

ARIZONA STATE UNIVERSITY



AFROTC WEIGHTLIFTING PROGRAM

ABOUT THIS PROGRAM

Created by Cadet Bryce Miller

The primary goal of this program is for beginner and Intermediate to help increase muscle hypertrophy for individuals in the basic skills and techniques of lifting weight properly and efficiently. The secondary goal of this program is to increase general strength on fundamental compound movements that involve large muscle masses. But, as a general guide, this program will help you in your everyday life with the proper lifting techniques, Mobility and stretches, will help you improve your body for the long term on Active Duty in the Air Force. **(Post weights cardio & correct form videos at the bottom of the program)**

BLOCK 1

1. Complete mastery of exercise execution. This not only means performing the exercise with standard and proper technique for safety purposes, but also homing in on the most optimal way to engage the muscles we are targeting.
2. Development of a large work capacity and high-volume tolerance. This work capacity will set us up for success in Block 2 of the program, where volume is decreased as intensity (effort) is increased.

BLOCK 2

1. Block 2 begins with a deload week to emphasize recovery leading into the most psychologically and physically demanding phase of the program. Unlike Block 1 (which will require a degree of restraint and special attention to careful execution)
2. The main idea with Block 2 is to apply a high degree of effort, by taking many sets closer to failure. Now that you have mastered technique and built a volume tolerance it is time to lock in mentally and give it your all.

BLOCK 3

1. Last but not least block three combines block 2 with the high intensity and lower reps to combine with block 1 which main focus was for technique and safety. In the last five weeks of Block 3 you will be leading up to the most physically demanding time in the weight room by doing super low weight with super heavy weight. And with this at the end of block 3 going onto week 16 (Which should be your max out week) you should officially have all new maxes, if followed the programmed correctly.

DELOAD WEEK (Week 5)

1. What is a deload week, you may ask? A deload week is something you do only if you are training regularly and need a break from your normal routine. It's a week to avoid overtraining and to recover from a period of performance plateaus, decreased energy levels and a combination of overworking, poor sleep and nutrition.

KEY TERMS

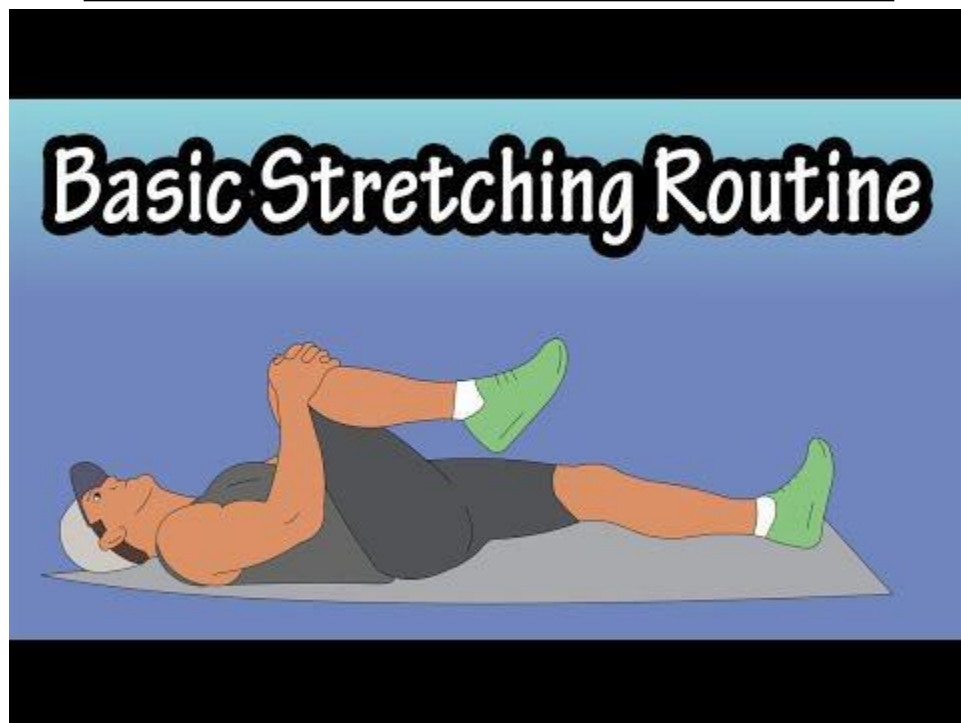
- **DB** - Dumbbell
- **BB** - Barbell
- **RDL** - Romanian dead lift
- **SB** - Sumo Ball
- **SL** - Single leg
- **TRX** - Total body resistant exercise
- **RPE** - Rate of perceived exertion. A measure of how difficult a set was on a 1-10 scale, with 10 meaning muscular failure was achieved. An RPE of 9 means you could have gotten one more rep, an RPE of 8 means you could have gotten two more reps, etc.
- **ROM** - Range of motion
- **TEMPO** - The speed at which the lift occurs.
- **LOAD** - The speed at which the lift occurs.
- **PRI (Primary Exercise)** - Main heavy compound movements that involve a large muscle mass (For Example: squats, bench presses, deadlifts, and overhead presses)
- **SEC (Secondary Exercise)** - Compound exercises which involve less muscle mass (For Example: cable rows, lunges, hip thrusts, pull-ups, etc.)
- **WORK CAPACITY** - The ability to recover from a high volume of training
- **HYPERTROPHY** - The growth of (muscle) tissue
- **INTENSITY** - Effort and load
- **AMRAP** - As many reps as possible (with good form). Often performed as a test to determine max strength
- **CONCENTRIC** - The contracting (“positive”) aspect of the lift
- **ECCENTRIC** - The lowering (“negative”) aspect of the lift

