

**"Today's preparation determines tomorrow's achievement" - anonymous**

**Womens LAX Day 3**

Mesocycle 1, Micorcycles 1-4

Name: \_\_\_\_\_

\*Start w/upper body foam roller circuit

\*All strength exercises performed as super/tri-set with NO REST between!!

Plyometric	Tempo	30-Jun 4-Jul		7-Jul 11-Jul		14-Jul 18-Jul	
		wt	rep	wt	rep	wt	rep
Jump up to Box	Exp		2x15		2x15		2x20

Olympic	Tempo	30-Jun 4-Jul		7-Jul 11-Jul		14-Jul 18-Jul	
		wt	rep	wt	rep	wt	rep
Liftoff <i>*start w/bar weight only</i>	Exp		8		8		8
			8		8		8
			8		8		8

**Strength**

Bench Press	2/0/2		15		1		15
			15		15		15
							15
Squat	2/0/2		15		15		15
			15		15		15
							15

DB Incline Bench Press	2/0/2		15		15		15
			15		15		15
							15
Split Squat (dbs on shoulders)	2/0/2		15		15		15
			15		15		15
							15

Overhead Press	2/0/2		15		15		15
			15		15		15
							15
Monster Walk	2/0/2		FTG		FTG		FTG
			FTG		FTG		FTG
							FTG

Corrective/Core <i>Bicycle Crunch</i> <i>Shoulder External Rotation</i> <i>SB Knee Tuck</i>			2xFTG		2xFTG		3xFTG
			2xFTG		2xFTG		3xFTG
			2xFTG		2xFTG		3xFTG





