

RAIDER INCOMING FRESHMEN SUMMER 2009 LIFT #2 DAY 1

EXERCISE	SETSxREPS	DATE				
Back Squat	x10					
<i>warm-up, then use chart</i>	x10					
<i>submax</i>	x10					
<i>check your form under "exercise videos-posterior chain"</i>						
Barbell RDL	x10					
<i>warm-up, then use chart</i>	x10					
<i>submax</i>	x10					
Bench Press	x10					
<i>warm-up, then use chart</i>	x10					
<i>submax</i>	x10					
Pull-ups or Chin-ups	x max					
	x max					
	x max					
Leg Lift Behind the Head	2x20					

**RAIDER INCOMING FRESHMEN
SUMMER 2009 LIFT #2
DAY 2**

EXERCISE	SETSxREPS	DATE				
Hang Clean	x3					
<i>Light to Heavy - submax</i>	x3					
	x3					
	x3					
	x3					
	x3					
	x3					
	x3					
Negative only Chin-ups	x10					
<i>10 second negative</i>	x10					
Push-ups	x max					
	x max					
	x max					
Weighted Crunch	2x50					
Hyperextension	2x10					

**RAIDER INCOMING FRESHMEN
SUMMER 2009 LIFT #2
DAY 3**

EXERCISE	SETSxREPS			DATE		
Back Squat	x10					
<i>warm-up, then use chart</i>	x10					
<i>submax</i>	x10					
Dead Lift	x10					
<i>warm-up, then use chart</i>	x10					
<i>submax</i>	x10					
Bench Press	x10					
<i>warm-up, then use chart</i>	x10					
<i>submax</i>	x10					
Pull-ups or Chin-ups	x max					
	x max					
	x max					
Front Plank	2x60 seconds					
Side Plank	2x60 seconds L/R					