<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e	

# MWP

## Summer 2009 - Phase 1

Day 3	Week 1	Week 2	Week 3	Week 4
	week of 6/1	week of 6/8	week of 6/15	week of 6/22
<b>Warm Up:</b>	<b>See Choices</b>			
<b>Core:</b>	<b>See Choices</b>			
<b>Box Jumps</b>	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	3x10	3x10	3x10	3x10
<b>Barbell Lateral squat</b>	x5e	x6e	x7e	x8e
	x5e	x6e	x7e	x8e
	x5e	x6e	x7e	x8e
<i>paired with:</i>		x6e	x7e	x7e
<i>Towel Grip</i>	x7	x8	x9	x10
<i>Chin-ups</i>	x7	x8	x9	x10
		x8	x9	x10
<b>Alt. DB Incline</b>	x8e	x7e	x6e	x5e
	x8e	x7e	x6e	x5e
	x8e	x7e	x6e	x5e
<i>tripled with:</i>		x7e	x6e	x5e
<i>DB Lunges</i>	x5e	x6e	x7e	x8e
all 1 leg; switch	x5e	x6e	x7e	x8e
<i>tripled with:</i>		x6e	x7e	x8e
<i>Back Extensions</i>	10	10	8	8
(add weight)	10	10	8	8
		10	8	8
<i>DB Upright Row</i>	3x8	3x8	3x8	3x8
<i>DB Flys</i>	3x8	3x8	3x8	3x8
<i>Lateral Raises</i>	3x8	3x8	3x8	3x8
<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e

# MWP

## Summer 2009 - Phase 2

Day 1	Week 5	Week 6	Week 7	Week 8	Day 2	Week 5	Week 6	Week 7	Week 8
	week of 6/29	week of 7/6	week of 7/13	week of 7/20		week of 6/29	week of 7/6	week of 7/13	week of 7/20
<b>Warm Up:</b>	<b>See Choices</b>				<b>Warm Up:</b>	<b>See Choices</b>			
<b>Core:</b>	<b>See Choices</b>				<b>Core:</b>	<b>See Choices</b>			
<b>Power Clean</b>	x3 a55	x3 a60	x3 a62.5	x3 a62.5	<b>Hang Clean</b>	x3 a55	x3 a60	x3 a62.5	x3 a62.5
	x3 a65	x3 a70	x3 a72.5	x3 a72.5		x3 a65	x3 a70	x3 a72.5	x3 a72.5
	x3 a70	x3 a 75	x3 a77.5	x3 a80		x3 a70	x3 a75	x3 a77.5	x3 a80
<i>paired with:</i>		x3 a80	x3 a82.5	x3 a85	<i>paired with:</i>		x3 80	x3 a82.5	x3 a85
<i>Y-T-W</i>	3x10	3x10	3x10	3x10	<i>Scarecrows</i>	3x10	3x10	3x10	3x10
<b>Back Squat</b>	x6 a55	x6 a60	x5 a62.5	x5 a65	<b>Bench Press</b>	x6 a55	x6 a60	x5 a62.5	x5 a65
	x6 a60	x6 a70	x5 a72.5	x5 a75		x6 a60	x6 a70	x5 a72.5	x5 a75
	x6 a65	x6 a75	x5 a77.5	x5 a80		x6 a65	x6 a75	x5 a77.5	x5 a80
<i>paired with:</i>		x6 a80	x5 a82.5	x5 a85	<i>paired with:</i>		x6 a80	x5 a82.5	x5 a85
<i>DB Row</i>	x6e	x6e	x6e	x6e	<i>SL Step Ups</i>	x5e	x6e	x7e	x8e
	x6e	x6e	x6e	x6e	<i>(heal touch)</i>	x5e	x6e	x7e	x8e
		x6e	x6e	x6e			x6e	x7e	x8e
<b>PB Leg Curl</b>	x5e	x6e	x7e	x8e	<b>Barbell RDL</b>	x6	x6	x6	x6
<i>(2 in - 1 out)</i>	x5e	x6e	x7e	x8e		x6	x6	x6	x6
<i>tripled with:</i>		x6e	x7e	x8e	<i>tripled with:</i>		x6	x6	x6
<i>Chin-ups</i>	x8	x7	x6	x5	<i>Inverted Row</i>	x7	x8	x9	x10
	x8	x7	x6	x5		x7	x8	x9	x10
<i>tripled with:</i>		x7	x6	x5	<i>tripled with:</i>		x8	x9	x10
<i>Lateral Raises</i>	x10	x10	x10	x10	<i>Wrist Roller</i>	x2	x2	x2	x2
<i>(3s hold at top)</i>	x10	x10	x10	x10	<i>(up and down)</i>	x2	x2	x2	x2
		x10	x10	x10			x2	x2	x2
<b>MB Complex:</b>					<b>Arm Farm:</b>				
<i>1 hand on MB</i>	3x6e	3x6e	3x5e	3x5e	<i>PB Push Ups</i>	3x6	3x6	3x5	3x5
<i>Diamonds on MB</i>	3x6e	3x6e	3x5e	3x5e	<i>Skull Crushers</i>	3x6	3x6	3x5	3x5
<i>Chest to MB</i>	3x6e	3x6e	3x5e	3x5e	<i>Alt Hammer Curls</i>	3x6e	3x6e	3x5e	3x5e
<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e	<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e

