

Northern Lakes Warriors RLFC
Off-Season Gym Program
Strength and Power



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Strength & Power 6 Week Offseason Block.xlsx - Exercise Sheet

Upper Body			
Horizontal Push	Horizontal Pull	Vertical Push	Vertical Pull
Push-Ups	Inverted Row	DB Overhead Press	Chin/Pull-Up
Bench Press	Machine Row	BB Overhead Press	Lat Pull-Down
Chets Press	BB Row		
	Single Arm DB Row		

Lower Body		Arms	
Hip	Knee	Pull	Push
SL Hip Raises (foot on bench)	Bulgarian Split Squat	DB Curls	DB Skull Crushers
Machine Leg Curls	Machine leg extension	Hammer Curls	DB Tricep Extensions
Machine hip extension	machine leg press	DB Lateral Raises	DB Kickbacks
Step-Ups (High Box)	Step-Ups (low box)	DB Front Raises	
	Lunges		

Core

Plank*
Side Plank*
Cruches
Ab Wheel Roll Out
Mountain Climbers
Palloff Press

* = 30-Sec instead of reps

Strength & Power 6 Week Offseason Block.xlsx - Day A Weeks 1-3

Strength and Power: Day A Weeks 1-3

Athlete Name:

Oder	Exericse		Week 1 - Date:		Weight	Weight#	Week 2 - Date:		Weight	Weight#	Week 3 - Date:		Weight	Weight#
			Rep-Range	Rep #			Rep-Range	Rep #			Rep-Rang	Rep #		
A1	Back Squat	WU1	8		Light		10		Light		10		Light	
		WU2	8		Light-Mod				Light-Mod				Light-Mod	
		Set 1	8		Mod-Hvy				Moderate				Moderate	
		Set 2	8		Mod-Hvy				Mod-Hvy				Mod-Hvy	
		Set 3	8		Heavy				Heavy				Heavy	
		Set 4	8		Heavy									
A2	Rest 90-Sec													
B1	Deadlift/Rack Pull	WU1	8		Light		10		Light		10		Light	
		WU2	8		Light-Mod				Light-Mod				Light-Mod	
		Set 1	8		Mod-Hvy				Moderate				Moderate	
		Set 2	8		Mod-Hvy				Mod-Hvy				Mod-Hvy	
		Set 3	8		Heavy				Heavy				Heavy	
		Set 4	8		Heavy									
B2	Rest 90-Sec													
C1	Romainian Deadlift (RDL)	Set 1	10		Moderate		8		Mod-Hvy		6		Heavy	
		Set 2	10		Moderate				Mod-Hvy				Heavy	
		Set 3	10		Moderate				Mod-Hvy				Heavy	
C2	60-Sec Rest													
D1	Legs - Knee	Set 1	10		Moderate		8		Mod-Hvy		6		Heavy	
		Set 2	10		Moderate				Mod-Hvy				Heavy	
		Set 3	10		Moderate				Mod-Hvy				Heavy	
D2	60-Sec Rest													

Strength & Power 6 Week Offseason Block.xlsx - Day B Weeks 1-3

Strength and Power: Day B Weeks 1-3

Athlete Name:

Oder	Exericse	Week 1 - Date:				Week 2 - Date:				Week 3 - Date:			
		Body Weight		Weight		Body Weight		Weight		Body Weight		Weight	
		Rep-Range	Rep #		Weight#	Rep-Rang	Rep #		Weight#	Rep-Rang	Rep #		Weight#
A1	Bench Press	WU1	8		Light		10		Light		10		Light
		WU2	8		Light-Mod		8		Light-Mod		8		Light-Mod
		Set 1	8		Mod-Hvy		8		Moderate		6		Moderate
		Set 2	8		Mod-Hvy		6		Mod-Hvy		5		Mod-Hvy
		Set 3	8		Heavy		5		Heavy		3		Heavy
		Set 4	8		Heavy								
A2	Rest 90-Sec												
B1	Barbell Row	WU1	8		Light		10		Light		10		Light
		WU2	8		Light-Mod		8		Light-Mod		8		Light-Mod
		Set 1	8		Mod-Hvy		8		Moderate		6		Moderate
		Set 2	8		Mod-Hvy		6		Mod-Hvy		5		Mod-Hvy
		Set 3	8		Heavy		5		Heavy		3		Heavy
		Set 4	8		Heavy								
B2	Rest 90-Sec												
C1	Vertical Pull	Set 1	10		Moderate		8		Mod-Hvy		6		Heavy
		Set 2	10		Moderate		8		Mod-Hvy		6		Heavy
		Set 3	10		Moderate		8		Mod-Hvy		6		Heavy
C2	60-Sec Rest												
D1	Horizontal Push	Set 1	10		Moderate		8		Mod-Hvy		6		Heavy
		Set 2	10		Moderate		8		Mod-Hvy		6		Heavy
		Set 3	10		Moderate		8		Mod-Hvy		6		Heavy
D2	60-Sec Rest												
D1	Vertical Push	Set 1	10		Moderate		8		Mod-Hvy		6		Heavy
		Set 2	10		Moderate		8		Mod-Hvy		6		Heavy
		Set 3	10		Moderate		8		Mod-Hvy		6		Heavy
D2	60-Sec Rest												

