

NAME:



Created by: JON PFEIFER  
email: jpfeifer@nebraskasc.com

Day 1	Week 1				Week 2				Week 3			
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
Warm up	2x	50%	55%	60%	2x	55%	60%	65%	2x	60%	65%	70%
Trap Bar Jump	3x5				3x5				3x5			
Wt. Box Jump	3x5	60%	60%	60%	3x5	65%	65%	65%	3x5	70%	70%	70%
Squat	3x8	60%	60%	60%	3x8	65%	65%	65%	3x8	70%	70%	70%
DB Row	3x8e				3x8e				3x8e			
DB Walking Lunge	3x6e				3x6e				3x6e			
DB Bicep Curl	3x10				3x10				3x10			
DB Suitcase Carry	3x20yd				3x20yd				3x20yd			
DB 3-Way Shoulder Raise	3x10				3x10				3x10			
Day 2	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
Warm Up	2x	60%	60%	60%	2x	65%	65%	65%	2x	70%	70%	70%
Bench	3x8	60%	60%	60%	3x8	65%	65%	65%	3x8	70%	70%	70%
Single Leg DB RDL	3x8e				3x8e				3x8e			
Push Up	3x10				3x10				3x10			
Hamstring Curl	3x10				3x10				3x10			
Side MB Toss	3x5e				3x5e				3x5e			
KB OH Waiter Walk	3x20yd				3x20yd				3x20yd			
DB Skull Crusher (Tricep)	3x10				3x10				3x10			
Day 3	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
Warm up	2x	55%	60%	65%	2x	60%	65%	70%	2x	65%	70%	75%
Trap Bar Jump	3x3				3x3				3x3			
KB Goblet Squat	3x8				3x8				3x8			
MB Chest Pass (against wall)	3x8				3x8				3x8			
MB Slam	3x8				3x8				3x8			
KB Swing	2x8				3x8				3x8			
1-DB Incline Bench	2x8				3x8				3x8			
Wt. Inverted Row	2x8				3x8				3x8			
Tricep Pushdown	3x15				3x15				3x15			
DB Hammer Curl	3x15				3x15				3x15			
Face Pull	3x15				3x15				3x15			

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	Week 4				Week 5				Week 6			
Day 1	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
Warm up	2x				2x				2x			
		65%	70%	75%		70%	75%	80%		75%	80%	85%
Trap Bar Jump	3x3				3x3				3x3			
Box Jump	3x4				3x4				3x4			
		60%	65%	70%		70%	75%	80%		75%	80%	85%
Squat	3x5				3x5				3x5			
		60%	65%	70%		70%	75%	80%		75%	80%	85%
DB Row	3x5e				3x5e				3x5e			
DB Walking Lunge	3x5e				3x5e				3x5e			
DB Bicep Curl	3x8				3x8				3x8			
DB Suitcase + KB OH Waiter Carry	3x20yd				3x20yd				3x20yd			
DB 3-Way Shoulder (I, Y, T)	3x8				3x8				3x8			
Day 2	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
Warm Up	2x				2x				2x			
		60%	65%	70%		70%	75%	80%		75%	80%	85%
Bench	3x5				3x5				3x5			
		60%	65%	70%		70%	75%	80%		75%	80%	85%
Single Leg DB RDL	3x5e				3x5e				3x5e			
Dips	3x10				3x10				3x10			
SL Hamstring Curl	3x10				3x10				3x10			
Alt. MB Slam	3x5e				3x5e				3x5e			
Partner 4-Way Neck	2x10e				2x10e				2x10e			
Skull Crusher (Tricep)	3x8				3x8				3x8			
Day 3	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
Warm up	2x				2x				2x			
		60%	65%	70%		65%	70%	75%		70%	75%	80%
Trap Bar Jump	3x3				3x3				3x3			
KB Reverse Lunge	3x8				3x8				3x8			
Clap Push Up	3x8				3x8				3x8			
SL MB Slam	3x5e				3x5e				3x5e			
Alt. KB Swing	2x8				3x8				3x8			
DB Incline Bench	2x8				3x8				3x8			
Underhand Pull Up	2x8				3x8				3x8			
Tricep Pushdown	3x12				3x12				3x12			
DB Hammer Curl	3x12				3x12				3x12			
Face Pull	3x12				3x12				3x12			