# MWP

## Summer 2009 - Phase 2

Day 3	Week 5	Week 6	Week 7	Week 8
	week of 6/29	week of 7/6	week of 7/13	week of 7/20
<b>Warm Up:</b>	<b>See Choices</b>			
<b>Core:</b>	<b>See Choices</b>			
<b>Box Jumps</b>	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	x5	x5	x5	x5
<b>Barbell Lateral Squat</b>	x7e	x8e	x9e	x10e
	x7e	x8e	x9e	x10e
	x7e	x8e	x9e	x10e
<i>paired with:</i>		x8e	x9e	x10e
<i>Towel Grip Chin-ups</i>	x7	x8	x9	x10
	x7	x8	x9	x10
		x8	x9	x10
<b>DB Incline</b>	x8	x7	x6	x5
	x8	x7	x6	x5
	x8	x7	x6	x5
<i>tripled with:</i>			x6	x5
<i>DB Lunges</i>	x5e	x6e	x7e	x8e
Back ft on box	x5e	x6e	x7e	x8e
<i>tripled with:</i>		x6e	x7e	x8e
<i>Back Extensions (add weight)</i>	x10	x10	x8	x8
	x10	x10	x8	x8
		x10	x8	x8
<b>Cable Circuit:</b>				
<i>Seated Rows</i>	3x8	3x8	3x8	3x8
<i>Lat Pull Downs</i>	3x8	3x8	3x8	3x8
<i>Cable Curls</i>	3x8	3x8	3x8	3x8
<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e

