



**2008 Eagle Strength and Conditioning  
Week 4 – Monday, July 21st**

**\*\*\* Static Stretches**

**\*\*\* Core Lifts**

- 1) Deadlifts- 5X3 @ 95 percent of squat
- 2) Incline- 5X3 @ 75%
- 3) Hang Cleans 8X1 @ 95 percent

**Supplementals**

- 1) Push press- 3X6
- 2) Step jumps- 3X5(superset-w/dumbbells and w/o)
- 3) Lat pulldown complex 3X6 superset
- 4) Overhead DB raises 3X5

**Apple Pie - 3X10**

- 1) **Bent Over Rows**
- 2) **Side Raises**
- 3) **DB Curls**

***CONDITIONING:***

**Dynamic Stretching**

- |                           |                         |
|---------------------------|-------------------------|
| 1) High Knees (Slow/Fast) | 4) Cariocia (Slow/Fast) |
| 2) Butt Kicks             | 5) Fast Twitch          |
| 3) Leg Cycles             | 6) Build ups            |

- 1) **10X10 yds, 8X20, 6X30, 4X40**

**Prayer/Announcements/ Dismiss**

**-Gear Money due NOW!**

**-TCS forms due Friday July 25<sup>th</sup>**

**-BPGC 7:00 PM tomorrow, 7-on-7 7:30 tomm.**



**2008 Eagle Strength and Conditioning  
Week 4 – Tuesday, July 22nd**

**\*\*\* Static Stretches**

**\*\*\* Core Lifts**

- 1) Squat- 5X3 @ 75%
- 2) Military- 5X3 @ 75% (of Incline)
- 3) High Pulls- 4X3 @ 85%(of HC)

**Supplementals**

- 1) Front/Side/Overhead Rotations 3X10
- 2) Barbell punch 4X5
- 3) Straight Legged Deadlifts 3X10
- 4) Leg Ext/Leg Curl 3X10

**Apple Pie - 3X10**

- 1) **Bumper Plate Relay-3 to fail**

***CONDITIONING:***

**Dynamic Stretching**

- 1) High Knees (Slow/Fast)
- 2) Butt Kicks
- 3) Leg Cycles
- 4) Cariocia (Slow/Fast)
- 5) Fast Twitch
- 6) Build ups

**-Speed Stations-**

- 1) **Stairs-** one foot, two feet, lateral, right ft, left ft, hops
- 2) **Jumprobes-** both feet, right ft, left ft, side to side, boxer run, wave drill
- 3) **Stepover dummies-**one foot, two feet, lateral, forward/back, slide, wave drill

**Announcements**

Grunt Camp-7PM  
7-on-7, 7:30 PM



**2008 Eagle Strength and Conditioning  
Week 4 – Thursday, July 24th**

**\*\*\* Static Stretches**

**\*\*\* Core Lifts**

- 1) Bench- 5X3 @ 75%
- 2) DB Military-5X3
- 3) Front Squat-5X3 @80 percent of Squat

**Supplementals**

- 1) Squat jumps 3X5
- 2) Alternate DB lunges 3X8
- 3) Upright Rows 3X10
- 4) Plate Twists- 3X5(heavy)

**Apple Pie - 3X10**

- 1) Close Grip Bench
- 2) Plate Bench
- 3) DB pushups

***CONDITIONING:***

**Dynamic Stretching**

- 1) High Knees (Slow/Fast)
- 2) Butt Kicks
- 3) Leg Cycles
- 4) Cariocia (Slow/Fast)
- 5) Fast Twitch
- 6) Build ups

- 1) Cone Speed Patterns

**Prayer/Announcements/ Dismiss**

- 1) Forms in by FRIDAY!



**2008 Eagle Strength and Conditioning  
Week 4 – Friday, July 25th**

**\*\*\* Static Stretches**

**\*\*\* Core Lifts**

- 1) Close grip bench- 5X3 @ 70%(of Bench)
- 2) Hang Snatch- 5X3 @ 75% (of HC)
- 3) Clean Shrug- 5X3 @ 95% (of HC)

**Supplementals**

- 1) Shoulder Complex 3X10
- 2) Bench Rows 3X6
- 3) Split squats 3X6

**Apple Pie - 3X10**

- 1) Straight bar curls
- 2) Overhead press
- 3) DB Shrugs
- 4) DB Bench

***CONDITIONING:***

**Dynamic Stretching**

- 1) High Knees (Slow/Fast)
- 2) Butt Kicks
- 3) Leg Cycles
- 4) Cariocia (Slow/Fast)
- 5) Fast Twitch
- 6) Build ups

- 1) Football competition drills

**Prayer/Announcements/ Dismiss**

- 1) Summer S&T final testing-Mon/Tues. 7:59 AM