



NH Training Program 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<p>Warm-up Menu</p> <p>http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Power/Explosive Lifts:</p> <p>**Weight will increase from previous week**</p> <p>-Clean Pull 4 sets of 4 reps</p> <p>-Hang Clean 4 sets, reps of 4/3/3/2</p> <p>Push Jerk 3 sets, reps of 5/4/3</p> <p>Strength Lifts:</p> <p>Standing bar shoulder press 4 sets, reps of 4/4/3/3</p> <p>Core:</p> <p>Complete 20 reps with 3 sets</p> <p>60 sec rest between circuit</p> <p>-Cable Crunch</p> <p>-Left Wood Chop</p> <p>-Right Wood Chop</p> <p>Cool Down:</p> <p>http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>Warm-up Menu</p> <p>http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Strength Lifts:</p> <p>-Front Squat 4 sets of 3 reps</p> <p>-DB Lunge 3 sets of 5 reps</p> <p>-DB Single leg RDL 3 sets of 6 reps</p> <p>-Bench Press 4 sets of 3 reps</p> <p>-DB Incline Press 3 sets of 5 reps</p> <p>-Weighted Pulls/Body Weight Pull-ups 3 sets of 5 reps</p> <p>-Bar Bent over Row 3 sets of 6 reps</p> <p>-Bar Triceps Extensions 3 sets of 8 reps</p> <p>-Bar Biceps Curls 3 sets of 8 reps</p> <p>Cool Down:</p> <p>http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>OFF</p>	<p>Warm-up Menu</p> <p>http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Power/ Explosive Lifts:</p> <p>-Over Head Squat 3 sets of 5 reps</p> <p>-Clean Pulls 3 sets of 5 reps</p> <p>Strength Lifts:</p> <p>-Push Press 3 sets of 3 reps</p> <p>-DB 3 Position Shoulder Raise 3 sets of 15 reps (5 reps each position)</p> <p>Core:</p> <p>Complete 20 reps for 3 sets</p> <p>60 sec rest between circuit</p> <p>-Bar Twists</p> <p>-Weighted Sit-ups</p> <p>-Planks (30 sec-1 minute)</p> <p>Cool Down:</p> <p>http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>Warm-up Menu</p> <p>http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>Strength Lifts:</p> <p>Squat 3 sets of 5 reps</p> <p>Bulgarian Squats 3 sets of 5 reps</p> <p>Bar Double Leg RDL 3 sets of 6 reps</p> <p>Incline Bench 3 sets of 5 reps</p> <p>DB Bench 3 sets of 6 reps</p> <p>Pull-ups 3 sets of 8 reps</p> <p>DB Bent over Row 3 sets of 6 reps</p> <p>DB Triceps Extensions 3 sets of 8 reps</p> <p>DB Biceps Curls 3 set of 8 reps</p> <p>Cool Down:</p> <p>http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>	<p>OFF</p>	<p>Optional</p> <p>Warm-up Menu</p> <p>http://www.ioanh.org/wp-content/uploads/Warm-Up-Menu.pdf</p> <p>ESD:</p> <p>Choose one of the following exercise. The goal is to move at recovery pass for 30-60 minutes.</p> <p>You are able to combine any of the exercises as well.</p> <p>-Run</p> <p>-Bike</p> <p>-Swim</p> <p>-Row</p> <p>Cool Down: http://www.ioanh.org/wp-content/uploads/Cool-Down-Menu.pdf</p>
<p>Conditioning</p> <p>ESD: Intervals</p> <p>Repeat 2 times</p> <p>Warm-up @ Level1 for 5 minutes</p> <p>Set 1: 1 min @ Level 3-4 (85%)</p> <p>Set 2: 1 min @ Level 2-3 (75%)</p> <p>Set 3: 1 min @ Level 3-4 (85%)</p> <p>Set 4: 1 min @ Level 2-3 (75%)</p> <p>Set 5: 1 min @ Level 4-5 (90%)</p>	<p>Conditioning</p> <p>ESD: Temp</p> <p>Repeat 2 times</p> <p>Warm-up @ Level 1 for 5 minutes</p> <p>Set 1: 30 sec @ Level 4-5 (90%)</p> <p>Set 2: 4:30 min @ Level 3-4 (85%)</p>	<p>Conditioning</p> <p>SLOW RECOVERY RUN FOR 30-60 MINUTES</p>	<p>Conditioning</p> <p>ESD: Intervals</p> <p>Repeat 2 times</p> <p>Warm-up @ Level1 for 5 minutes</p> <p>Set 1: 1 min @ Level 3-4 (85%)</p> <p>Set 2: 1 min @ Level 2-3 (75%)</p> <p>Set 3: 1 min @ Level 3-4 (85%)</p> <p>Set 4: 1 min @ Level 2-3 (75%)</p> <p>Set 5: 1 min @ Level 4-5 (90%)</p>	<p>Conditioning</p> <p>ESD: Temp</p> <p>Repeat 2 times</p> <p>Warm-up @ Level 1 for 5 minutes</p> <p>Set 1: 30 sec @ Level 4-5 (90%)</p> <p>Set 2: 4:30 min @ Level 3-4 (85%)</p>		