# MWP

## Summer 2009 - Phase 3

Day 1	Week 9	Week 10	Week 11	Week 12	Day 2	Week 9	Week 10	Week 11	Week 12
	week of 7/27	week of 8/3	week of 8/10	week of 8/17		week of 7/27	week of 8/3	week of 8/10	week of 8/17
<b>Warm Up:</b>	<b>See Choices</b>				<b>Warm Up:</b>	<b>See Choices</b>			
<b>Core:</b>	<b>See Choices</b>				<b>Core:</b>	<b>See Choices</b>			
<b>Power Clean</b>	x3 a55	x2 a62.5	x2 a65	x2 a67.5	<b>Hang Clean</b>	x3 a50	x2 a62.5	x2 a65	x2 a67.5
	x3 a65	x2 a75	x2 a77.5	x2 a82.5		x3 a60	x2 a75	x2 a77.5	x2 a82.5
	x3 a70	x2 a80	x2 a85	x2 a90		x3 a70	x2 a80	x2 a85	x2 a90
<i>paired with:</i>		x2 a85	x2 a90	x2 a95	<i>paired with:</i>		x2 a85	x2 a90	x2 a95
<i>Y-T-W w/ 2.5lb</i>	3x10	3x10	3x10	3x10	<b>Scarecrows</b>	3x10	3x10	3x10	3x10
<b>Back Squat</b>	x6 a50	x6 a60	x5 a62.5	x5 a65	<b>Bench Press</b>	x6 a50	x6 a60	x5 a62.5	x5 a65
	x6 a55	x6 a72.5	x5 a72.5	x5 a77.5		x6 a55	x6 a72.5	x5 a75	x5 a77.5
	x6 a60	x4 a77.5	x3 a85	x3 a90		x6 a60	x4 a77.5	x3 a85	x3 a90
<i>paired with:</i>		x4 a85	x3 a90	x2 a97.5	<i>paired with:</i>		x4 a85	x3 a90	x2 a97.5
<b>Upper Back Row</b>	x5e	x5e	x5e	x5e	<b>SL Squats</b>	x4e	x5e	x6e	x7e
	x5e	x5e	x5e	x5e	<i>(no heal touch)</i>	x4e	x5e	x6e	x7e
		x5e	x5e	x5e			x5e	x6e	x7e
<b>PB Leg Curl</b>	x5e	x6e	x7	x8	<b>Barbell 1 Leg RDL</b>	x5e	x5e	x5e	x5e
<i>(1 in - 1 out)</i>	x5e	x6e	x7	x8	<i>all 1 leg; then switch</i>	x5e	x5e	x5e	x5e
<i>tripled with:</i>		x6e	x7	x8	<i>tripled with:</i>		x5e	x5e	x5e
<b>Inverted Row</b>	x7	x8	x9	x10	<b>Seated Cable Row</b>	x6	x6	x5	x5
	x7	x8	x9	x10		x6	x6	x5	x5
<i>tripled with:</i>		x8	x9	x10	<i>tripled with:</i>		x6	x5	x5
<b>Alt Shoulder Press</b>	x5e	x5e	x5e	x5e	<b>Wrist Roller</b>	x2	x2	x2	x2
<i>(meet at top)</i>	x5e	x5e	x5e	x5e	<i>(up and down)</i>	x2	x2	x2	x2
		x5e	x5e	x5e			x2	x2	x2
<b>Shoulder Complex:</b>					<b>Arm Farm:</b>				
<b>Lateral Raises</b>	3x10e	3x10e	3x10e	3x10e	<b>Towel Grip Chin Up</b>	3x10	3x10	3x10	3x10
<b>Front Raises</b>	3x10e	3x10e	3x10e	3x10e	<b>Bicep Curls</b>	3x10	3x10	3x10	3x10
<b>Reverse Flys</b>	3x10e	3x10e	3x10e	3x10e	<b>DB Shoulder Press</b>	3x10	3x10	3x10	3x10
<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e	<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e

# MWP

## Summer 2009 - Phase 3

Day 3	Week 9	Week 10	Week 11	Week 12
	week of 7/27	week of 8/3	week of 8/10	week of 8/17
<b>Warm Up:</b>	See Choices			
<b>Core:</b>	See Choices			
<b>Box Jumps</b>	x5	x5	x5	x5
land soft!	x5	x5	x5	x5
<i>paired with:</i>		x5	x5	x5
<i>OH Granny Toss</i>	x5	x5	x5	x5
<b>Barbell Lateral Squat</b>	x7	x8	x9	x10
	x7	x8	x9	x10
	x7	x8	x9	x10
<i>paired with:</i>		x8	x9	x10
<i>Towel Grip</i>	x9	x10	x11	x12
<i>Chin-ups</i>	x9	x10	x11	x12
		x10	x11	x12
<b>BB Incline</b>	x6	x6	x5	x5
	x6	x6	x5	x5
<i>tripled with:</i>		x6	x5	x5
<i>BB Lunges</i>	x7	x8	x9	x10
	x7	x8	x9	x10
<i>tripled with:</i>		x8	x9	x10
<i>Back Extensions</i>	x6	x6	x5	x5
	x6	x6	x5	x5
		x6	x5	x5
<b>MB Complex:</b>				
<i>1 Hand on</i>	3x8	3x8	3x8	3x8
<i>Alt Hands on</i>	3x4e	3x4e	3x4e	3x4e
<i>Diamonds on</i>	3x8	3x8	3x8	3x8
<b>Roll / Stretch</b>	20 sec e	20 sec e	20 sec e	20 sec e