



MINNESOTA



WARM-UP	Short Hurdle Workout
	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	Strength Prep Upper 3
	Delt Lat Rebound Drop 2x15
	Part Balance Fighting 2x 6S
	Cuban PRSS F8 2 x 6
	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat
	Roller Iband, Post-Shake Fish oil and Vits

WARM-UP	Short Hurdle Workout
	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	Strength Prep Upper 1
	EXT Rot Part Shock 2 x 12
	Face Band Pull Apart 2 x 6
	BCK EXT W/ TW 2x6 E-Way
	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat
	Roller Iband, Post-Shake Fish oil and Vits

WARM-UP	Dynamic Jogging
	Dynamic Walking
	Vestibular system Training
	Nerve Glide Z health
	Proprioceptive Enhancement

STRENGTH PREP	

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100%	Tuesday	100.0%				100.0%			
		22-May-12				29-May-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
370	BENCH PRESS	5	165 - 205	1	P/w-2 Neck	5	165 - 205	1	P/w-2 Neck
	Pair w/								
370	BENCH PRESS	3	220 - 240	1	P/w-2 Neck	3	220 - 240	1	P/w-2 Neck
	Pair w/								
370	BENCH PRESS	1	290 - 295	1	P/w-2 Neck	1	290 - 295	1	P/w-2 Neck
370	BENCH PRESS	T	295 - 315	4	6:0:0:0:20:10	T	295 - 315	4	6:0:0:0:20:10
	Pair w/Rest HR 104	ED							
	Reactive Bench Toss	T		4	2oc+Throw	T		4	2oc+Throw
	Pair w/Rest HR 104	ED			0:0:0:0:20:10				0:0:0:0:20:10
	ANT TIB BND	T		4	3:0:0:0:20:20	T		4	3:0:0:0:20:20
130	DB INCLINE BENCH	T	105 - 110	3	6:0:0:0:20:20	T	105 - 110	3	6:0:0:0:20:20
	Pair w/Rest HR 104	ED							
222	Pull up	T	180 - 190	3	4:0:0:0:20:20	T	180 - 190	3	4:0:0:0:20:20
	Pair w/Rest HR 104	EU				EU			
	Supraspinatus	T		3	4:0:0:0:20:20	T		3	4:0:0:0:20:20
296	Dips	T	235 - 250	3	3:0:0:0:20:20	T	235 - 250	3	3:0:0:0:20:20
	Pair w/Rest HR 104	EU							
222	Chin up	T	180 - 190	3	3:0:0:0:20:20	T	180 - 190	3	3:0:0:0:20:20
	Pair w/Rest HR 104	EU			Bottom 1/2				Bottom 1/2
93	DB Shoulder Press	T	75 - 80	3	3:0:0:0:20:20	T	75 - 80	3	3:0:0:0:20:20
111	JM DB Press	T	90 - 95	3	3:0:0:0:20:20	T	90 - 95	3	3:0:0:0:20:20
	Pair w/Rest HR 107	EU							
148	BAR CURL	T	120 - 125	3	3:0:0:0:20:20	T	120 - 125	3	3:0:0:0:20:20
	Pair w/Rest HR 107	ED							
	Wrist Flexion	T		3	3:0:0:0:20:20	T		3	3:0:0:0:20:20
	Wrist Extension	T		2	3:0:0:0:20:20	T		2	3:0:0:0:20:20
	Pair w/Rest HR 107	EU							
	Pike SWB Abs	T		2	3:0:0:0:20:20	T		2	3:0:0:0:20:20
	Pair w/Rest HR 107	ED							
	SWB Down TW	T		2	4:0:0:0:20:20	T		2	4:0:0:0:20:20
	Chest Rev Grip Iso	180s	60% -	1	20 on 40 off	180s	60% -	1	20 on 40 off
	Pair w/	ED							
	Glute Ham Back Cav Iso	180s	60% -	1		180s	60% -	1	
		EU							