Strength & Power 6 Week Offseason Block.xlsx - Day C Weeks 1-3

Strength and Power: Day C Weeks 1-3

Athlete Name:

Oder	Exericse		Week 1 - Date:				Week 2 - Date:				Week 3 - Date:			
			Body Weight				Body Weight				Body Weight			
			Rep-Range	Rep #	Weight	Weight#	Rep-Rang	Rep #	Weight	Weight#	Rep-Rang	Rep #	Weight	Weight#
A1	Hang Clean / Hang High-Pull	Set 1	5		Light		4		Light-Mod		3		Moderate	
		Set 2	5		Light		4		Light-Mod		3		Moderate	
		Set 3	5		Light		4		Light-Mod		3		Moderate	
A2	Hang Clean / Hang High-Pull	Set 1	5		Light		4		Light-Mod		3		Moderate	
		Set 2	5		Light		4		Light-Mod		3		Moderate	
		Set 3	5		Light		4		Light-Mod		3		Moderate	
A3	Medball Keg Toss	Set 1	5		Light		4		Light-Mod		3		Moderate	
		Set 2	5		Light		4		Light-Mod		3		Moderate	
		Set 3	5		Light		4		Light-Mod		3		Moderate	
A4	Rest 90-Sec													
B1	Squat Jumps (loaded)	Set 1	5		Light		4		Light-Mod		3		Moderate	
		Set 2	5		Light		4		Light-Mod		3		Moderate	
		Set 3	5		Light		4		Light-Mod		3		Moderate	
B2	Box Jumps		5				4				3			
B3	Rest 90-Sec													
B1	Bench Press	Set 1	5		Light		4		Light-Mod		3		Moderate	
		Set 2	5		Light		4		Light-Mod		3		Moderate	
		Set 3	5		Light		4		Light-Mod		3		Moderate	
B2	Lying medball throw		5				4				3			
B3	Rest 90-Sec													

Strength & Power 6 Week Offseason Block.xlsx - Day A Weeks 4-6

Strength and Power: Day A Weeks 4-6

Athlete Name:

Oder	Exericse		Week 1 - Date:		Weight	Weight#	Week 2 - Date:		Weight	Weight#	Week 3 - Date:		Weight	Weight#
			Rep-Range	Rep #			Rep-Rang	Rep #			Rep-Rang	Rep #		
A1	Back Squat	WU1	10		Light		10		Light		10		Light	
		WU2	8		Light-Mod		8		Light-Mod		8		Light-Mod	
		Set 1	3		Mod-Hvy		8		Moderate		6		Moderate	
		Set 2	5		Heavy		6		Mod-Hvy		5		Mod-Hvy	
		Set 3	2		Very-Hvy		5		Heavy		3		Heavy	
A2	Rest 90-Sec													
B1	Deadlift/Rack Pull	WU1	10		Light		10		Light		10		Light	
		WU2	8		Light-Mod		8		Light-Mod		8		Light-Mod	
		Set 1	3		Mod-Hvy		8		Moderate		6		Moderate	
		Set 2	5		Heavy		6		Mod-Hvy		5		Mod-Hvy	
		Set 3	2		Very-Hvy		5		Heavy		3		Heavy	
B2	Rest 90-Sec													
C1	Romainian Deadlift (RDL)	Set 1	5		Heavy		8		Mod-Hvy		6		Heavy	
		Set 2	5		Heavy		8		Mod-Hvy		6		Heavy	
		Set 3	5		Heavy		8		Mod-Hvy		6		Heavy	
C2	60-Sec Rest													
D1	Legs - Knee	Set 1	10		Moderate		8		Mod-Hvy		6		Heavy	
		Set 2	10		Moderate		8		Mod-Hvy		6		Heavy	
		Set 3	10		Moderate		8		Mod-Hvy		6		Heavy	
D2	60-Sec Rest													

