



# MINNESOTA



WARM-UP	
Short Hurdle Workout	
Dynamic Jogging	
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	
Proprioceptive Enhancement	

STRENGTH PREP	
Strength Prep Upper 3	
Delt Lat Rebound Drop 2x15	
Part Balance Fighting 2x 6S	
Cuban PRSS F8 2 x 6	
Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat, Roller Iband, Post-Shake Fish oil and Vits	

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STRENGTH PREP	
Strength Prep Upper 1	
EXT Rot Part Shock 2 x 12	
Face Band Pull Apart 2 x 6	
BCK EXT W/ TW 2x6 E-Way	
Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat, Roller Iband, Post-Shake Fish oil and Vits	

WARM-UP	
Dynamic Jogging	
Dynamic Walking	
Vestibular system Training	
Nerve Glide Z health	
Proprioceptive Enhancement	

STRENGTH PREP	

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100%	Tuesday	100.0%				100.0%			
		25-Jun-12		2-Jul-12		25-Jun-12		2-Jul-12	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
370	<u>BENCH PRESS</u>	5	165 - 205	1	P/w-2 Neck	5	165 - 205	1	P/w-2 Neck
	Pair w/								
370	<u>BENCH PRESS</u>	3	220 - 240	1	P/w-2 Neck	3	220 - 240	1	P/w-2 Neck
	Pair w/								
370	<u>BENCH PRESS</u>	1	290 - 295	1	P/w-2 Neck	1	290 - 295	1	P/w-2 Neck
370	<u>BENCH PRESS</u>	T	295 - 315	4	0:4:0:0:20:10	T	295 - 315	4	0:4:0:0:20:10
	Pair w/Rest HR 104	ED							
	Reactive Bench Toss	T		4	2oc+Throw	T		4	2oc+Throw
	Pair w/Rest HR 104	ED			0:0:0:0:20:10				0:0:0:0:20:10
	ANT TIB BND	T		4	0:20:0:0:20:20	T		4	0:20:0:0:20:20
130	<u>DB INCLINE BENCH</u>	T	105 - 110	3	0:4:0:0:20:20	T	105 - 110	3	0:4:0:0:20:20
	Pair w/Rest HR 104	ED							
222	<u>Pull up</u>	T	180 - 190	3	0:2:0:0:20:20	T	180 - 190	3	0:2:0:0:20:20
	Pair w/Rest HR 104	EU				EU			
	Supraspinatus	T		3	0:2:0:0:20:20	T		3	0:2:0:0:20:20
296	<u>Dips</u>	T	235 - 250	3	0:3:0:0:20:20	T	235 - 250	3	0:3:0:0:20:20
	Pair w/Rest HR 104	EU							
222	<u>Chin up</u>	T	180 - 190	3	0:2:0:0:20:20	T	180 - 190	3	0:2:0:0:20:20
	Pair w/Rest HR 104	EU			Bottom 1/2				Bottom 1/2
93	<u>DB Shoulder Press</u>	T	75 - 80	3	0:3:0:0:20:20	T	75 - 80	3	0:3:0:0:20:20
111	<u>JM DB Press</u>	T	90 - 95	3	0:3:0:0:20:20	T	90 - 95	3	0:3:0:0:20:20
	Pair w/Rest HR 107	EU							
148	<u>BAR CURL</u>	T	120 - 125	3	0:3:0:0:20:20	T	120 - 125	3	0:3:0:0:20:20
	Pair w/Rest HR 107	ED				ED			
	Wrist Flexion	T		3	0:2:0:0:20:20	T		3	0:2:0:0:20:20
	Wrist Extension	T		2	0:2:0:0:20:20	T		2	0:2:0:0:20:20
	Pair w/Rest HR 107	EU							
	Pike SWB Abs	T		2	0:2:0:0:20:20	T		2	0:2:0:0:20:20
	Pair w/Rest HR 107	ED				ED			
	GH CL OH ISO	T		2	0:20:0:0:20:20	T		2	0:20:0:0:20:20
	Chest Rev Grip Iso	180s	60% -	1	20 on 40 off	180s	60% -	1	20 on 40 off
	Pair w/	ED							
	Glute Ham Back Cav Iso	180s	60% -	1	20 on 40 off	180s	60% -	1	20 on 40 off
		EU							