Tuesday NOTES

100%	Thursday	100.0%				100.0%			
		24-May-12				31-May-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
370	BENCH PRESS	5	165 - 205	1	P/w-2 Neck	5	165 - 205	1	P/w-2 Neck
	Pair w/no Rest								
370	BENCH PRESS	3	220 - 240	1	P/w-2 Neck	3	220 - 240	1	P/w-2 Neck
	Pair w/no Rest								
370	BENCH PRESS	1	290 - 295	1	P/w-2 Neck	1	290 - 295	1	P/w-2 Neck
370	BENCH PRESS	1,1	315 - 325	4	0:0:0:20:5:10	1,1	315 - 325	4	0:0:0:20:5:10
	Pair w/ Rest 30	ED							
	Med Ball Chest Pass	T		4	one arm	T		4	one arm
	Pw/ Rest 30/ SR 180	EU			0:0:0:0:5:10				0:0:0:0:5:10
	Delt BO Lat Reb Drop	T		4	0:0:0:0:5:10	T		4	0:0:0:0:5:10
130	DB INCLINE BENCH	T	105 - 110	3	0:0:0:0:5:10	T	105 - 110	3	0:0:0:0:5:10
	Pair w/ Rest 45	ED			OC+1/UL				OC/UL
130	DB BO Row	T	105 - 110	3	0:0:0:0:5:10	T	105 - 110	3	0:0:0:0:5:10
	Pw/ Rest 30/ SR 180	EU			OC OC/UL	EU			OC OC/UL
93	DB Shoulder Press	T	75 - 80	3	0:0:0:0:5:10	T	75 - 80	3	0:0:0:0:5:10
296	Close Grip Bench	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	Pair w/ Rest 45	EU			3 Board				3 Board
222	Chin up	T	200 - 210	3	0:0:0:0:5:10	T	200 - 210	3	0:0:0:0:5:10
	Pw/ Rest 30/ SR 180	ED			Bottom 1/2	EU			Bottom 1/2
	Stiff Leg Ankle Hops	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
296	Dips	T	265 - 280	3	0:0:0:0:5:10	T	265 - 280	3	0:0:0:0:5:10
	Pair w/ Rest 45	EU			Oc + 1				Oc + 1
148	BAR CURL	T	135 - 140	3	Iso	T	135 - 140	3	Iso
	Pw/ Rest 30/ SR 180	ED			0:0:0:0:5:10	Ed			0:0:0:0:5:10
222	Gripper	T	200 - 210	3	0:0:0:0:5:10	T	200 - 210	3	0:0:0:0:5:10
222	Gripper	T	200 - 210	3		T	200 - 210	3	
		T	90% - 95%	3		T	90% - 95%	3	
					each side				each side
	SWB Up TW	T		3	0:0:0:0:5:10	T		3	0:0:0:0:5:10
	Chest Rev Grip Iso	180s	60% -	1	5 on 20 off	180s	60% -	1	5 on 20 off
	Pair w/								
	Shr Sho Bi Cav Iso	180s		1	5 on 20 off	180s		1	5 on 20 off

Thursday NOTES

100%	Olympic optional	100.0%				100.0%			
		26-May-12				2-Jun-12			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
	Optional Clean								
	Day 1 workout								
335	Power Clean	5	150 - 185	1		5	150 - 185	1	
335	Power Clean	3	200 - 220	1		3	200 - 220	1	
	Pair w/								
335	Power Clean	1	260 - 270	1		1	260 - 270	1	
335	Power Clean	1,1,1	270 - 275	4		1,1,1	270 - 275	4	
	Optional Clean								
	Day 2 workout								
335	Power Clean	5	150 - 185	1		5	150 - 185	1	
335	Power Clean	3	200 - 220	1		3	200 - 220	1	
	Pair w/								
335	Power Clean	1	260 - 270	1		1	260 - 270	1	
335	Power Clean	1,1	285 - 295	4		1,1	285 - 295	4	

Olympic optional NOTES



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BENCH PRESS								BENCH PRESS											
BENCH PRESS								BENCH PRESS											
BENCH PRESS								BENCH PRESS										Day 1 workout	
BENCH PRESS								BENCH PRESS										Power Clean	
Reactive Bench Toss								Med Ball Chest Pass										Power Clean	
ANT TIB BND								Delt BO Lat Reb Drop										Power Clean	
DB INCLINE BENCH								DB INCLINE BENCH										Power Clean	
Pull up								DB BO Row											
Supraspinatus								DB Shoulder Press										Day 2 workout	
Dips								Close Grip Bench										Power Clean	
Chin up								Chin up										Power Clean	
DB Shoulder Press								Stiff Leg Ankle Hops										Power Clean	
JM DB Press								Dips										Power Clean	
BAR CURL								BAR CURL											
Wrist Flexion								Gripper											
Wrist Extension								Gripper											
Pike SWB Abs																			
SWB Down TW								SWB Up TW											
Chest Rev Grip Iso								Chest Rev Grip Iso											
Glute Ham Back Cav Iso								Shr Sho Bi Cav Iso											