Strength & Power 6 Week Offseason Block.xlsx - Day B Weeks 4-6

Strength and Power: Day B Weeks 4-6

Athlete Name:

		Week 1 - Date: <div>Body Weight</div>				Week 2 - Date: <div>Body Weight</div>				Week 3 - Date: <div>Body Weight</div>			
Oder	Exericse	Rep-Range	Rep #	Weight	Weight#	Rep-Rang	Rep #	Weight	Weight#	Rep-Rang	Rep #	Weight	Weight#
A1	Bench Press	WU1	10		Light		10		Light		10		Light
		WU2	8		Light-Mod		8		Light-Mod		8		Light-Mod
		Set 1	3		Mod-Hvy		8		Moderate		6		Moderate
		Set 2	5		Heavy		6		Mod-Hvy		5		Mod-Hvy
		Set 3	2		Very-Hvy		5		Heavy		3		Heavy
		Set 4											
A2	Rest 90-Sec												
B1	Barbell Row	WU1	10		Light		10		Light		10		Light
		WU2	8		Light-Mod		8		Light-Mod		8		Light-Mod
		Set 1	3		Mod-Hvy		8		Moderate		6		Moderate
		Set 2	5		Heavy		6		Mod-Hvy		5		Mod-Hvy
		Set 3	2		Very-Hvy		5		Heavy		3		Heavy
		Set 4											
B2	Rest 90-Sec												
C1	Vertical Pull	Set 1	8		Mod-Hvy		12		Light-Mod		10		Moderate
		Set 2	8		Mod-Hvy		12		Light-Mod		10		Moderate
		Set 3	8		Mod-Hvy		12		Light-Mod		10		Moderate
C2	60-Sec Rest												
D1	Horizontal Push	Set 1	8		Mod-Hvy		12		Light-Mod		10		Moderate
		Set 2	8		Mod-Hvy		12		Light-Mod		10		Moderate
		Set 3	8		Mod-Hvy		12		Light-Mod		10		Moderate
D2	60-Sec Rest												
D1	Vertical Push	Set 1	8		Mod-Hvy		12		Light-Mod		10		Moderate
		Set 2	8		Mod-Hvy		12		Light-Mod		10		Moderate
		Set 3	8		Mod-Hvy		12		Light-Mod		10		Moderate
D2	60-Sec Rest												

Strength & Power 6 Week Offseason Block.xlsx - Day C Weeks 4-6

Strength and Power: Day C Weeks 4-6

Athlete Name:

			Week 1 - Date:						Week 2 - Date:						Week 3 - Date:			
			Body Weight						Body Weight						Body Weight			
Oder	Exericse		Rep-Range	Rep #	Weight	Weight#		Rep-Rang	Rep #	Weight	Weight#		Rep-Rang	Rep #	Weight	Weight#		
A1	Hang Clean / Hang High-Pull	Set 1	5		Light			4		Light-Mod			3		Moderate			
		Set 2	5		Light			4		Light-Mod			3		Moderate			
		Set 3	5		Light			4		Light-Mod			3		Moderate			
A2	Hang Clean / Hang High-Pull	Set 1	5		Light			4		Light-Mod			3		Moderate			
		Set 2	5		Light			4		Light-Mod			3		Moderate			
		Set 3	5		Light			4		Light-Mod			3		Moderate			
A3	Medball Keg Toss	Set 1	5		Light			4		Light-Mod			3		Moderate			
		Set 2	5		Light			4		Light-Mod			3		Moderate			
		Set 3	5		Light			4		Light-Mod			3		Moderate			
A4	Rest 90-Sec																	
B1	Squat Jumps (loaded)	Set 1	5		Light			4		Light-Mod			3		Moderate			
		Set 2	5		Light			4		Light-Mod			3		Moderate			
		Set 3	5		Light			4		Light-Mod			3		Moderate			
B2	Box Jumps		5				4					3						
B3	Rest 90-Sec																	
B1	Bench Press	Set 1	5		Light			4		Light-Mod			3		Moderate			
		Set 2	5		Light			4		Light-Mod			3		Moderate			
		Set 3	5		Light			4		Light-Mod			3		Moderate			
B2	Lying medball throw		5				4					3						
B3	Rest 90-Sec																	