

Knox Throwers Weightroom Summer Plan

Week 1: Hypertrophy/Endurance Phase

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Bench Press		4x8@60%	Bench Press		3x10@50%	Bench Press		2x10@70%
Back Squat		4x8@60%	Back Squat		3x10@50%	Back Squat		2x10@70%
Clean*		4x5@60%	Clean*		3x6@50%	Clean*		2x5@65%
Lat pull-down		2x10	Upright Row		2x10	Military Press		2x10
Tricep Extension		2x10	Leg Curls		2x10	Tricep Pushdown		2x10
Seated Curl	Each arm	2x10	Leg Extensions		2x10	Bicep curl		2x10
Crunches	Regular	3x20	Russian Twist	Feet up	2x20	Crunches	Bicycle Kicks	3x20

Week 2

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Incline Press		4x8@60%	Incline Press		3x10@50%	Incline Press		2x10@70%
Front Squat		4x8@60%	Front Squat		3x10@50%	Front Squat		2x10@70%
Snatch*		4x5@60%	Snatch*		3x6@50%	Snatch*		2x5@65%
Lat pull-down		2x10	Lunges	Each leg	2x10	Seated curl		2x10
Tricep Pushdown		2x10	Upright row		2x10	Tricep Ext.		2x10
Step Ups	Each leg	2x10	Dumbbell Fly		2x10	Leg curls		2x10
Bicep Curl		2x10	Russian Twists*	Hold plate	3x10	Leg Ext.		2x10
Crunches	Regular	3x25	Medicine Ball	Hammer Turn	3x10	Crunches	Heel slides	3x20

Week 3: Strength Phase

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Bench Press		3x6@70%	Bench Press		4x4@80%	Bench Press		2x5@85%
Back Squat		3x6@70%	Back Squat		4x4@80%	Back Squat		2x5@85%
Clean		3x3@80%	Clean		3x5@70%	Clean		3x3@70%
Lat pull-down		2x10	Upright Row		2x10	Military Press		2x10
Tricep Extension		2x10	Leg Curls		2x10	Tricep Pushdown		2x10
Seated Curl	Each arm	2x10	Leg Extensions		2x10	Bicep curl		2x10
Crunches	Regular	3x30	Medicine Ball	Overhead Toss	3x10	Crunches	Bicycle Kicks	3x25

Week 4

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Bench Press		5x5@85%	Bench Press		3x3@70%	Bench Press		3x6@75%
Back Squat		5x5@85%	Back Squat		Rest	Back Squat		3x6@80%
Clean		3x3@80%	Clean		3x3@85%	Clean		3x4@70%
Lat pull-down		2x10	Lunges	Each leg	2x10	Seated curl		2x10
Tricep Pushdown		2x10	Upright row		2x10	Tricep Ext.		2x10
Step Ups	Each Leg	2x10	Dumbbell Fly		2x10	Leg curls		2x10
Bicep Curl		2x10	Russian Twists*	Hold plate	3x12	Leg Ext.		2x10
Crunches	Regular	3x40	Medicine Ball	Hammer Turn	3x10	Crunches	Heel slides	3x30

Week 5

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Incline Press		3x6@70%	Incline Press		4x4@80%	Incline Press		2x5@85%
Front Squat		3x6@70%	Front Squat		4x4@80%	Front Squat		2x5@85%
Snatch		3x3@80%	Snatch		3x5@70%	Snatch		3x3@70%
Seated row		2x15	Seated Curl		2x10	Seated curl		2x10
Tricep ext.		2x10	Flys		2x10	Deltoid raises		2x10
Bicep Curl	DB	2x10	Leg curls		2x10	Calf raises		2x15
Bridge	Hold steady	2x1 min	Leg Ext.		2x10	Medicine Ball	crunch/toss	3x10
Crunches	Regular	3x40	Russian Twists		3x30	Bicycle Kicks		3x30

Week 6

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Incline Press		5x5@85%	Incline Press		3x3@70%	Incline Press		3x6@75%
Front Squat		5x5@85%	Front Squat		Rest	Front Squat		3x6@80%
Snatch		3x3@70%	Snatch		3x3@85%	Snatch		3x4@70%
Lat pull-down		2x10	Lunges	Each leg	2x10	Seated curl		2x10
Tricep Pushdown		2x10	Upright row		2x10	Tricep Ext.		2x10
Step Ups	Each Leg	2x10	Dumbbell Fly		2x10	Leg curls		2x10
Bicep Curl		2x10	Russian Twists*	Hold plate	3x12	Leg Ext.		2x10
Crunches		3x40	Bridges		3x90 secs	Heel Slides		3x25

Week 7: Power Phase

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Bench Press		3x3@85%	Bench Press		2x3@80%	Bench Press		4x4@80%
Back Squat		3x3@85%	Back Squat	Leg press	Light	Back Squat		4x4@85%
Clean		3x3@75%	Clean		4x3@85%	Clean		2x3@80%
Seated row		2x15	Seated Curl		2x10	Seated curl		2x10
Tricep ext.		2x10	Flys		2x10	Deltoid raises		2x10
Bicep Curl	DB	2x10	Leg curls		2x10	Calf raises		2x15
Bridge	Hold steady	2x1 min	Leg Ext.		2x10	Medicine Ball	crunch/toss	3x10
Crunches		3x45	Russian Twists		3x30	Bicycle Kicks		3x40

Week 8

<u>Day 1</u>			<u>Day 2</u>			<u>Day 3</u>		
10 min jog			10 min jog			10 min jog		
<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>	<u>Exercise</u>	<u>Instructions</u>	<u>Set/Reps</u>
Bench Press		3x3@90%	Bench Press		4x3@75%	Bench Press		3x3@85%
Back Squat		3x3@90%	Back Squat		Toe Press	Back Squat		3x3@85%
Clean		3x3@70%	Clean		3x2@90%	Clean		3x3@80%
Lat pull-down		2x10	Lunges	Each leg	2x10	Seated curl		2x10
Tricep Pushdown		2x10	Upright row		2x10	Tricep Ext.		2x10
Step Ups	Each Leg	2x10	Dumbbell Fly		2x10	Leg curls		2x10
Bicep Curl		2x10	Russian Twists*	Hold plate	3x12	Leg Ext.		2x10
Crunches		3x50	Bridges		2x@2 min	Heel Slides		3x30

Week 9

Day 1			Day 2			Day 3		
Exercise	Instructions	Set/Reps	Exercise	Instructions	Set/Reps	Exercise	Instructions	Set/Reps
10 min jog			10 min jog			10 min jog		
Incline Press		3x3@85%	Incline Press		2x3@80%	Incline Press		4x4@80%
Front Squat		3x3@85%	Front Squat	Leg Press	Light	Front Squat		4x4@85%
Snatch		3x3@75%	Snatch		4x3@85%	Snatch		2x3@80%
Seated row		2x15	Seated Curl		2x10	Seated curl		2x10
Tricep ext.		2x10	Flys		2x10	Deltoid raises		2x10
Bicep Curl	DB	2x10	Leg curls		2x10	Calf raises		2x15
Bridge	Hold steady	2x1 min	Leg Ext.		2x10	Medicine Ball	crunch/toss	3x10
Crunches		2x55	Russian Twists		2x40	Bicycle Kicks		2x50