

RAIDER INCOMING FRESHMEN

SUMMER 2009 LIFT #1

DAY 1

EXERCISE	SETSxREPS	DATE				
Wall Squat (box)	4x2					
Wall Squat (partner)	4x2					
Wall Squat (solo)	4x2					
<i>Use the empty bar at first, and progress gradually (record last set)</i>						
Front Squat	4x2					
Back Squat	4x2					
<i>Use light bumper plates at first, and progress gradually (record last set)</i>						
Dead Lift	4x2					
<i>Check your form under "exercise videos-legs"</i>						
Barbell Lunge Walk	x20yds					
<i>Light to Heavy - submax</i>	x20yds					
	x20yds					
	x20yds					
	x20yds					
<i>Check your form under "exercise videos-upper body pull"</i>						
Pull-ups or Chin-ups	x max					
	x max					
	x max					
<i>Check your form under "exercise videos-upper body press"</i>						
Push-ups	x max					
	x max					
	x max					
Leg Lift Behind the Head	2x10					
Weighted Crunch	2x20					

RAIDER INCOMING FRESHMEN SUMMER 2009 LIFT #1 DAY 2

EXERCISE	SETSxREPS	DATE				
Wall Squat (box)	4x2					
Wall Squat (partner)	4x2					
Wall Squat (solo)	4x2					
<i>Use the empty bar at first, and progress gradually (record last set)</i>						
Front Squat	4x2					
Back Squat	4x2					
<i>Use the empty bar at first, and progress gradually (record last set)</i>						
Hang Clean	8x2					
<i>Use the empty bar at first, and progress gradually (record last set)</i>						
Bench Press	8x2					
<i>Check your form under "exercise videos-upper body pull"</i>						
Negative only Chin-ups	x5					
<i>10 second negative</i>	x5					
	x5					
<i>Check your form under "exercise videos-upper body press"</i>						
Push-ups	x20					
Push-ups (left hand high)	x20					
Push-ups (right hand high)	x20					
Front Plank	2x30 seconds					
Side Plank	2x30 seconds L/R					

RAIDER INCOMING FRESHMEN SUMMER 2009 LIFT #1 DAY 3

EXERCISE	SETSxREPS				DATE		
Wall Squat (box)	4x2						
Wall Squat (partner)	4x2						
Wall Squat (solo)	4x2						
<i>Use the empty bar at first, and progress gradually (record last set)</i>							
Front Squat	4x2						
Back Squat	4x2						
<i>Use light bumper plates at first, and progress gradually (record last set)</i>							
Dead Lift	4x2						
<i>Use the empty bar at first, and progress gradually (record last set)</i>							
Hang Clean	8x2						
<i>Use the empty bar at first, and progress gradually (record last set)</i>							
Bench Press	8x2						
<i>Check your form under "exercise videos-upper body pull"</i>							
Pull-ups or Chin-ups	x max						
	x max						
	x max						
<i>Check your form under "exercise videos-upper body press"</i>							
Push-ups	x max						
	x max						
	x max						
Leg Lift Behind the Head	2x10						
Weighted Crunch	2x20						