

XLATHLETE

The following are a couple different aspects to understand in reading your sheet.

When the exercise is the color blue with a line under it's a hyperlink, click on the exercise and you will be directed to a video clip that show the exercise.

	ISO CHEST HOLD	90S	1		120S	1	
	Pair w/						
	Shr Sho Bi Cav Iso	120S	1		120S	1	

These numbers stand for seconds, here an athlete will perform the Iso Chest Hold for 90 seconds and the Shrug Shoulder Bicep Calf Iso for 120 seconds in 1 set

	ISO CHEST HOLD	90S	1		120S	1	
	Pair w/						
	Shr Sho Bi Cav Iso	120S	1		120S	1	

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Reps: Here you will find exactly how many times you should complete each exercise

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10				24-Jun-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

Load: Here you will find what weight to use while completing each exercise.

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10				24-Jun-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

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Sets: Here you will find how many groups of reps you will do with one particular exercise.

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10				24-Jun-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

Notes: Here you will find any extra information you need to complete your exercise.

100%	Day one	100.0%				100.0%			
		3-Jun-10		10-Jun-10				24-Jun-10	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
91	DB BENCH	8	75 - 70	2	Alternating	8	65 - 70	2	Alternating
	Pair w/								
	Piston Squat	6		2	Bands	6		2	Bands
	Pair w/								
	3 - WY Ham PRSS	9		2	Eyes Closed	9		2	Eyes Closed

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MONDAY	5-Apr-10		12-Apr-10		19-Apr-10		26-Apr-10	
	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
<u>Piston Squat</u>	6		2		6		2	
Pair w/								
<u>Bench Glute Lift</u>	12		2		12		2	
Pair w/								
<u>3 - WY Ham PRSS</u>	6		2		6		2	

For the box above you would complete 1 set of piston squats with 6 repetitions on each leg. Right after the piston squats you would complete 1 set of 12 bench glute lifts, and immediately follow that up with 1 set of 6 repetitions each leg of the 3 way hamstring press. After all 3 of the exercises listed in the box have been done one time you will return to the top and complete another set of each exercise. Repeat this process until you have finished all of the sets listed. For this example you would only need to complete 2 sets through these groupings of exercises.

	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
<u>Single Leg Squat</u>	5	60 - 75	1		5	60 - 75	1	
<u>Single Leg Squat</u>	3	80 - 90	1		3	80 - 90	1	
<u>Single Leg Squat</u>	4	100 - 110	4		4	100 - 110	4	

For this box above you would complete one set of single leg squats with 5 reps on each leg with a load between 60 and 75 lbs. You would follow that with another set of single leg squats with 3 reps on each leg and a load between 80 and 90 lbs. Finally, you would end the box with 4 straight sets of single leg squats with 4 repetitions on each leg and a load between 100 and 110 lbs. Without the "Pair w/" in between exercises you complete all sets listed for a single exercise and then move on to the next exercise.

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When Rest appears in this column you will rest that ammount of time between exercises. Here you will rest 30 seconds between lunges and RDLs, then another 30 seconds after RDL before 4-way neck, then 1:30 before you begin the second sets of lunges.

100	Walking Lunge	6	55 - 60	4	Switch	6	55 - 60	4	Switch
					Rest 30				
100	DB RDL InLine	6	55 - 60	4	Each Leg	6	75 - 80	4	Each Leg
	Pair w/				Rest 30				
	4-WAY MANUAL NECK	10		4	Rest 1:30	10		4	Rest 1:30