



# 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

**WARM-UP**

Short Hurdle Workout

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

**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**

[Empty strength prep box]

100%	100.0%		100.0%				100.0%									
	Tuesday								Thursday							
	19-Jun-12				26-Jun-12				21-Jun-12				28-Jun-12			
	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
370	BENCH PRESS				Pair w/				BENCH PRESS				Pair w/			
370	BENCH PRESS				Pair w/				BENCH PRESS				Pair w/			
370	BENCH PRESS				Pair w/				BENCH PRESS				Pair w/			
370	BENCH PRESS				Pair w/				BENCH PRESS				Pair w/			
	Pair w/Rest HR 104				Pair w/Rest HR 104				Pair w/ Rest 30				Pair w/ Rest 30			
	Reactive Bench Toss				Reactive Bench Toss				Med Ball Chest Pass				Med Ball Chest Pass			
	Pair w/Rest HR 104				Pair w/Rest HR 104				Pw/ Rest 30/ SR 180				Pw/ Rest 30/ SR 180			
	ANT TIB BND				ANT TIB BND				Delt BO Lat Reb Drop				Delt BO Lat Reb Drop			
130	DB INCLINE BENCH				DB INCLINE BENCH				DB INCLINE BENCH				DB INCLINE BENCH			
	Pair w/Rest HR 104				Pair w/Rest HR 104				Pair w/ Rest 45				Pair w/ Rest 45			
222	Pull up				Pull up				DB BO Row				DB BO Row			
	Pair w/Rest HR 104				Pair w/Rest HR 104				Pw/ Rest 30/ SR 180				Pw/ Rest 30/ SR 180			
	CP Ext Rot rev Band OC				CP Ext Rot rev Band OC				DB Shoulder Press				DB Shoulder Press			
296	Dips				Dips				Close Grip Bench				Close Grip Bench			
	Pair w/Rest HR 104				Pair w/Rest HR 104				Pair w/ Rest 45				Pair w/ Rest 45			
222	Chin up				Chin up				Chin up				Chin up			
	Pair w/Rest HR 104				Pair w/Rest HR 104				Pw/ Rest 30/ SR 180				Pw/ Rest 30/ SR 180			
93	DB Shoulder Press				DB Shoulder Press				Stiff Leg Ankle Hops				Stiff Leg Ankle Hops			
111	JM DB Press				JM DB Press				Dips				Dips			
	Pair w/Rest HR 107				Pair w/Rest HR 107				Pair w/ Rest 45				Pair w/ Rest 45			
	Curl Band ASFM				Curl Band ASFM				148 BAR CURL				148 BAR CURL			
	Pair w/Rest HR 107				Pair w/Rest HR 107				Pw/ Rest 30/ SR 180				Pw/ Rest 30/ SR 180			
	GH CL OC AB				GH CL OC AB				222 Gripper				222 Gripper			
	Wrist Extension				Wrist Extension											
	Pair w/Rest HR 107				Pair w/Rest HR 107											
	GH CL ROW				GH CL ROW											
	Pair w/Rest HR 107				Pair w/Rest HR 107											
	Wrist Flexion				Wrist Flexion				SWB Up TW				SWB Up TW			

**Tuesday NOTES**

**Thursday NOTES**

100%	100.0%				100.0%			
	Olympic optional							
	REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Optional Clean							
	23-Jun-12				30-Jun-12			
	[Empty data table]							
	Optional Clean							
	[Empty data table]							
	Optional Clean							
	[Empty data table]							

**Olympic optional NOTES**





# MINNESOTA



Matson, Taylor

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES

NOTES



ogram Block 3 Upper strengt