Training Disclaimer

Any participation in the accompanied program is voluntary and solely done at your own risk. The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always consult and follow the professional advice of a physician or other qualified health provider with any questions you may have regarding any medical condition and before starting any nutritional or exercise program. A proper warm-up should be completed prior to beginning the program. Neither Carleton College nor any of its employees, agents or volunteers shall be held liable for any personal injury or damages that may result from the use of this program.
### Week 1

#### Day 1
- **Exercise 1A**: Clean Deadlift
  - Sets x Reps: 4
  - Wt: 70.0%
- **Exercise 1B**: Sit Up
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 1C**: Chin Up Lat Pull Down
  - Sets x Reps: 4
  - Wt: 70.0%

#### Day 2
- **Exercise 1A**: Front Squat
  - Sets x Reps: 4
  - Wt: 70.0%
- **Exercise 1B**: Oblique Crunch
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 1C**: Seated DB Overhead Press
  - Sets x Reps: 4
  - Wt: 70.0%

#### Day 3
- **Exercise 1A**: Bench Press
  - Sets x Reps: 4
  - Wt: 70.0%
- **Exercise 1B**: HyperExtension
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 1C**: Double Leg Hiplift
  - Sets x Reps: 4
  - Wt: 70.0%

### Week 2

#### Day 1
- **Exercise 2A**: Dumbbell Split Squat
  - Sets x Reps: 5
  - Wt: 70.0%
- **Exercise 2B**: Dyn. Side Plank
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 2C**: Dumbbell Push Press
  - Sets x Reps: 3
  - Wt: 70.0%

#### Day 2
- **Exercise 2A**: Dumbbell Bench Press
  - Sets x Reps: 5
  - Wt: 70.0%
- **Exercise 2B**: Alt. Superman
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 2C**: Lateral Band Walks
  - Sets x Reps: 3
  - Wt: 70.0%

#### Day 3
- **Exercise 2A**: RDL
  - Sets x Reps: 7
  - Wt: 70.0%
- **Exercise 2B**: Front Plank
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 2C**: Inverted Row
  - Sets x Reps: 3
  - Wt: 70.0%

### Week 3

#### Day 1
- **Exercise 3A**: Clean Pull
  - Sets x Reps: 4
  - Wt: 70.0%
- **Exercise 3B**: Birddog
  - Sets x Reps: 3
  - Wt: 77.5%
- **Exercise 3C**: Prone Y’s
  - Sets x Reps: 3
  - Wt: 70.0%

### Cool Down
- Stretch Each Exercised Muscle Group 1x15sec

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**Notes:**
- Prehab & Soft Tissue
- Activation & Mobility
- 1) Foam Roll Upper Back & Leg Muscles 1x10ea; 2) Stretch Desired Muscle Groups 3x5sec
- Week 1-3
- 1) Stretch Each Exercised Muscle Group 1x15sec

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**Prehab & Soft Tissue:**
- Kneeling Series 1x5ea; Band Pull Apart 1x5ea; Lunge Wheel 1x5ea; Skips 1x10yds

**Activation & Mobility:**
- Kneeling Series 1x5ea; Band Pull Apart 1x5ea; Lunge Wheel 1x5ea; Skips 1x10yds

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**Cool Down:**
- Stretch Each Exercised Muscle Group 1x15sec
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**Notes:**
- **Prehab & Soft Tissue:**
  1) Foam Roll Upper Back & Leg Muscles 1x10ea; 2) Stretch Desired Muscle Groups 3x5sec

- **Activation & Mobility:**
  1) Kneeling Series 1x5ea; 2) Band Pull Aparts 1x5ea; 3) Lunge Wheel 1x5ea; 4) Skips 1x10yds

- **Cool Down:**
  1) Stretch Each Exercised Muscle Group 1x15sec
Weeks 7-9

### Prehab & Soft Tissue
1) Foam Roll Upper Back & Leg Muscles 1x10ea
2) Stretch Desired Muscle Groups 3x5sec

### Activation & Mobility
1) Kneeling Series 1x5ea
2) Band Pull Apart 1x5ea
3) Lunge Wheel 1x5ea
4) Skips 1x10yds

### Cool Down
1) Stretch Each Exercised Muscle Group 1x15sec

### Pre

#### Day 1
- **1A** Clean Deadlift
  - Sets x Reps: 3x
  - %: 80.0%
- **1B** Sit Up
  - Sets x Reps: 3x10
- **1C** Chin Up Lat Pull Down
  - Sets x Reps: 4x3

#### Day 2
- **1A** Front Squat
  - Sets x Reps: 3x
  - %: 80.0%
- **1B** Wt. Side Bends
  - Sets x Reps: 3x9ea
- **1C** Dumbbell Overhead Press
  - Sets x Reps: 4x3

#### Day 3
- **1A** Bench Press
  - Sets x Reps: 3x
  - %: 80.0%
- **1B** HyperExtension
  - Sets x Reps: 3x10
- **1C** Single Leg Hiplift
  - Sets x Reps: 4x3

### Post

#### Cool Down
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**Post**

**Cool Down**

1)Stretch Each Exercised Muscle Group 1x15sec