

HBRA Varsity Crew Weight Training Packet

*Teamwork – “Coming together is a beginning. Keeping together is progress.
Working together is success.”*

Week One,

Goal: 3 X 6 reps/estimate 70% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get up			

Week Two, Build your Base

(2)

Goal: 3 X 10 reps/ estimate 80% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get up			

“Everyone has the desire to win, but only champions have the desire to prepare.”

Week three, Max testing (lifts in bold)

(3)

Goal: One Rep at max weight (Circle it), 3 X 5 reps/ at 80% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps

Week four, Build your Base,

(1)

Goal: 3 X 10 reps/ 70% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish get up			

*“If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting.”
-Dick Vermeil – NFL Coach*

Week five, Build your Base,

(2)

Goal: 3 x 12 reps @ 85%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

Week six,

(3)

Goal: 3 x 12 reps @ 90%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

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“If you believe in yourself, have dedication and pride and never quit, you’ll be a winner. The price of victory is high, but so are the rewards.”
 – Paul Bryant

Week seven,

(1)

Goal: 3 x 12 reps @ 80%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Tukish Get Up			

Week Eight,

(2)

Goal: 3 X 12 reps/ estimate 85% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

*The Seven P's of Life –
 “Proper Prior Planning Prevents Piss Poor Performance”*

Week nine, Bring on the Power

(3)

Goal: 3 X 6 reps/ estimate 90% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

Week ten, Max testing (Lifts in Bold)

(1)

Goal: One Rep at max weight (Circle it), 1 X 20reps/ at 40% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

“Argue your limitations, and sure enough, they’re yours.”

-Richard Bach

Week eleven, Power!!!

(2)

Goal: 4 X 5 reps/ 90% of max

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

“Pain is Weakness Leaving the Body!”

Week twelve, Power

(3)

Goal: 4 x 6 reps @ 90%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

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Week thirteen,

(1)

Goal: 4 x 5 reps @ 80%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

“If you believe in yourself, have dedication and pride and never quit, you’ll be a winner. The price of victory is high, but so are the rewards.”
 – Paul Bryant

Week fourteen,

(2)

Goal: 5 x 4 reps @ 90%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

*“The only way to define your limits is by going beyond them.”
-Arthur Clarke*

Week Fifteen, Max Power!

(3)

Goal: 6 x 3 reps @ 95%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

*“Vincit qui patitur: he who conquers, endures.”
-Percy Cerutty*

Week sixteen, Max test (Lifts in bold)

(1)

Goal: Max test

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

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Week seventeen, Back to the Base - ics

(2)

Goal: 3 x 12 @ 70%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			

Week Eighteen,

Goal: 3 x 12 @ 80%

Tuesday	Weight/Reps	Thursday	Weight/Reps
Squats		Split Squats	
Lunges		Dead Lifts	
Bench Pull		High Pull	
Box Jumps	3 x 20 reos	Bench Pull	
1 Arm Row		Lunges	
Eagles		Overhead squats	
Front Pull-Ups	3 x max reps	Push Ups	3 x max reps
Crunches	3 x 100 reps	Pull ups	3 x max reps
RDL		Sit Ups	3 x 50 reps
Turkish Get Up			