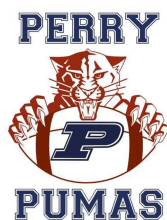


# PUSH AND PULL STRENGTH SPLIT



Coach Boone 602 619-8460

## PUSH AND PULL STRENGTH SPLIT

<b>1. STRENGTH: PUSH</b>	<b>2. Auxilliary: 30 Sec Circuit</b>
<p>1. BENCH PRESS - 8@65%, 6@70%, 4@80%, 3 to 4@85%+ - seated scap sqz w/ band - 10 reps</p> <p>2. DB ALTERNATE CHEST PRESS (on stability ball) - 6 REPS -single leg lateral DB raise - 10 reps (switch leg after 5 reps)</p> <p>3. DB PULL-OVER - 6 - 8 REPS -partner assisted glute/ham raise - 10 reps</p> <hr/> <p>4. CLOSE GRIP BP - 10 REPS (on whistle) inc 5 to 10 lbs from last week -bent over DB rear delt raise - 10 reps</p> <p>5. SPLIT JERK PRESS - 5 REPS - single arm db snatch - 10 reps</p> <hr/> <p>6. TOWEL HANG - 40 SEC - incline bench pushups - 10 reps</p>	<p>1. Dips</p> <p>2. Triceps extension w plate behind head</p> <p>3. Db pushup w alternate row</p> <p>4. Puma get-ups on bench</p> <p>5. Db high pull (R arm)</p> <p>6. Db high pull (L arm)</p> <p>7. Close grip BP</p> <p>8. "SPOTTER"</p>
<b>3. STRENGTH: PULL</b>	<b>4. Auxilliary: 30 Sec Circuit</b>
<p>1. BK SQUAT - 8@60%, 6@70%, 4@80%, 3 to 4@85%+ - straight bar power curl - 10 reps</p> <p>2. RDL - 8 REPS (95 to 155 lb VAR) (65 to 115 lb JV) - db alternate shrug - 10 reps</p> <p>3. POWER CLEAN - 5@70%, 4@80%, 3@85%, 3@90%+ - drop sqt w training bar - 10 reps (start in triple ext and catch balance <u>2 sec hold</u>)</p> <hr/> <p>4. BB LUNGE - 10 REPS (5 each leg) (on whistle) inc 5 to 10 lb from last week - sb bi-lateral ext - 10 reps</p> <p>5. WIDE GRIP BENT OVER ROW - 5 REPS (2 SEC SQUEEZE AT CHEST) 65 to 95lb - single leg rdl w db</p> <hr/> <p>6. BAR SHUFFLE - 40 SEC - squat jumps - 10 reps</p>	<p>1. Bar shuffle</p> <p>2. Cable up n outs</p> <p>3. Lunge w plate rotation</p> <p>4. Plate upright row</p> <p>5. Split squat lateral lunge on box (R leg)</p> <p>6. Split squat lateral lunge on box (L leg)</p> <p>7. Bar hang w knee raises (90 deg. elbow flx)</p> <p>8. "SPOTTER"</p>