

Workout Sheet For Phase III - Power

Name: _____

Muscular Power

	<u>Exercise</u>	Set 1			Set 2		Set 3		Set 4		Set 5	
		Max Wt.	65% 1RM	Reps	70% 1RM	Reps	75% 1RM	Reps	80% 1RM	Reps	85% 1RM	Reps.
Core	Bench Press			5		5		5		5		Max effort
Core	Squats / Leg Press			5		5		5		5		Max effort
Core	Power Cleans			5		5		5		5		Max effort
Core	Incline Press			5		5		5		5		Max effort
Core	Lat. Pulls			5		5		5		5		Max effort
Aux.	Arm Curls			5		5		5		5		Max effort
Aux.	Triceps / Dips			5		5		5		5		Max effort
Aux.	Leg Extensions			5		5		5		5		Max effort
Aux.	Leg Curls			5		5		5		5		Max effort
Aux.	Shoulder Press			5		5		5		5		Max effort
Aux.	Seated Rows			5		5		5		5		Max effort
Aux.	Pec Deck			5		5		5		5		Max effort
Aux.	Weighted Hip Flexor			5		5		5		5		Max effort
Aux.	Seated Military Press			5		5		5		5		Max effort
Aux.	Bench Flies			5		5		5		5		Max effort
Aux.	Neck Machine			5		5		5		5		Max effort
Aux.	Sit-ups	Body Weight	Body Weight	50	Body Weight	50	Body Weight	50				
Aux.	Dips	Body Weight	Body Weight	15	Body Weight	15	Body Weight	15				
Max Effort = On The 4th set, do as many reps as possible. When you achieve 15 or more reps on this set, it is time to increase your weight selection. Add 10 pounds to Core lifts, add 5 pounds to Aux. Lifts.												

On the 5th Set, do as many reps as possible.

When you achieve 5 or more reps on this set, it is time to increase your weight.

Add 10 pounds to Core Lifts, add 5 pound to aux. lifts.