

H4-2 Sample Weight Training Programs for Selected Sports and Activities

Basic Weight Training Program

Exercise Programs to Develop Higher Levels of General Fitness

Pre-Season Exercise Program for Alpine Skiing

Sample Program for Recreational Distance Runners

Sample Bodybuilding Program

Sample Program for Football

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Sample Pre-Season Program for Basketball

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Sample Pre-Season Program for Baseball or Softball

Pre-Season Training Program for Swimming

Load Weight Training Cycle to Develop Base Strength in an Elite Discus Thrower

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Beginning Weight Training Program for Soccer

Beginner's Olympic Weight Lifting Program

Intermediate Olympic Weight Lifting Program

Training Program for a Beginning Power Lifter

Basic Weight Training Program

Exercise	Sets	Repetitions
Bench Press	3	10
Seated press	3	10
Lat pulls	3	10
Upright rowing	3	10
Deltoid raises	3	10
Biceps curls	3	10
Triceps pushdowns	3	10
Crunches	3	10
Squats	3	10
Hamstring curls	3	10
Heal raises	3	10

Exercise Program to Develop Higher Levels of General Fitness

Components: Running, interval training, weight training, plyometrics, stretching, rest

Monday: Jog 2-3 miles in park, stretching after jog (5-10 exercises)

Tuesday: Weight training (3 sets of 10 repetitions): Bench press, cleans, lat pulls or pull-ups, arm curls, crunches or sit-ups, squats or leg press, leg curls; Stretching

Wednesday: 2-miles interval training on track: stride or sprint the straight-a-ways (100 meters), jog or walk the turns; plyometrics (3-6 exercises); stretching

Thursday: Rest

Friday: Weight training (3 sets of 10 repetitions): Squats or leg press, leg curls, cleans, bench press, lat pulls or pull-ups, arm curls, crunches or sit-ups; Stretching

Saturday: Jog 2-3 miles in park, stretching after jog (5-10 exercises)

Sunday: Rest

Pre-Season Exercise Program for Alpine Skiing

Components: Skiing, running, interval training, weight training, plyometrics, stretching, rest.

May- August: General fitness program

September - December:

Monday: Weight training (3 sets of 10 repetitions): Squats or leg press, leg curls, cleans, bench press, lat pulls or pull-ups, arm curls, crunches or sit-ups; Jog 20-30 minutes on treadmill, Stretching

Tuesday: 2-miles interval training on track: stride or sprint the straight-a-ways (100 meters), jog or walk the turns; plyometrics (squat jumps, 360° squat jumps, ice skaters, standing long-jumps, skiers, ski box jumps, lung jumps); stretching

Wednesday: Weight training (3 sets of 10 repetitions): Bench press, cleans, lat pulls or pull-ups, arm curls, crunches or sit-ups, squats or leg press, leg curls; Stretching Jog 20-30 minutes on treadmill, stretching after jog (5-10 exercises)

Thursday: Rest

Friday: Weight training (3 sets of 10 repetitions): Squats or leg press, leg curls, cleans, bench press, lat pulls or pull-ups, arm curls, crunches or sit-ups; Jogging 20-30 minutes on treadmill; Stretching

Saturday: Plyometrics, Stadium stairs, cycling (bicycle or stationary bike) 40-60 minutes

Sunday: Rest

December- April

Saturday and Sunday: Skiing

Monday: Rest

Tuesday: 2-miles interval training on track: stride or sprint the straight-a-ways (100 meters), jog or walk the turns; plyometrics (squat jumps, 360° squat jumps, ice skaters, standing long-jumps, skiers, ski box jumps, lung jumps); stretching

Wednesday: Weight training (3 sets of 10 repetitions): Squats or leg press, leg curls, cleans, bench press, lat pulls or pull-ups, arm curls, crunches or sit-ups; Jogging 20-30 minutes on treadmill; Stretching

Thursday: 2-miles jog; plyometrics (squat jumps, 360° squat jumps, ice skaters, standing long-jumps, skiers, ski box jumps, lung jumps); stretching

Friday: Rest

Sample Program for Recreational Distance Runners

Monday

6 mile run
Stretching

Tuesday

3 mile run
Weight training: Squats or leg presses (3X15), leg curls (3X15), Sit-ups (3X25), bench presses (3X10), pull-ups (3X10), up-right rowing (3X15)
Stretching

