

## Boys Intro to Strength & Conditioning

Name:

Date:

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### **3 Minute Circuits (2x Each)**

A1. Slalom Lunges (1 min)

A2. Ladder Sidewalks (1 min)

A3. Goblet Squats (1 min)

B1. DB High Pulls (1 min)

B2. Plate OH Reverse Lunges (1 min)

B3. Dragon Walks (1 min)

C1. TKEs (30/30)

C2. Aussie Pull-ups (1 min)

C3. Goblet Monster Walks (1 min)

### **Hypertrophy (0:45 Rest)**

A1. Floor Press (10)

A2. DB Front Squat to Box (10)

A3. DB Row (10)

B1. 1 Arm DB OH Press (8L,8R)

B2. DB RDL (8)

B3. DB Upright Row to Press (8)

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### **Barbell Technique (5x10)**

- A. Squat
- B. Incline Bench
- C. Sumo Deadlift
- D. Power Clean
- E. OH Press
- F. Hang Snatch

### **Assistance Exercises (4x8)**

- A. DB Step-ups
- B. DB Crusher Press
- C. Machine Row
- D. KB Swings

### **Shoulder Circuit (3x20e)**

- A. DB Arnold Press
- B. DB Seated Lateral Raises
- C. DB External Rotations

### **Finisher**

- A. 1 Arm OH Farmers Walks

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### **Tier 1: Lower (Base Strength)**

- A. Squat
  - a. 5x5
    - i. Weight: \_\_\_\_\_
- B. DB Reverse Lunge
  - a. 5L,5R
    - i. Weight: \_\_\_\_\_
- C. Plate Extended TKEs
  - a. 5L,5R
    - i. Weight: \_\_\_\_\_

### **Tier 2: Upper (Hypertrophy)**

- A. Barbell Incline Press
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. Machine Rows
  - a. 3x12
    - i. Weight: \_\_\_\_\_
- C. Hammer Curls
  - a. 1x12,1xF
    - i. Weight: \_\_\_\_\_

### **Tier 3: Total (Strength Endurance Circuit)**

- A. Band Sled Rows
  - a. 2x20 yards
- B. 1 Arm OH Walking Lunges
  - a. 2x20 yards
- C. Australian Pull-ups
  - a. 20 seconds

### **Finisher (Optional)**

- A. Rope Sled Rows

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### **Tier 1: Upper (Base Strength)**

- A. Barbell OH Press
  - a. 5x5
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Incline Press
  - a. 5L,5R
    - i. Weight: \_\_\_\_\_
- C. DB Reverse-grip Rows
  - a. 10
    - i. Weight: \_\_\_\_\_

### **Tier 2: Total (Hypertrophy)**

- A. DB Muscle Cleans
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Snatch
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. Plate Farmers Carries
  - a. 3x40 yards
    - i. Weight: \_\_\_\_\_

### **Tier 3: Lower (Strength Endurance Circuit)**

- A. Sled Pushes
  - a. 2x20 yards
- B. Reverse Sled Drags
  - a. 2x20 yards
- C. Goblet Monster Walks
  - a. 20 seconds

### **Finisher (Optional)**

- A. Med Ball Sit-up and Throw

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### **Tier 1: Lower (Base Strength)**

- A. Squat
  - a. 5x3
    - i. Weight: \_\_\_\_\_
- B. DB Reverse Lunge
  - a. 5L,5R
    - i. Weight: \_\_\_\_\_
- C. Plate Extended TKEs
  - a. 5L,5R
    - i. Weight: \_\_\_\_\_

### **Tier 2: Upper (Hypertrophy)**

- A. Barbell Incline Press
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. Machine Rows
  - a. 3x12
    - i. Weight: \_\_\_\_\_
- C. Hammer Curls
  - a. 1x12,1xF
    - i. Weight: \_\_\_\_\_

### **Tier 3: Total (Strength Endurance Circuit)**

- A. Band Sled Rows
  - a. 2x20 yards
- B. 1 Arm OH Walking Lunges
  - a. 2x20 yards
- C. Australian Pull-ups
  - a. 20 seconds

### **Finisher (Optional)**

- A. Rope Sled Rows

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### **Tier 1: Upper (Base Strength)**

- A. Barbell OH Press
  - a. 5x3
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Incline Press
  - a. 5L,5R
    - i. Weight: \_\_\_\_\_
- C. DB Reverse-grip Rows
  - a. 10
    - i. Weight: \_\_\_\_\_

### **Tier 2: Total (Hypertrophy)**

- A. DB Muscle Cleans
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Snatch
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. Plate Farmers Carries
  - a. 3x40 yards
    - i. Weight: \_\_\_\_\_

### **Tier 3: Lower (Strength Endurance Circuit)**

- A. Sled Pushes
  - a. 2x20 yards
- B. Reverse Sled Drags
  - a. 2x20 yards
- C. Goblet Monster Walks
  - a. 20 seconds

### **Finisher (Optional)**

- B. Med Ball Sit-up and Throw

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### **Tier 1: Lower (Base Strength)**

- A. Squat
  - a. 5x3
    - i. Weight: \_\_\_\_\_
- B. DB Reverse Lunge
  - a. 3x5L,5R
    - i. Weight: \_\_\_\_\_
- C. Plate Extended TKEs
  - a. 3x5L,5R
    - i. Weight: \_\_\_\_\_