Tuesday NOTES

100%	Thursday	100.0%				100.0%			
		27-Jun-12		4-Jul-12		27-Jun-12		4-Jul-12	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
370	<u>BENCH PRESS</u>	5	165 - 205	1	P/w-2 Neck	5	165 - 205	1	P/w-2 Neck
	Pair w/no Rest								
370	<u>BENCH PRESS</u>	3	220 - 240	1	P/w-2 Neck	3	220 - 240	1	P/w-2 Neck
	Pair w/no Rest								
370	<u>BENCH PRESS</u>	1	290 - 295	1	P/w-2 Neck	1	290 - 295	1	P/w-2 Neck
370	<u>BENCH PRESS</u>	1,1	315 - 325	4	0:0:0:20:5:10	1,1	315 - 325	4	0:0:0:20:5:10
	Pair w/ Rest 30	ED							
	Med Ball Chest Pass	T		4	one arm	T		4	one arm
	Pw/ Rest 30/ SR 180	EU			0:0:0:0:5:10				0:0:0:0:5:10
	Delt BO Lat Reb Drop	T		4	0:20:0:0:20:20	T		4	0:20:0:0:20:20
130	<u>DB INCLINE BENCH</u>	T	105 - 110	3	0:0:0:0:5:10	T	105 - 110	3	0:0:0:0:5:10
	Pair w/ Rest 45	ED			OC+1/UL				OC/UL
130	<u>DB BO Row</u>	T	105 - 110	3	0:0:0:0:5:10	T	105 - 110	3	0:0:0:0:5:10
	Pw/ Rest 30/ SR 180	EU			OC OC/UL	EU			OC OC/UL
93	<u>DB Shoulder Press</u>	T	75 - 80	3	0:0:0:0:5:10	T	75 - 80	3	0:0:0:0:5:10
296	<u>Close Grip Bench</u>	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	Pair w/ Rest 45	EU			3 Board				3 Board
222	<u>Chin up</u>	T	200 - 210	3	0:0:0:0:5:10	T	200 - 210	3	0:0:0:0:5:10
	Pw/ Rest 30/ SR 180	EU			Bottom 1/2	EU			Bottom 1/2
	Stiff Leg Ankle Hops	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
296	<u>Dips</u>	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	Pair w/ Rest 45	EU			Oc + 1				Oc + 1
148	<u>BAR CURL</u>	T	135 - 140	3	Iso	T	135 - 140	3	Iso
	Pw/ Rest 30/ SR 180	ED			0:0:0:0:5:10	Ed			0:0:0:0:5:10
222	<u>Gripper</u>	T	200 - 210	3	0:0:0:0:5:10	T	200 - 210	3	0:0:0:0:5:10
222	<u>Gripper</u>	T	200 - 210	3		T	200 - 210	3	
		T	90% - 95%	3		T	90% - 95%	3	
					each side				each side
	<u>SWB Up TW</u>	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Chest Rev Grip Iso	180s	60% -	1	5 on 20 off	180s	60% -	1	5 on 20 off
	Pair w/								
	Shr Sho Bi Cav Iso	180s		1	5 on 20 off	180s		1	5 on 20 off

Thursday NOTES

100%	Olympic optional	100.0%				100.0%			
		29-Jun-12		6-Jul-12		29-Jun-12		6-Jul-12	
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	<u>Optional Clean</u>								
		5	45% - 55%	1		5	45% - 55%	1	
		3	60% - 65%	1		3	60% - 65%	1	
		1	80% - 80%	1		1	80% - 80%	1	
		1,1,1	80% - 85%	4		1,1,1	80% - 85%	4	
	<u>Optional Clean</u>								
		5	45% - 55%	1		5	45% - 55%	1	
		3	60% - 65%	1		3	60% - 65%	1	
		1	80% - 80%	1		1	80% - 80%	1	
		1,1	85% - 90%	4		1,1	85% - 90%	4	

Olympic optional NOTES

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Athlete Notes

Sewickley, Penn. (Shady Side Academy) (USNDT)

University of Minnesota Strength and Conditioning

Block 2 iso Upper strengt



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Block 2 iso Upper strengt