

Lifting Progression				
			Squat Max=180	180
03.11.09 at CU	5 Min WU...skipping on Folsom too?		10%	18
	2x10 Overhead squat with bar, then 5xSquat Jump with 20 lb db in each hand (40 lb total), 2 min, then lift 6xFRONT Squat with Medium Minus weight; down on 3 count, up on one; rest 60 sec; then 4xBox Jumps to Medium Box		20%	36
	6xFRONT Squat with Medium weight; down on 3 count, up on one; rest 60 sec; then 4xBox Jumps to Medium Box		30%	54
	6xFRONT Squat with Medium Plus weight; down on 3 count, up on one; rest 120 sec; then 20 sec wall run with 45° body angle AND as neutral feet as you can...but you'll still be on your toes a bit		40%	72
	2x20xFULL squat on Boso with 4k MB overhead; 90 sec between sets		50%	90
	if someone can help you, 25xMB HF with 16 LB leather MB, if not, then 18 reps on the reverse hyper hamstring machine		55%	99
	7xRockies (not easy), then 4 pull ups with no band, then go for 50 sec as hard as you can with the band...		60%	108
	3 way shoulder with VERY light weight (5 lb plate?)		65%	117
	Myrtl then get a rub by Christy if you have time		70%	126
			75%	135
03.20.09 at Rec Center	2x10 Overhead squat with bar, then 5xSquat Jump with 20 lb db in each hand (40 lb total), 2 min, then lift 6xFRONT Squat with Medium Minus weight; down on 3 count, up on one; rest 60 sec; 15 sec running against: 3min		80%	144
	6xFRONT Squat with Medium weight; down on 3 count, up on one; rest 60 sec; 15 sec running against		85%	153
	6xFRONT Squat with Medium weight; down on 3 count, up on one; rest 60 sec; 15 sec running against		90%	162
	if someone can help you, 25xMB HF with 16 LB leather MB, if not, then 18 reps on the reverse hyper hamstring machine		95%	171
	7xRockies (not easy), then 4 pull ups with no band, then go for 50 sec as hard as you can with the band...			
	3 way shoulder with VERY light weight (5 lb plate?)			
	2x20xFULL squat on Boso with 4k MB overhead; 90 sec between sets			
03.24.09 at Rec Center	2x10 Overhead squat with bar, then 5xSquat Jump with 20 lb db in each hand (40 lb total), 2 min, then lift 6xFRONT Squat with Medium Minus weight; down on 3 count, up on one; rest 60 sec; 15 sec running against: 3min			
	6xFRONT Squat with Medium weight; down on 3 count, up on one; rest 60 sec; 15 sec running against			
	6xFRONT Squat with Medium weight; down on 3 count, up on one; rest 60 sec; 15 sec running against			
	if someone can help you, 25xMB HF with 16 LB leather MB, if not, then 18 reps on the reverse hyper hamstring machine			
	7xRockies (not easy), then 4 pull ups with no band, then go for 50 sec as hard as you can with the band...			
	2x20xStep up with 25 lbs. in each hand; 60 sec between sets; quick knee drive, but only step to a low step/box			
	3 way shoulder with VERY light weight (5 lb plate?)			
	2x20xFULL squat on Boso with 4k MB overhead; 90 sec between sets			
03.31.09 at CU	2x10 Overhead squat with bar, then 5xSquat Jump with 20 lb db in each hand (40 lb total), 2 min, then lift 6x Full Squat on a 3/1 count with 125 lbs, 90 sec, then 4xBox Jumps to "medium minus" box; 3 min recovery during which you need to measure the box			
	5x Full Squat on a 3/1 count with 145 lbs, 90 sec, then 4xBox Jumps to "medium" box; 3 min during which you need to measure the box			
	5x Full Squat on a 3/1 count with 145 lbs, 90 sec, then 4xBox Jumps to "slightly scary, but doable" box; 3 min during which you need to measure the box			
	2x30xhalf squat on Boso with 4k MB overhead			
	if someone can help you, 20xMB HF with 16 LB leather MB, if not, then 15 reps on the reverse hyper hamstring machine			
	5xRockies, then 6 pull ups with no band, then go for 40 secs as hard as you can with the band...			
	2x20xStep up with 65 lbs (bar and 10's) to step that gets you a 135° knee angel; 60 sec between sets; cue "quick knee drive"			
	3 way shoulder with VERY light weight (5 lb plate?)			
04.07.09 at CU	2x10 Overhead squat with bar, then 5xSquat Jump with 20 lb db in each hand (40 lb total), 2 min, then lift 6x Full Squat on a 3/1 count with 125 lbs, 90 sec, then 4xBox Jumps to "medium minus" box; 3 min recovery during which you need to measure the box			
	5x Full Squat on a 3/1 count with 145 lbs, 90 sec, then 4xBox Jumps to "slightly scary, but doable" box; 3 min during which you need to measure the box			
	4x Full Squat on a 3/1 count with 155 lbs, 2 min, 20 sec wall run as hard as you can			
	2x10 lunges (10 each leg) with 20-30 lb. sand bag on back; do 4x20 sec single leg running on blue disc in between the two sets of lunges			
	2x30xhalf squat on Boso with 4k MB overhead			
	5xRockies, then 6 pull ups with no band, then go for 40 secs as hard as you can with the band...			
	2x10xStep up with 65 lbs (bar and 10's) to step that gets you a 135° knee angel; 60 sec between sets; cue "quick knee drive"			
	3 way shoulder with VERY light weight (5 lb plate?)			