

Athlete Name: _____

Current maxes:	Squat	Bench	Clean	Deadlift
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Cardinal Strength Program (Offseason - Phase 1)

Workout #1	Day 1	Day 4	Day 7	Day 10
High Pull	3x6	3x6	3x6	3x6
Squat	1x10 @ 50%	1x10 @ 50%	1x10 @ 50%	1x8 @ 50%
	1x8 @ 60%	1x8 @ 60%	1x8 @ 60%	1x4 @ 65%
	2x12 @ 70%	2x12 @ 70%	3x8 @ 80%	1x2 @ 75%
				Test @ 85%
Dips	2x12	2x12	3x8	3x8
pair/ pullups	2x12	2x12	3x8	3x8
3-way planks	2x30sec each	2x30sec each	2x45sec each	2x45sec each
pair/ tricep pressdown	2x12	2x12	2x8	2x8
pair/ back hyper	2x12	2x12	2x8	2x8

*Speed, Agility, Plyometrics

Workout #2	Day 2	Day 5	Day 8	Day 11
Power Clean	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	2x6 @ 85%	2x6 @ 85%	3x4 90%	1x2 @ 85%
				Test @ 90%

RDL	2x12	2x12	3x8	3x8
pair/ lunges	2x12	2x12	3x8	3x8

Bench Press	1x10 @ 50%	1x10 @ 50%	1x10 @ 50%	1x8 @ 50%
	1x8 @ 60%	1x8 @ 60%	1x8 @ 65%	1x4 @ 65%
	2x12 @ 70%	2x12 @ 70%	3x8 @ 80%	1x2 @ 75%
				Test @ 85%

Neck (4-way)	2x12	2x12	2x8	2x8
pair/ straight arm pulldown	2x12	2x12	2x8	2x8
pair/ shoulder raises (front/side)	2x12	2x12	2x8	2x8

*Speed, Agility, Plyometrics

Workout #3	Day 3	Day 6	Day 9	Day 12
Deadlift	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	2x6 @ 85%	2x6 @ 85%	3x4 90%	1x2 @ 85%
				Test @ 90%

Hang clean	3x6	3x6	3x6	3x6
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Shoulder press	2x12	2x12	3x8	3x8
pair/ shrugs	2x12	2x12	3x8	3x8

Ab wheel	2xfailure	2xfailure	2xfailure	2xfailure
pair/ face pulls	2x12	2x12	2x8	2x8
pair/ glute ham	2x12	2x12	2x8	2x8

*Speed, Agility, Plyometrics

Athlete Name: _____

Current maxes:	Squat	Bench	Clean	Deadlift
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Cardinal Strength Program (Offseason - Phase 2)

Workout #1	Day 1	Day 4	Day 7	Day 10
High Pull	3x6	3x6	3x6	3x6
Squat	1x10 @ 50%	1x8 @ 60%	1x8 @ 60%	1x8 @ 60%
	1x6 @ 65%	1x4 70%	1x4 75%	1x4 @ 75%
	3x8 @ 80%	4x6 80%	4x6 85%	1x2 @ 85%
				Test @ 95%
Dips	3x8	3x8	3x8	3x8
pair/ pullups	3x8	3x8	3x8	3x8
3-way planks	3x30sec each	3x30sec each	3x45sec each	3x45sec each
pair/ tricep pressdown	3x8	3x8	3x8	3x8
pair/ back hyper	3x8	3x8	3x8	3x8

*Speed, Agility, Plyometrics

Workout #2	Day 2	Day 5	Day 8	Day 11
Power Clean	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	3x4 @ 90%	4x3 @ 90%	4x3 @ 95%	1x2 @ 85%
				Test @ 95%

RDL	2x12	2x12	3x8	3x8
pair/ lunges	2x12	2x12	3x8	3x8

Bench Press	1x10 @ 50%	1x8 @ 60%	1x8 @ 60%	1x8 @ 60%
	1x6 @ 65%	1x4 75%	1x4 75%	1x4 @ 75%
	3x8 @ 80%	4x6 85%	4x6 85%	1x2 @ 85%
				Test @ 95%

Neck (4-way)	3x8	3x8	3x8	3x8
pair/ straight arm pulldown	2x12	2x12	2x8	2x8
pair/ shoulder raises (front/side)	2x12	2x12	2x8	2x8

*Speed, Agility, Plyometrics

Workout #3	Day 3	Day 6	Day 9	Day 12
Deadlift	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%	1x6 @ 60%
	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%	1x4 @ 75%
	3x4 @ 90%	4x3 @ 90%	4x3 @ 95%	1x2 @ 85%
				Test @ 95%

Hang clean	3x6	3x6	3x6	3x6
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Shoulder press	3x8	3x8	3x8	3x8
pair/ shrugs	3x8	3x8	3x8	3x8

Ab wheel	2xfailure	2xfailure	2xfailure	2xfailure
pair/ face pulls	3x8	3x8	3x8	3x8
pair/ glute ham	3x8	3x8	3x8	3x8

*Speed, Agility, Plyometrics