

# TOTAL ATHLETIC PERFORMANCE - NAPLES

COMBINE TRAINING 2011

WEEK# 2 PHASE: STR / PWR DAY: MONDAY

<b>WARM-UP (TOE TOUCH PROGRESSIONS AND DB)</b>										
<b>HANG CLEAN PULLS (CLEAN WARM-UP)</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
1**	90S EC		6		6		6			
COMMENTS:										
<b>BACK SQUATS SS BROAD JUMPS</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
12*	90S EC		8		6		6			
COMMENTS: BROAD JUMPS 3X4										
<b>PARTNER GLUTE HAM / RAISES</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
	90 SEC		8		6					
COMMENTS: AIS ACTIVE LATERAL HAMSRTING										
<b>OVHD PLATFORM LUNGES (GOOD 1ST)</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
	90 SEC		8E		6E		6E			
COMMENTS: VERTIMAX QUICK JUMPS 4X10										
<b>AUXLLARY</b>										
<b>SL CALF RAISES TEMPO 404</b>					SET	REP	WEIGHT			
					2	15E	25			
<b>PREHAB</b>					SET	REP	WEIGHT			
<b>CORE:</b>					SET	REP	WEIGHT			
CRUNCH					2	20				
STRAIGHT LEG CRUNCH					2	20				
REVERSE CRUNCH					2	20				
FROGGIES					2	15				

WEEK# PHASE: DAY: FRIDAY

<b>WARM-UP (TOE TOUCH PROGRESSIONS AND DB)</b>										
<b>CLEAN PULLS / CLEAN</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
***	90 SEC		5		5		5			
COMMENTS:										
<b>FRONT SQUAT PAUSES SS DROP LUNGES</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
22*	2 MIN		8		6		6			
COMMENTS: DROP LUNGE 3X6E										
<b>RDL'S</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	2 MIN		10		10		8		8	
COMMENTS:										
<b>DB LATERAL LUNGES</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201			12E		12E		12E			
COMMENTS:										
<b>AUXLLARY</b>										
<b>SLOW / FAST CALF RAISES</b>					SET	REP	WEIGHT			
					2	15E				
<b>PREHAB</b>					SET	REP	WEIGHT			
<b>CORE:</b>					SET	REP	WEIGHT			
MB WORK										

DAY: WEDNESDAY

<b>WARM-UP (GLUTE STRETCH, INT/EXT HIP X-OVER, DB)</b>										
<b>BOX JUMPS / DEPTH DROPS</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
1**	2 MIN		5E		5E		5E		5E	
COMMENTS:										
<b>BENCH PRESS (SS) PRONE T RAISES</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
221	2 MIN		15		12		12		10	
COMMENTS: 2X12 T RAISES										
<b>DB SA ROWS (SS) PRO / RE TRACTION</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
212	2 MIN		8E		8E		8E		8E	
COMMENTS: 2X15 PRO/RE										
<b>DB INC PRESS (SS) PRONE Y RAISES</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
221	2 MIN		10		10		10			
COMMENTS: 2X12 Y RAISES										
<b>AUXLLARY</b>										
<b>DB SHOULDER BLAST</b>					SET	REP	WEIGHT			
DIPS 4X12					2	10E				
<b>PREHAB</b>					SET	REP	WEIGHT			
<b>CORE:</b>					SET	REP	WEIGHT			
CORE BRIDGES										
PB STABILITY										
LOW BACK										

DAY: SATURDAY

<b>WARM-UP (GLUTE STRETCH, INT/EXT HIP X-OVER, DB)</b>										
<b>PB DB ALT ARM BENCH (SS) CHEST STRETCH</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	2 MIN		10		8		8		6	
COMMENTS:										
<b>KNEELING SA FRONT LAT PULLDOWNS</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	2 MIN		10		10		10			
COMMENTS:										
<b>INC BENCH PRESS</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	90 SEC		4		4		4			
COMMENTS:										
<b>DB PULLOVER EXT</b>										
% MAX:										
TEMPO	REST INT	MAX	REP	WT	REP	WT	REP	WT	REP	WT
201	90 SEC		10		10		10			
COMMENTS:										
<b>AUXLLARY</b>										
<b>REAR DELT RAISES</b>					SET	REP	WEIGHT			
					3	10 E				
<b>PREHAB</b>					SET	REP	WEIGHT			
<b>CORE:</b>					SET	REP	WEIGHT			
CORE BRIDGES										
PB STABILITY										