Wednesday: Rest

Thursday

Interval training: 6-10 X 400 meters
Stretching

Friday

3 mile run
Weight training: Squats or leg presses (3X15), leg curls (3X15), Sit-ups (3X25), bench presses (3X10), pull-ups (3X10), upright rowing (3X15)
Stretching

Saturday

6 mile run
Stretching

Sunday

Rest

Sample Bodybuilding Program

Monday, Wednesday, Friday

Weight Training (use challenging weight for each set)

Bench press 5 X 10

Seated behind the neck press 4 X 10

Incline press 4X10

Lateral raises (dumbbells) 4 X10

Front raises 4X10

Upright rowing 4X10

Pull-ups 3X10

Triceps extensions (lat machine) 3X10

Dumbbell curls 4X10

Triceps extensions on bench 3X10

Preacher curls 3X10

Squats 5X10

Calf raises 5X15

Sit-ups or crunches 5X25

Aerobic exercise: 30-60 minutes (e.g., stairclimber, treadmill, stationary bike)

Stretching (6-10 exercises)

Tuesday, Thursday

Aerobic exercise: 30 minutes

Stretching

Saturday and Sunday: Rest

Sample Program for Football

Football Season: Mid-August to November

December-April 2-Week Cycles

Monday: Weight training: Bench press (5 sets of 5 reps), Clean and jerk (5 X 5), support exercises (neck, arms, lats, abdomen, hamstrings, calves); jog 20-30 minutes on treadmill or track; stretching

Tuesday: Football skills, 2-miles interval training on track: stride or sprint the straight-a-ways (100 meters), jog or walk the turns; plyometrics (choose six exercises); stretching

Wednesday: Weight training: Squats (5 X 5), Snatch (5 X 3), support exercises; jog 20-30 minutes on treadmill or track; stretching

Thursday: Rest

Friday: Weight training: Bench press (5 sets of 5 reps), Cleans or snatches (5 X 5), support exercises; jog 20-30 minutes on treadmill or track; stretching

Saturday: Football skills, speed exercises, plyometrics, stadium stairs

Sunday: Rest

Monday: Weight training: Squats (5 X 5) Bench press (5 X 5), support exercises; jog 20-30 minutes on treadmill or track; stretching

Tuesday: Football skills; Speed exercises (e.g., 100 meter sprints, high knee exercise, harness sprints, etc.); plyometrics (choose 6 exercises); stretching

Wednesday: Weight training: Cleans (5 X 3), Jerks off the rack (5 X 3), support exercises); jog 20-30 minutes on treadmill or track; stretching

Thursday: Rest

Friday: Weight training: Squats (5 X 5), Bench press (5 sets of 5 reps), support exercises); jog 20-30 minutes on treadmill or track; stretching

Saturday: Football skills, Speed exercises, Plyometrics

Sunday: Rest

May- August

2-Week Cycles

Monday: Football skills; Weight training: Bench press (5 sets of 2 reps), Cleans or snatches (5 X 2), support exercises (neck, arms, lats, abdomen, hamstrings, calves); 20 min. jogging on treadmill or track; stretching

Tuesday: Football skills; speed exercises (e.g. repeat 20-40 meter sprints, zigzag sprinting, high knee sprinting, etc.); plyometrics (choose six exercises); stretching

Wednesday: Weight training: Squats (5 X 2), Snatch (5 X 3), support exercises); jog 20 minutes on treadmill or track; stretching

Thursday: Rest

Friday: Football skills; Weight training: Bench press (5 sets of 2 reps), Cleans (5 X 2), support exercises; jog 20 minutes on treadmill or track; stretching

Saturday: Football skills; speed exercises (e.g. repeat 20-40 meter sprints, zigzag sprinting, high knee sprinting, etc.); plyometrics (choose six exercises); stretching

Sunday: Rest

Monday: Football skills; Weight training: Squats (5 X 2) Bench press (5X2), support exercises); jog 20 minutes on treadmill or track; stretching

Tuesday: Football skills; Speed exercises (e.g., 20-60 meter sprints, high knee exercise, harness sprints, etc.); plyometrics (choose 6 exercises); stretching

