Male Offseason Week 3

Monday	Week 3 Coach Swanson, Coach Tomlin, Coach Williams		
Hang Clean Shld Circuit Box Routine #3 1 DB Incline Bench Dip/Tri Ext	Max Rep Wt Rep Wt Rep Wt Rep 5 @ 65% 5 @ 70% 3 @ 80% 5 @ 75% 10 8 6 5 @ 75% 10 8 8 8 10 8 6 8 10 8 6 8	Wt Rep 2 @ 85%	Wt
Tuesday Squat PP/RevPP DB Split Jump DB or Kettle Bell swing 1 DB Step Up	Max Rep Wt Rep Wt Rep Wt Rep 5 @ 65% 1 @ 75% 5 @ 85% 5 @ 85% 10 5 @ 85% 10 10 10 10 10 10 8 8 8 8 10 10 6 6 6 6 6	Wt Rep 5 @ 85%	Wt
Thursday Bench Press Stop Bench Alt Shld Press on one leg Close Grip Bench Dip	Max Rep Wt Rep Wt Rep Wt Rep Sep Sep	Wt Rep 5 @ 85%	Wt
Friday Dead Lift Sumo Squat Broad Jump w/med ball Ham Glute/Leg curl Seated Calve Raise	Rep Wt Rep Wt Rep Wt Rep 5 5 5 5 5 5 10 <td>Wt Rep</td> <td>Wt</td>	Wt Rep	Wt