

**RAIDER FIELD HOCKEY
SUMMER 2009 LIFT BLOCK #1
TUESDAY 1**

EXERCISE	SETSxREPS	DATE		
		19-May	2-Jun	16-Jun
Box Jump/Depth Jump	5x5			
Skater Hops	5x5 L/R			
Back Squat	x6			
<i>warm-up, then 4x6 Light to Heavy</i>	x6			
<i>max +0 last set</i>	x6			
	x6			
Barbell RDL	x6			
<i>warm-up, then 4x6 Light to Heavy</i>	x6			
<i>max +0 last set</i>	x6			
	x6			
Bodyweight Chin-ups	x max			
<i>max +0 all sets</i>	x max			
	x max			
DB Single Arm Bench Press	x6			
<i>warm-up, then 3x6 Light to Heavy</i>	x6			
<i>max +1 last set</i>	x6			
Leg Lift Behind the Head	3x20			

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TUESDAY 2

EXERCISE	SETSxREPS	DATE	
		26-May	9-Jun
Plyo Push-up	5x5		
DB Shrug	x12		
Light to Heavy - max +0 last set	x12		
DB Bench Press	x6		
<i>warm-up, then 4x6 Light to Heavy max +1 last set</i>	x6		
	x6		
	x6		
DB Single Arm Row	x6		
<i>warm-up, then 4x6 Light to Heavy max +1 last set</i>	x6		
	x6		
	x6		
Manual Lateral Raise	2x12		
DB Single Leg Squat	x6		
<i>warm-up, then 4x6 Light to Heavy max +0 last set</i>	x6		
	x6		
	x6		
Weighted Crunch	2x20		
Superman's	2x20		

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THURSDAY

EXERCISE	SETSxREPS	DATE				
		21-May	28-May	4-Jun	11-Jun	18-Jun
DB Single Arm Push-Jerk	x3					
<i>warm-up, then use chart - submax</i>	x3					
	x3					
Barbell High Pull	x3					
<i>warm-up, then use chart - submax</i>	x3					
	x3					
Hang Clean	x3					
<i>warm-up, then use chart - submax</i>	x3					
	x3					
Manual Internal Rotation	x12					
Manual External Rotation	x12					
Front Plank	x60 seconds					
Side Plank	x60 seconds L/R					
Russian Twist on Sissel Ball	2x20					