Wednesday: Weight training: Cleans (5 X 3), Jerks off the rack (5 X 3), support exercises); jog 20 minutes on treadmill or track; stretching

Thursday: Rest

Friday: Football skills; Weight training: Squats (5 X 3), Bench press (5 sets of 3 reps), support exercises); jog 20-30 minutes on treadmill or track; stretching

Saturday: Football skills; speed exercises (e.g. repeat 20-40 meter sprints, zigzag sprinting, backward sprinting, high knee sprinting, etc.); plyometrics (choose six exercises); stretching

Sunday: Rest

Sample Off-Season Program for Basketball

The core weight training exercises are presses (e.g., bench press, incline press, military press, etc.), pulls (e.g., power clean, squat clean, power snatch, split snatch, high pull), and squats (e.g., squats, step-ups, lunges, leg press, ram rack). Other lifts include rotator cuff exercises, crunches, pull-ups, biceps curls, leg curls, etc. After the first two weeks, add more weight on heavy and moderate days. Interval training might include striding the straights and walking the turns on a 400-m track or running repeat 200-400 meter strides on a track. Basketball may include informal pick-up games or structured practices aimed at developing skills.

Week and day	Activity	Load
Week 1, Monday	Basketball Weight training: Presses: 5 sets X 5 reps Pulls: 5 sets X 5 reps Other lifts	Drills, practice games, Heavy Moderate
Week 1, Tuesday	Basketball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate
Week 1, Wednesday	Basketball Weight Training Squats: 5 sets X 8 reps Pulls: 5 sets X 3 reps Other lifts	Drills, practice games Heavy Light
Week 1, Thursday	Basketball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate
Week 1, Friday	Basketball Weight training: Presses: 3 sets X 10 reps Pulls: 5 sets X 5 reps Other lifts	Drills, practice games, Light Moderate
Week 1, Saturday	Rest or recreational activities	

Week 1, Sunday	Rest or recreational activities	
Week 2, Monday	Basketball Weight training: Squats: 5 sets X 8 reps Presses: 5 sets X 5 reps Other lifts	Drills, practice games, Light Moderate
Week 2, Tuesday	Basketball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate
Week 2, Wednesday	Basketball Weight training: Pulls: 5 sets X 2 reps Other lifts	Drills, practice games, Heavy
Week 2, Thursday	Basketball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate
Week 2, Friday	Basketball Weight training: Squats: 5 sets X 8 reps Presses: 3 sets X 10 reps Other lifts	Drills, practice games, Moderate Light
Week 2, Saturday	Rest or recreational activities	
Week 2, Sunday	Rest or recreational activities	

Sample Pre-Season Program for Basketball.

The core weight training exercises are presses (e.g., bench press, incline press, military press, etc.), pulls (e.g., power clean, squat clean, power snatch, split snatch, high pull), and squats (e.g., squats, step-ups, lunges, leg press, ram rack). On heavy days, stress maximum lifts doing 1-3 reps per set. As during the off-season, other lifts include rotator cuff exercises, crunches, pull-ups, biceps curls, leg curls, etc. After the first two weeks, add more weight on heavy and moderate days. Continue doing plyometrics and speed exercises. Cut down on jogging and pick up the pace when running. Stress intervals (including gym drills) over long-slow jogs.

Week and day	Activity	Load
Week 1, Monday	Basketball Weight training: Presses: 5 sets X 2 reps Pulls: 5 sets X 3 reps Other lifts	Practice: coach Heavy Moderate
Week 1, Tuesday	Basketball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Moderate volume, high intensity Intense
Week 1, Wednesday	Basketball Weight Training Squats: 5 sets X 2-3 reps Pulls: 5 sets X 3 reps Other lifts	Practice: coach Heavy Light
Week 1, Thursday	Basketball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Moderate volume, high intensity Intense
Week 1, Friday	Basketball Weight training: Presses: 4 sets X 5 reps Pulls: 5 sets X 3 reps Other lifts	Practice: coach Light Moderate
Week 1, Saturday	Rest, recreational activities, or practice with coach	

