



NH Training Program 3

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Warm-up Menu http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Movement Skills: Complete 3 sets of 8 reps -Barbell Overhead Squat</p> <p>Power/Explosive Lifts: Complete 4 sets of 4-6 reps Rest 60-90 sec -Clean Pull -Hang Clean -Push Jerk or Push Press</p> <p>Auxiliary Lifts: 3 sets of 8 reps -Strict Shoulder Press</p> <p>Core: Complete 20 reps 60 sec rest between circuit -Bar Twists -Weighted Sit-ups -Knee to Elbows</p> <p>Cool Down http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>Warm-up Menu http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Movement Prep: 1 set of 10 reps (circuit) -Med Ball Split Stance Toss -Med Ball Rotary Toss (Left) -Med Ball Rotary Toss (Right) -Med Ball Countermovement Underhand Toss</p> <p>Metabolic Circuit: Use approx. 70% max & begin new set every 80 seconds 3 sets of 10 reps -Back Squat -Deadlift -RDL -Bench Press -DB Incline Bench -Pull-ups -Barbell Bentover Row</p> <p>Cool Down http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>OFF</p>	<p>Warm-up Menu http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Movement Skills: Complete 3 sets of 8 reps -Barbell Overhead Squat</p> <p>Power/Explosive Lifts: -Clean Pulls 4 sets of 5 reps Circuit: -Barbell Jumping Squats 4 sets of 5 reps -Box Jumps 4 sets of 10 reps</p> <p>Auxiliary Lifts: Complete 3-4 sets at 8-12 reps. Get 8, go down in weight; get 12, go up in weight Rest is 90 sec -Dumbbell Lunges -Single Leg Roman Deadlifts -Bulgarian Squat</p> <p>Core: Complete 20 reps 60 sec rest between circuit -Bar Twists -Weighted Sit-ups -Knee to Elbows</p> <p>Cool Down http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>Warm-up Menu http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Movement Prep: 1 set of 10 reps (circuit) -Med Ball Split Stance Toss -Med Ball Rotary Toss (Left) -Med Ball Rotary Toss (Right) -Med Ball Countermovement Underhand Toss</p> <p>Metabolic Circuit: Use approx. 70% max & begin new set every 80 seconds. 3 sets of 10 reps -Deadlift -Dumbbell Step Back Lunges -RDL -Incline Bench Press -DB Flat Bench -Pull-ups -DB Bentover Row</p> <p>Cool Down http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>Warm-up Menu http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Repeat Effort: Max reps at 70-75% max weight 3 sets Rest 60 sec Choose one of the following: -Bench Press -Push-ups -Bodyweight Dips -Ring Push-ups</p> <p>Auxiliary Lifts: Complete 3-4 sets of 8-12 reps. Get 8, go down in weight; get 12 go up in weight Rest 90 sec -Triceps Rope Push Down -Dumbbell Biceps Curls -Lat Pull-Down -Chin-ups (add weight if you can do 12 reps)</p> <p>Core: Complete 20 reps 60 sec rest between circuit -Bar Twists -Weighted Sit-ups -Knee to Elbows</p> <p>Cool Down http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>Optional Warm-up Menu http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>ESD: Choose one of the following exercises. The goal is to move at recovery pace for 30-60 minutes. You are able to combine any of the exercises as well. -Run -Bike -Swim -Row</p> <p>Cool Down http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>
<p>Conditioning ESD: Repeat for 8 sets (minus the light jog) 5:00 min jog :10 sec max effort sprint 1:00 min 75-80% max effort sprint :45 sec rest</p>			<p>Conditioning ESD: Repeat for 8 set (minus the light jog) 5:00 min jog :10 sec max effort sprint 1:00 75-80% max effort :45 sec rest</p>			