

Advanced Lifters Pre-Season Strength Training



**ACADEMY OF SPORT SPEED
AUSTRALIA**

Session 1							
Exercise		Wk 1-2	Wk 3-4	Wk 5-6	Weeks 7-8	Sets	Rest
BB Back or Front Squat		12	10	8	6	3	90 sec
BB Romanian Deadlift		12	10	8	6	3	90 sec
BB Bench Press		12	10	8	6	3	90 sec
DB Bent Over Row		12	10	8	6	3	90 sec
Single Arm Press in Bulgarian Split Hold		12	10	8	6	3	90 sec
Session 2							
Exercise							
Hang Clean		6	5	4	3	3	2 mins
High Pull		6	5	4	3	3	2 mins
Push Jerk		6	5	4	3	3	2 mins
BB Hip Thrusts		6	5	4	3	3	2 mins
Session 3							
Exercise							
SS	Alternating Rear Lunges	8	6	4	6	3	2 mins
	Alternating Sumo Squat	4	6	8	6		
SS	Neutral Grip side to side pull ups	To Fatigue	To Fatigue	To Fatigue	To Fatigue	3	2 mins
	DB Chest Press (slight incline option)	12	10	8	6		
SS	BB Romanian Deadlift	15	12	10	8	3	2 mins
	KB Swing	10	8	6	4		
SS	Arnold Press	8	6	6	44	3	2 mins
	Upright Row	8	6	6			