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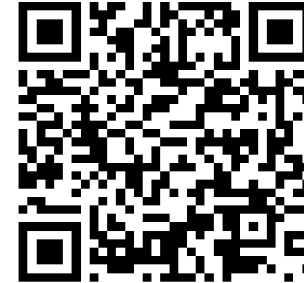
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Day	Week 7				Week 8				Week 9			
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
<b>Day 1</b>												
Warm up	2x				2x				2x			
		75%	80%	85%		80%	85%	90%		85%	90%	95%
Trap Bar Jump	4,3,2				4,3,2				4,3,2			
Depth Jump (High to High)	3x3				3x3				3x3			
		70%	75%	80%		80%	85%	90%		85%	90%	95%
Squat	4,3,2				4,3,2				4,3,2			
		70%	75%	80%		80%	85%	90%		85%	90%	95%
DB Row	3x3e				3x3e				3x3e			
DB Walking Lunge	3x3e				3x3e				3x3e			
DB Bicep Curl	3x6				3x6				3x6			
DB Farmers Walk	3x20yd				3x20yd				3x20yd			
DB 3-Way Shoulder Raise	3x8				3x8				3x8			
<b>Day 2</b>												
Warm Up	2x				2x				2x			
		70%	75%	80%		80%	85%	90%		85%	90%	95%
Bench	4,3,2				4,3,2				4,3,2			
		70%	75%	80%		80%	85%	90%		85%	90%	95%
Single Leg DB RDL	3x3e				3x3e				3x3e			
Dips	3x8				3x8				3x8			
SL Hamstring Curl	3x8				3x8				3x8			
Walking Alt. MB Slam	3x5e				3x5e				3x5e			
Partner 4-Way Neck	2x10e				2x10e				2x10e			
DB Pullover	3x8				3x8				3x8			
<b>Day 3</b>												
Warm up	2x				2x				2x			
		60%	65%	70%		65%	70%	75%		70%	75%	80%
Trap Bar Jump	3x3				3x3				3x3			
Split Squat Jump (wt)	3x5e				3x5e				3x5e			
Alt. MB Push Up	3x5e				3x5e				3x5e			
Alt. MB Slam	3x5e				3x5e				3x5e			
KB Swing	2x8				3x8				3x8			
Alt. DB Incline Bench	2x5e				3x5e				3x5e			
Neutral Grip Pull Up	2x8				3x8				3x8			
Tricep Pushdown	3x10				3x10				3x10			
DB Hammer Curl	3x10				3x10				3x10			
Face Pull	3x10				3x10				3x10			