Week 1, Sunday	Rest, recreational activities, or practice with coach	
Week 2, Monday	Basketball Weight training: Squats: 3 sets X 8 reps Presses: 5 sets X 3 reps Other lifts	Practice: coach Light Moderate
Week 2, Tuesday	Basketball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Moderate volume, high intensity Intense
Week 2, Wednesday	Basketball Weight training: Pulls: 5 sets X 2 reps Other lifts	Practice: coach Heavy
Week 2, Thursday	Basketball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Low-moderate volume, high intensity Intense
Week 2, Friday	Basketball Weight training: Squats: 5 sets X 3 reps Presses: 4 sets X 5 reps Other lifts	Practice: coach Moderate Moderate
Week 2, Saturday	Rest, recreational activities, or practice with coach	
Week 2, Sunday	Rest, recreational activities, or practice with coach	

Sample Off-Season Program for Baseball or Softball

The core weight training exercises are presses (e.g., bench press, incline press, military press, etc.), pulls (e.g., power clean, squat clean, power snatch, split snatch, high pull), and squats (e.g., squats, step-ups, lunges, leg press, ram rack). Athletes— particularly pitchers— with rotator cuff problems should avoid overhead lifts, such as the military press and jerk. Other lifts include rotator cuff exercises, crunches, pull-ups, biceps curls, leg curls, etc. After the first 2 weeks, add more weight on heavy and moderate days. Interval training might include striding the straights and walking the turns on a 400-m track or running repeat 200-400 meter strides on a track. Baseball may include informal pick-up games or structured practices aimed at developing skills.

Week and day	Activity	Load
Week 1, Monday	Baseball or Softball Weight training: Presses: 5 sets X 5 reps Pulls: 5 sets X 5 reps Rotator cuff exercises Trunk exercises Other lifts	Drills, practice games, Heavy Moderate
Week 1, Tuesday	Baseball or Softball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate
Week 1, Wednesday	Baseball or Softball Weight Training Squats: 5 sets X 8 reps Pulls: 5 sets X 3 reps Rotator cuff exercises Trunk exercises Other lifts	Drills, practice games Heavy Light
Week 1, Thursday	Baseball or Softball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate

Week 1, Friday	Baseball or Softball Weight training: Presses: 3 sets X 10 reps Pulls: 5 sets X 5 reps Rotator cuff exercises Trunk exercises Other lifts	Drills, practice games, Light Moderate
Week 1, Saturday	Rest or recreational activities	
Week 1, Sunday	Rest or recreational activities	
Week 2, Monday	Baseball or Softball Weight training: Squats: 5 sets X 8 reps Presses: 5 sets X 5 reps Rotator cuff exercises Trunk exercises Other lifts	Drills, practice games, Light Moderate
Week 2, Tuesday	Baseball or Softball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate
Week 2, Wednesday	Baseball or Softball Weight training: Pulls: 5 sets X 2 reps Rotator cuff exercises Trunk exercises Other lifts	Drills, practice games, Heavy
Week 2, Thursday	Baseball or Softball Plyometrics and speed drills (choose 5 exercises) Jogging and easy intervals	Drills, practice games, conditioning Low-moderate volume, high intensity 2-3 miles, moderate

<p>Week 2, Friday</p>	<p>Baseball or Softball</p> <p>Weight training: Squats: 5 sets X 8 reps Presses: 3 sets X 10 reps Rotator cuff exercises Trunk exercises Other lifts</p>	<p>Drills, practice games,</p> <p>Moderate Light</p>
<p>Week 2, Saturday</p>	<p>Rest or recreational activities</p>	
<p>Week 2, Sunday</p>	<p>Rest or recreational activities</p>	

Sample Pre-Season Program For Baseball Or Softball

The core weight training exercises are presses (e.g., bench press, incline press, military press, etc.), pulls (e.g., power clean, squat clean, power snatch, split snatch, high pull), and squats (e.g., squats, step-ups, lunges, leg press, ram rack). Athletes— particularly pitchers— with rotator cuff problems should avoid overhead lifts, such as the military press and jerk. On heavy days, stress maximum lifts doing 1-3 reps per set. As during the off-season, other lifts include rotator cuff exercises, crunches, pull-ups, biceps curls, leg curls, etc. After the first 2 weeks, add more weight on heavy and moderate days. Continue doing plyometrics and speed exercises. Cut down on jogging and pick up the pace when running. Stress intervals (including gym drills) over long-slow jogs.