WARM-UP or COOLDOWN & STRETCHES

ASU AFROTC WING WEIGHTLIFTING PROGRAM

EXERCISE	SETS	REPS/TIME	NOTES
Low Intensity Cardio	N/A	5-10 Minutes	Choose any machine which elevate your heart rate to 100 to 135 BPM
Foam Rolling(Optional)	N/A	2-3 Minutes	Focus on large muscle groups and optional use a lacrosse ball for small muscle groups
Front/Back Leg Swing	1	12	12 each leg
Side/Side Leg Swing	1	12	12 each leg
Prone Trap Raise	1	15	Mind muscle connection with mid back
Cable External Rotation (Optional)	1	15	15 each leg
Cable Internal Rotation (Optional)	1	15	15 each side
Overhead Shrug (Optional)	1	15	Might squeeze on traps at the top of each rep

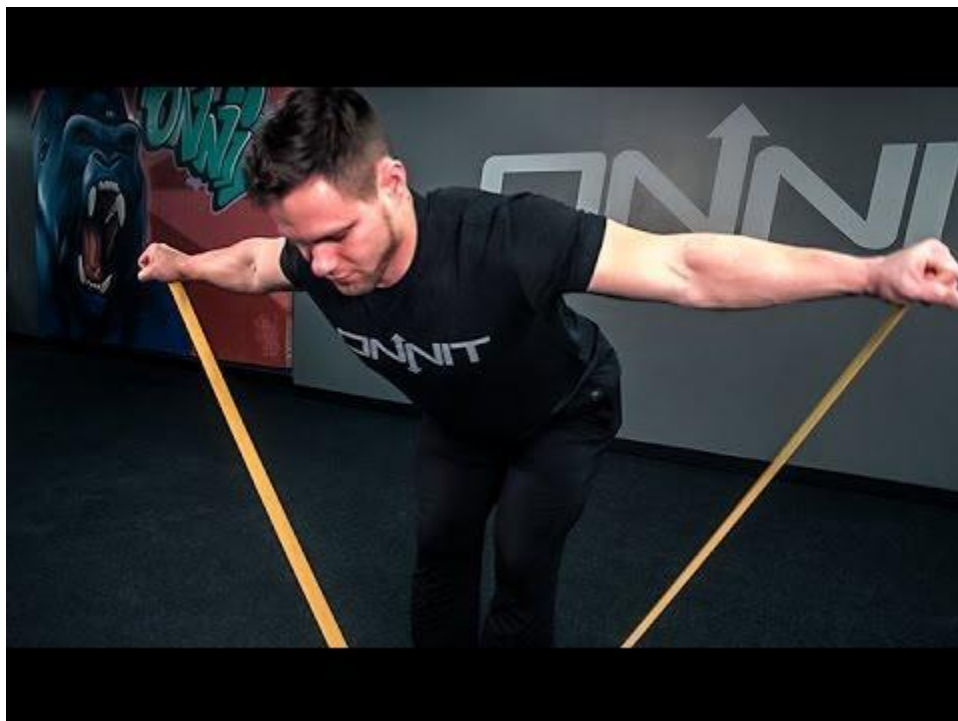
STRETCHES FOR FLEXIBILITY



FOAM ROLLING



RESISTANCE BANDS FOR MOBILITY



ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 1-Day 1

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Weight Room Expectations:					
	• Safety first • Spotters for every lift • Proper clean up • Wipe down the equipment once done • Do the right thing					
2	Warm - Up					
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches • Table top push-up • Push-ups	2				20
		2				10
		1				10
		Load	WT	%	Sets	Reps
3	Focus: Bench Press	RPE			3	15
4	Inverted Rows (feet on floor)	RPE			3	15
5	Pull-ups or Chin-ups	RPE			3	15
6	Push-ups	RPE			1	AMRAP

Day 2

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches • Floor bridge • Push-ups	2				20
		2				10
		1				10
		Load	WT	%	Sets	Reps
2	Air Squat (Correct Form)	RPE			1	20
3	RDL Hinge Technique (Correct Form)	RPE			1	20
4	Focus: Squat	RPE			3	15
5	RDL	RPE			3	15
X	Calves				1	AMRAP