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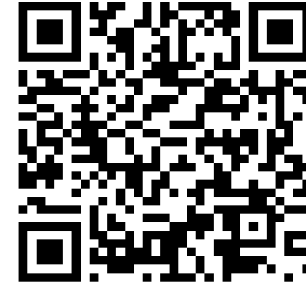
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Day	Week 10				Week 11				Week 12			
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
<b>Day 1</b>												
Warm up	2x				2x				2x			
		50%	55%	60%		55%	60%	65%		60%	65%	70%
Trap Bar Jump	3x3				3x3				3x3			
Box Jump	3x3				3x3				3x3			
		60%	65%	70%		65%	70%	75%		70%	75%	80%
Squat	3x5				3x5				3x5			
		60%	65%	70%		65%	70%	75%		70%	75%	80%
DB Row	3x5e				3x5e				3x5e			
DB Step Up	3x5e				3x5e				3x5e			
Barbell Reverse Curl	3x10				3x10				3x10			
DB Wrist Curl (Flex/Ext)	3x10e				3x10e				3x10e			
DB 3-Way Shoulder Raise	3x10				3x10				3x10			
<b>Day 2</b>												
Warm Up	2x				2x				2x			
		60%	65%	70%		65%	70%	75%		70%	75%	80%
Bench	3x5				3x5				3x5			
		60%	65%	70%		65%	70%	75%		70%	75%	80%
Single Leg DB RDL	3x5e				3x5e				3x5e			
Dips	3x10				3x10				3x10			
SL Hamstring Curl	3x10				3x10				3x10			
Side MB Toss	3x5e				3x5e				3x5e			
Band 4-Way Neck	2x10e				2x10e				2x10e			
DB Skull Crusher (Tricep)	3x10				3x10				3x10			
<b>Day 3</b>												
Warm up	2x				2x				2x			
		45%	50%	55%		50%	52%	55%		40%	45%	50%
Trap Bar Jump	3x3				3x3				3x3			
KB Goblet Squat	3x8				3x8				3x8			
Clap Push Up	3x8				3x8				3x8			
MB Slam	3x8				3x8				3x8			
Alt. KB Swing	2x8				3x8				3x8			
DB Incline Bench	2x8				3x8				3x8			
Pull Up	2x8				3x8				3x8			
Tricep Pushdown	10,8,6				10,8,6				10,8,6			
DB Hammer Curl	10,8,6				10,8,6				10,8,6			
Face Pull	3x20				3x20				3x20			

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Day	Week 13				Week 14				Week 15			
	reps	wt	wt	wt	reps	wt	wt	wt	reps	wt	wt	wt
<b>Day 1</b>												
Warm up	2x				2x				2x			
		55%	60%	65%		60%	65%	70%		65%	70%	75%
Trap Bar Jump	4,3,2				4,3,2				4,3,2			
Depth Jump (High to High)	3x3				3x3				3x3			
		70%	75%	80%		75%	80%	85%		80%	85%	90%
Squat	4,3,2				4,3,2				4,3,2			
		70%	75%	80%		75%	80%	85%		80%	85%	90%
DB Row	3x3e				3x3e				3x3e			
DB Step Up	3x3e				3x3e				3x3e			
Barbell Reverse Curl	3x8				3x8				3x8			
DB Wrist Curl (Flex/Ext)	3x10e				3x10e				3x10e			
DB 3-Way Shoulder Raise	3x8				3x8				3x8			
<b>Day 2</b>												
Warm Up	2x				2x				2x			
		70%	75%	80%		75%	80%	85%		80%	85%	90%
Bench	4,3,2				4,3,2				4,3,2			
		70%	75%	80%		75%	80%	85%		80%	85%	90%
Single Leg DB RDL	3x3e				3x3e				3x3e			
Dips	10,8,6				10,8,6				10,8,6			
SL Hamstring Curl	10,8,6				10,8,6				10,8,6			
Walking Alt. MB Slam	3x5e				3x5e				3x5e			
Band 4-Way Neck	2x10e				2x10e				2x10e			
DB Skull Crusher (Tricep)	10,8,6				10,8,6				10,8,6			
<b>Day 3</b>												
Warm up	2x				2x				2x			
		45%	50%	55%		50%	52%	55%		40%	45%	50%
Trap Bar Jump	3x3				3x3				3x3			
Split Squat Jump (wt)	3x6e				3x6e				3x3e			
Alt. MB Push Up	3x6e				3x6e				3x3e			
Alt. MB Slam	3x6e				3x6e				3x3e			
KB Swing	2x8				3x8				2x8			
Alt. DB Incline Bench	2x5e				3x5e				2x5e			
Neutral Grip Pull Up	2x8				3x8				2x8			
Tricep Pushdown	10,8,6				10,8,6				10,8,6			
DB Hammer Curl	10,8,6				10,8,6				10,8,6			
Face Pull	3x20				3x20				3x20			

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