Week and day	Activity	Load
Week 1, Monday	Baseball or Softball Weight training: Presses: 5 sets X 2 reps Pulls: 5 sets X 3 reps Rotator cuff exercises Trunk exercises Other lifts	Practice: coach Heavy Moderate
Week 1, Tuesday	Baseball or Softball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Moderate volume, high intensity Intense
Week 1, Wednesday	Baseball or Softball Weight Training Squats: 5 sets X 2-3 reps Pulls: 5 sets X 3 reps Rotator cuff exercises Trunk exercises Other lifts	Practice: coach Heavy Light
Week 1, Thursday	Baseball or Softball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Moderate volume, high intensity Intense

Week 1, Friday	Baseball or Softball Weight training: Presses: 4 sets X 5 reps Pulls: 5 sets X 3 reps Rotator cuff exercises Trunk exercises Other lifts	Practice: coach Light Moderate
Week 1, Saturday	Rest, recreational activities, or practice with coach	
Week 1, Sunday	Rest, recreational activities, or practice with coach	
Week 2, Monday	Baseball or Softball Weight training: Squats: 3 sets X 8 reps Presses: 5 sets X 3 reps Rotator cuff exercises Trunk exercises Other lifts	Practice: coach Light Moderate
Week 2, Tuesday	Baseball or Softball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Moderate volume, high intensity Intense
Week 2, Wednesday	Baseball or Softball Weight training: Pulls: 5 sets X 2 reps Rotator cuff exercises Trunk exercises Other lifts	Practice: coach Heavy
Week 2, Thursday	Baseball or Softball Plyometrics and speed drills (Choose 8 exercises) Intervals	Practice: coach Low-moderate volume, high intensity Intense

Week 2, Friday	Baseball or Softball Weight training: Squats: 5 sets X 3 reps Presses: 4 sets X 5 reps Rotator cuff exercises Trunk exercises Other lifts	Practice: coach Moderate Moderate
Week 2, Saturday	Rest, recreational activities, or practice with coach	
Week 2, Sunday	Rest, recreational activities, or practice with coach	

Pre-Season Training Program for Swimming

Intensity is the key to building strength in swimming. Have the athlete focus on each repetition, using good form and keeping the weight under control. Work on the muscles used in swimming. Good weight training exercises for swimming build the large muscle groups of the body, emphasize muscles used in the sport, and develop the rotator cuff muscles. All swimmers should do rotator cuff exercises because of the high risk of rotator cuff injury in the sport. Good exercises include:

Front squats or back squats	1-3 sets of 10 repetitions
Lat pulls	1-3 sets of 10 repetitions
Pull-ups	1-3 sets of 10 repetitions
Dips	1-3 sets of 10 repetitions
Rotator cuff exercises	1-3 sets of 10 repetitions
Push-ups or bench presses	1-3 sets of 10 repetitions
Rowing	1-3 sets of 10 repetitions
Cable pulls	1-3 sets of 10 repetitions
Swim bench	1-3 sets of 10 repetitions
Shoulder extension with rubber tubing.	1-3 sets of 10 repetitions
sit-ups, crunches, or leg raises from a bar or captain's chair	1-3 sets of 10 repetitions

Athletes spend so much time and energy in the water— all year long— that you can't overdo weight training. Most people should stick with basic programs of 3 sets of 10 reps for 8-10 basic exercises (beginners or less committed swimmers can do one set of each exercise). Do your workouts consistently.

Load Weight Training Cycle to Develop Base Strength in an Elite Discus Thrower

The sets and reps are listed for each exercise. For example 2x4 100 kg means 2 sets of 4 repetitions using a weight of 100 kilograms.

