

Athlete Name: _____

Sport: _____

Lifting group: V JV

Cardinal Strength Program (Inseason - Phase 1)

Workout #1	Day 1	Day 3	Day 5
High Pull	3x6reps	3x6reps	3x6reps

Squat	2x12reps	2x12reps	2x12reps
pair w/ one leg deadlifts	2x12reps	2x12reps	2x12reps

Bench Press	2x12reps	2x12reps	2x12reps
pair/ renegade row	2x12reps	2x12reps	2x12reps

Ab wheel	2xfailure	2xfailure	2xfailure
pair w/ shrugs	2x12reps	2x12reps	2x12reps
pair w/ 4-way neck	2x12reps	2x12reps	2x12reps

Workout #2	Day 2	Day 4	Day 6
Hang Clean	3x6reps	3x6reps	3x6reps

Deadlift	3x6reps	3x6reps	3x6reps
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Pullups	2x12reps	2x12reps	2x12reps
pair/ incline press	2x12reps	2x12reps	2x12reps

Back hyper	2x12 reps	2x12 reps	2x12 reps
pair w/ tricep pressdown	2x12reps	2x12reps	2x12reps
pair w/ shoulder raise	2x12reps	2x12reps	2x12reps

Athlete Name: _____

Sport: _____

Lifting group: V JV

Cardinal Strength Program (Inseason - Phase 2)

Workout #1	Day 1	Day 3	Day 5
High Pull	3x4reps	3x4reps	3x4reps

Squat	3x8reps	3x8reps	3x8reps
pair w/ one leg deadlifts	3x8reps	3x8reps	3x8reps

Bench Press	3x8reps	3x8reps	3x8reps
pair/ renegade row	3x8reps	3x8reps	3x8reps

Ab wheel	2xfailure	2xfailure	2xfailure
pair w/ shrugs	2x12reps	2x12reps	2x12reps
pair w/ 4-way neck	2x12reps	2x12reps	2x12reps

Workout #2	Day 2	Day 4	Day 6
Deadlift	3x4reps	3x4reps	3x4reps

Hang Clean	3x4reps	3x4reps	3x4reps
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Pullups	3x8reps	3x8reps	3x8reps
pair/ incline press	3x8reps	3x8reps	3x8reps

Back hyper	2x12 reps	2x12 reps	2x12 reps
pair w/ tricep pressdown	2x8reps	2x8reps	2x8reps
pair w/ shoulder raise	2x8reps	2x8reps	2x8reps

Athlete Name: _____

Sport: _____

Lifting group: V JV

Cardinal Strength Program (Inseason - Phase 3)

Workout #1	Day 1	Day 3	Day 5
High Pull	4x3reps	4x3reps	4x3reps

Squat	4x6reps	4x6reps	4x6reps
pair w/ one leg deadlifts	4x6reps	4x6reps	4x6reps

Bench Press	4x6reps	4x6reps	4x6reps
pair/ renegade row	4x6reps	4x6reps	4x6reps

Ab wheel	2xfailure	2xfailure	2xfailure
pair w/ shrugs	2x12reps	2x12reps	2x12reps
pair w/ 4-way neck	2x12reps	2x12reps	2x12reps

Workout #2	Day 2	Day 4	Day 6
Hang Clean	4x3reps	4x3reps	4x3reps

Deadlift	4x3reps	4x3reps	4x3reps
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Pullups	4x6reps	4x6reps	4x6reps
pair/ incline press	4x6reps	4x6reps	4x6reps

Back hyper	2x12 reps	2x12 reps	2x12 reps
pair w/ tricep pressdown	2x8reps	2x8reps	2x8reps
pair w/ shoulder raise	2x8reps	2x8reps	2x8reps