

NH Training Program 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7 (Optional)
<p>Warm-up Menu See LOA website</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: Static Stretching -See LOA website</p>	<p>Warm-up Menu See LOA website</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 Bent over Row</p> <p>Cool Down: Static Stretching -See LOA website</p>	<p>OFF!</p>	<p>Warm-up Menu See LOA website</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: Static Stretching -See LOA website</p>	<p>Warm-up Menu See LOA website</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 Bent over Row</p> <p>Cool Down: Static Stretching -See LOA website</p>	<p>Warm-up Menu See LOA website</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: Static Stretching -See LOA website</p>	<p>Warm-up Menu See LOA website</p> <p>Conditioning ESD: Choose one of the following exercise. The goal is to move at recovery pass for 30-60 minutes. You are able to combine any of the exercises as well. -Run -Bike -Swim -Row</p> <p>Cool Down: Static Stretching -See LOA website</p>
<p>Conditioning ESD: Repeat for 8 set (minus the light jog) 5:00 jog :10 max effort sprint 1:00 75-80% :45 rest max effort</p>			<p>Conditioning ESD: Repeat for 8 set (minus the light jog) 5:00 jog :10 max effort sprint 1:00 75-80% :45 rest max effort</p>			