

-----Field Hockey-----

Bodyweight 0/0

Comment:

Week #: 8

1 rep max/exercise

Set 1  
RP x WT

Set 2  
RP x WT

Set 3  
RP x WT

Set 4  
RP x WT

Set 5  
RP x WT

Set 6  
RP x WT

### DAY 1

OH / LAT FIGURE 8'S CORE	6 x ____	6 x ____	6 x ____			
RACK CLEAN	2 x 55	2 x 55	2 x 55	2 x 55	2 x 55	2 x 55
BENCH	5 x 60	4 x 70	3 x 80	2 x 95	2 x 95	2 x 95
FACE PULL	6 x 80	6 x 80	6 x 80			
GLUTE HAM	8 x ____	8 x ____				
D.B. TRICEP EXT.	8 x 80	8 x 80				
GRIP WORK						

### DAY 2

PRESSING SNATCH CORE	8 x ____	8 x ____	8 x ____			
POWER SHRUG	2 x 65	2 x 65	2 x 65	2 x 65	2 x 65	2 x 65
PARALLEL SQUAT	6 x 60	4 x 70	3 x 75	4 x 90	4 x 90	4 x 90
DB ROW	10 x 60	10 x 60				
WAITERS BOW	10 x 75	10 x 75	10 x 75			
HAMMER CURL	8 x 75	8 x 75	8 x 75			
GRIP WORK						

### DAY 3

SHO COMBO CORE	6 x ____	6 x ____	6 x ____			
SQUAT JUMP	3 x ____	3 x ____	3 x ____	3 x ____	3 x ____	3 x ____
PAUSE SQUAT	2 x 60	2 x 60	2 x 60	2 x 60	2 x 60	2 x 60
INCLINE BENCH PRESS	6 x 55	4 x 70	2 x 80	3 x 90	3 x 90	3 x 90
BENCH PULL-UP	____ x ____	____ x ____	____ x ____			
DB SL RDL	10 x ____	10 x ____	10 x ____			
GRIP WORK						