<i>Four Weeks of an Eight-Week Load Cycle in a World-Class Discus Thrower</i>			
Week	Monday	Wednesday	Friday
1	Power clean 2x4 100 kg Squat 2x8 170 kg 2x6 185 kg Good morning 3x10 90 kg Behind neck press 3x5 95 kg	Snatch high pull 3x8 90 kg Squat 1x3 200 kg Bench press 3x8 145 kg Dumbbell bench press 4x8 45 kg	Power clean 1x5 135 kg 1x5 142.5 kg Hack squat 3x10 100 kg Squats 3x10 130 kg Behind neck press 2x4 95 kg
2	Snatch high pull 1x4 120 kg 1x4 135 kg 1x4 150 kg Squat 4x6 165 kg Bench press 1x4 150 kg 1x4 155 kg 1x4 160 kg	Squat 2x10 100 kg Good morning 4x10 90 kg	Bench press 6x6 175 kg Hack squat 3x10 100 kg Squats 3x10 148 kg Dumbbell bench press 4x8 45 kg
3	Power clean 1x4 120 kg Squat 4x4 150 kg Bench press 1x3 185 kg Dumbbell flies 4x8 22.5 kg	Snatch high pull 3x8 90 kg Squat 2x8 190 kg 2x6 200 kg Behind neck press 3x3 100 kg	Snatch high pull 3x8 90 kg Squat 1x4 210 kg Bench press 1x6 165 kg Dumbbell bench press 4x8 45 kg
4	Power clean 1x5 140 kg 1x5 150 kg 1x5 155 kg Good morning 4x10 90 kg Bench press 1x10 145 kg 1x4 155 kg	Snatch high pull 1x4 125 kg 1x4 140 kg 1x4 160 kg Squat 3x10 155 kg Behind neck press 3x5 85 kg	Bench press 6x6 190 kg Squat 1x6 145 kg Good morning 4x10 100 kg Dumbbell bench press 4x10 50 kg

Weight Training Exercises for Golf

Bench press	3 sets 10 repetitions
Lat pulls	3 sets 10 repetitions
Biceps curls	3 sets 10 repetitions
Triceps extensions	3 sets 10 repetitions
Abdominal curls (crunches)	3 sets 10 repetitions
Twists	3 sets 10 repetitions
Squats	3 sets 10 repetitions
Wrist extensions and flexions	3 sets 10 repetitions
Back extensions	3 sets 10 repetitions

Beginning Weight Training Program for Soccer

Players should do this program 2-3 times per week.

Exercise	Sets	Repetitions
Bench Press	3	10
Power Cleans	3	10
Squats	3	10
Crunches	3	25
Back Extensions	3	10
Lat-pulls	3	10
Hamstring curls	3	10
Knee extensions	3	10
Calf raises	3	10

Beginner's Olympic Weight Lifting Program

Warm-up before each lift; (sets X reps)

Monday

Front Squat: 3 X 8

Standing Press: 3 X 8

Clean and Jerk: 8 X 1 (light weight)

Pull-ups or lat pulls 3 X 8

Crunches 3 X 25

Back (extensions, good mornings) 3 X 8

Wednesday

Snatch: 8 X 2 (dowels or light weights)

Back squat 3 X 8

Dips 3 X 8

Clean and Jerk: 5 X 2 (dowels or light weights)

Bent over rowing 3 X 8

Friday

Snatch: 8 X 1 (light weight)

Press: 3 X 8

Front Squat: 3 X 8

Pull-ups or lat pulls 3 X 8

Crunches 3 X 25

Back (extensions, good mornings) 3 X 8

Intermediate Olympic Weight Lifting Program

Warm-up before each lift; (sets X reps)

Monday

Front Squat: 5 X 5

Press: 5 X 3

Clean and Jerk: 8 X 1

Pull-ups or lat pulls 3 X 8

Crunches 3 X 25

Back (extensions, good mornings) 3 X 8

Wednesday

Snatch: 8 X 2

Back squat 5 X 5

Clean and Jerk: 5 X 2

Bent over rowing 3 X 8

Friday

Snatch: 8 X 1

Press: 5 X 3

Front Squat: 5 X 5

Pull-ups or lat pulls 3 X 8

Crunches 3 X 25

Back (extensions, good mornings) 3 X 8

Training Program for a Beginning Power Lifter

Warm-up before doing each type of lift. Beginners should also choose 5-8 other exercises each session to develop all-around fitness (1-3 sets of 8-10 repetitions)

Monday

Squats 5 X 5 (heavy)

Bench press 3 X 8 light

Wednesday

Bench press 5 X 5 heavy

Squats 3 X 8 light

Saturday

Dead lift 5 X 3 heavy