

PROGRESSING THROUGH THIS PROGRAM

This program is built on three main lifts. Before you begin this program it is important to watch each video and arm yourselves with the proper technique. As you go through, remember to never sacrifice your form for more weight or reps!

[Back Squat](#)
[Overhead Press](#)
[Deadlift](#)

WHERE TO START

If you have never performed these movements that is okay! It is important to start lite and increase the weight as you go along. As you progress through this program you will see back squats written as 3x5 (+5). This means that you will add five pounds to the weight you performed in the previous week for three sets of five reps. For example, if you back squat 100lbs for 3x5 the first day you will squat 105lbs for 3x5 the next time back squats are programmed. This will continue until you can no longer perform 3 sets of 5 reps. This applies for the overhead press as well as the deadlift, but note that the amount of weight you increase for each exercise varies and is noted in the program.

SUBBING EXERCISES

If you do not have a gym you can substitute bodyweight movements for each of the main lifts:

Back Squat – Squat Jumps
Overhead Press – Plyometric Pushups
Deadlift – Broad Jump

SEE A MOVEMENT YOU ARE NOT FAMILIAR WITH?

YouTube can be your best friend! We all have smart phones, so let's put them to good use. If you are unsure about how to perform a movement search for it on YouTube and you will find the proper technique.

MAKE IT FUN

No one likes to workout alone. You'll get way more out of this program by performing it with your teammates. Seniors need to act like Seniors and organize team lifting/conditioning sessions.