### **Tier 2: Upper (Hypertrophy)**

- A. Barbell Incline Press
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. Machine Rows
  - a. 3x12
    - i. Weight: \_\_\_\_\_
- C. Hammer Curls
  - a. 1x12,1xF
    - i. Weight: \_\_\_\_\_

### **Tier 3: Total (Strength Endurance Circuit)**

- A. Band Sled Rows
  - a. 2x20 yards
- B. 1 Arm OH Walking Lunges
  - a. 2x20 yards
- C. Australian Pull-ups
  - a. 20 seconds

### **Finisher (Optional)**

- A. Rope Sled Rows

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### **Tier 1: Upper (Base Strength)**

- A. Barbell OH Press
  - a. 6x4
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Incline Press
  - a. 3x5L,5R
    - i. Weight: \_\_\_\_\_
- C. DB Reverse-grip Rows
  - a. 3x10
    - i. Weight: \_\_\_\_\_

### **Tier 2: Total (Hypertrophy)**

- A. DB Muscle Cleans
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Snatch
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. Plate Farmers Carries
  - a. 3x40 yardsx2
    - i. Weight: \_\_\_\_\_

### **Tier 3: Lower (Strength Endurance Circuit)**

- A. Sled Pushes
  - a. 2x20 yards
- B. Reverse Sled Drags
  - a. 2x20 yards
- C. Goblet Monster Walks
  - a. 20 seconds

### **Finisher (Optional)**

- A. Med Ball Sit-up and Throw



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### **Tier 1: Lower (Base Strength)**

- A. Squat
  - a. 6x4
    - i. Weight: \_\_\_\_\_
- B. DB Reverse Lunge
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. Plate Extended TKEs
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_

### **Tier 2: Upper (Hypertrophy)**

- A. Barbell Incline Press
  - a. 4x10
    - i. Weight: \_\_\_\_\_
- B. Machine Rows
  - a. 3x15
    - i. Weight: \_\_\_\_\_
- C. Hammer Curls
  - a. 1x12,1xF
    - i. Weight: \_\_\_\_\_

### **Tier 3: Total (Strength Endurance Circuit—3x)**

- A. Band Sled Rows
  - a. 2x20 yards
- B. 1 Arm OH Walking Lunges
  - a. 2x20 yards
- C. Australian Pull-ups
  - a. 20 seconds

### **Finisher (Optional—3x)**

- A. Rope Sled Rows

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### **Tier 1: Upper (Base Strength)**

- A. Barbell OH Press
  - a. 6x4
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Incline Press
  - a. 3x5L,5R
    - i. Weight: \_\_\_\_\_
- C. DB Reverse-grip Rows
  - a. 3x10
    - i. Weight: \_\_\_\_\_

### **Tier 2: Total (Hypertrophy)**

- A. DB Muscle Cleans
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Snatch
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. DB OH Farmers Carries
  - a. 3x40 yardsx2
    - i. Weight: \_\_\_\_\_

### **Tier 3: Lower (Strength Endurance Circuit)**

- A. Sled Push and Release
  - a. 2x20 yards
- B. Standing Sled Drags
  - a. 2x20 yards
- C. DB Walking Lunges
  - a. 20 seconds

### **Finisher (Optional)**

- A. Med Ball Sit-up and Throw

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### **Tier 1: Lower (Base Strength)**

- A. Squat
  - a. 6x4
    - i. Weight: \_\_\_\_\_
- B. DB Reverse Lunge
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. Plate Extended TKEs
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_

### **Tier 2: Upper (Hypertrophy)**

- A. Barbell Incline Press
  - a. 4x10
    - i. Weight: \_\_\_\_\_
- B. Machine Rows
  - a. 3x15
    - i. Weight: \_\_\_\_\_
- C. Hammer Curls
  - a. 1x12,1xF
    - i. Weight: \_\_\_\_\_

### **Tier 3: Total (Strength Endurance Circuit—3x)**

- A. Band Sled Rows
  - a. 2x20 yards
- B. 1 Arm OH Walking Lunges
  - a. 2x20 yards
- C. Australian Pull-ups
  - a. 20 seconds

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### **Tier 1: Upper (Base Strength)**

- A. Barbell OH Press
  - a. 5x5
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Incline Press
  - a. 3x5L,5R
    - i. Weight: \_\_\_\_\_
- C. DB Reverse-grip Rows
  - a. 3x10
    - i. Weight: \_\_\_\_\_

### **Tier 2: Total (Hypertrophy)**

- A. DB Muscle Cleans
  - a. 4x8
    - i. Weight: \_\_\_\_\_
- B. DB 1 Arm Snatch
  - a. 3x6L,6R
    - i. Weight: \_\_\_\_\_
- C. DB OH Farmers Carries
  - a. 3x40 yardsx2
    - i. Weight: \_\_\_\_\_

### **Tier 3: Lower (Strength Endurance Circuit)**

- A. Sled Push and Release
  - a. 2x20 yards
- B. Standing Sled Drags
  - a. 2x20 yards
- C. DB Walking Lunges
  - a. 20 seconds

### **Finisher (Optional)**

- A. Med Ball Sit-up and Throw