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 1-Day 3

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds Every Group Needs A Spotter Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm - Up					
	Abdominals/Glute Activation - Vertical straight-leg crunches - Table top push-up - Push-ups					(40)
					2	20
					2	10
					1	10
		Load	WT	%	Sets	Reps
2	Focus: High Pull	RPE			3	15
3	Bench Press	RPE			3	15
4	Inverted Rows (feet on floor)	RPE			3	15
5	Pull-ups or Chin-ups	RPE			3	15
X	Biceps/Triceps	RPE			2	AMRAP

Week 1-Day 4

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds Every Group Needs A Spotter Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up				1	170
	Abdominals/Glute Activation - Vertical straight-leg crunches - Table top push-up - Push-ups					(40)
					2	20
					2	10
					1	10
		Load	WT	%	Sets	Reps
2	Focus: Dead lift	RPE			3	15
3	Squat	RPE			3	15
4	RDL	RPE			3	15
5	SB Leg Curls	RPE			3	15
X	Air Squats	RPE			1	AMRAP

Week 2-Day 1

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency.

Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds

Every Group Needs A Spotter

Facility: SDFC Gym/Weight-Room

Equipment: Barbells, Dumbbells, and Pull-Up Bar

1	Warm - Up					
	Abdominals/Glute Activation				(40)	
	• Vertical straight-leg crunches			2	20	
	• Table top push-up			2	10	
	• Push-ups			1	10	
		Load	WT	%	Sets	Reps
2	Focus: Snatch (Hang Snatch)	RPE			3	15
3	Bench Press	RPE			3	15
4	Inverted Rows (feet on floor)	RPE			3	15
5	Pull-ups or Chin-ups	RPE			3	15
X	Biceps/triceps	RPE			2	AMRAP

Day 2

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency.

Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds

Every Group Needs A Spotter

Facility: SDFC Gym/Weight-Room

Equipment: Barbells, Dumbbells, and Pull-Up Bar

1	Warm-up			1		170
	Abdominals/Glute Activation				(40)	
	• Vertical straight-leg crunches			2	20	
	• Floor bridge			2	10	
	• Push-ups			1	10	
		Load	WT	%	Sets	Reps
2	Focus: Hang Clean	RPE			3	15
3	Squat	RPE			3	15
4	RDL	RPE			3	15
5	Step-Ups	RPE			3	15
X	Kettlebell Swings	RPE			2	20

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 2-Day 3

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm - Up					
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• Table top push-up			2		10
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
2	High Pull	RPE			3	15
3	Bench Press	RPE			3	15
4	Inverted Rows (feet on floor)	RPE			3	15
5	Focus: Shoulder Press	RPE			3	15
6	Pull-ups or Chin-ups	RPE			3	15
X	Push-ups	RPE			1	AMRAP

Week 2-Day 4

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• Tabletop push-up			2		10
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
2	Hang Clean	RPE			3	15
3	Squat	RPE			3	15
4	RDL	RPE			3	15
5	Focus: Split Squat (air)	RPE			3	15
6	SB Leg Curls	RPE			3	15
X	Kettlebell Swings	RPE			3	15

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 3-Day 1

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	Vertical straight-leg crunches			2		20
	SL Floor bridge			2		5 ea
	Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	15
2	Back Squat	RPE			3	15
3	Romanian dead lift	RPE			3	15
4	Split Squats	RPE			3	15
5	Focus: Val Slide Leg Curls	RPE			3	15
X	Calves	RPE			2	20 ea

Day 2

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	Vertical straight-leg crunches			2		20
	SL Tabletop push-up			2		5 ea
	Push-ups			1		10
		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	15
2	Focus: Incline Bench Press	RPE			3	15
3	TRX Inverted Rows (feet on floor)	RPE			3	15
4	Shoulder Press	RPE			3	15
5	Pull-ups or Chin-ups	RPE			3	15
X	Biceps/Triceps with TRX	RPE			2	15

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 3-Day 3

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		10
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	15
2	Focus: Front Squat	RPE			3	15
3	DB SL RDL	RPE			3	15
4	Step-Ups	RPE			3	15
5	SB Leg Curls	RPE			3	15
X	Push-ups	RPE			1	AMRAP

Day 4

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Table top push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	10
2	Focus: TRX Push-Ups (legs in TRX)	RPE			3	10
3	Inverted Rows (feet on floor)	RPE			3	10
4	Shoulder Press	RPE			3	10
5	Pull-ups	RPE			3	10
X	Biceps/Triceps	RPE			2	AMRAP

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 4-Day 1

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	10
2	Back Squat	RPE			3	10
3	Romanian dead lift	RPE			3	10
4	Focus: Dead lift	RPE			3	10
5	SB leg curls	RPE			3	10
X	Weighted Sit-ups	RPE			3	15

Day 2

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Tabletop push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	10
2	Bench Press	RPE			3	10
3	Inverted Rows (feet on floor) (palms away)	RPE			3	10
4	Shoulder Press	RPE			3	10
5	Pull-ups or Chin-ups	RPE			3	10
X	Biceps/Triceps with TRX	RPE			2	10

Week 4-Day 3

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds Every Group Needs A Spotter Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		10
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	10
2	Front Squat	RPE			3	10
3	Romanian dead lift	RPE			3	10
4	BB Split Squats (air)	RPE			3	10 ea
5	Val slide leg curls	RPE			3	10
6	Sit-Ups	RPE			1	AMRAP

Day 4

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds Every Group Needs A Spotter Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Tabletop push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	10
2	Incline Bench Press	RPE			3	10
3	Inverted Rows (feet on floor) (palms facing you)	RPE			3	10
4	Shoulder Press	RPE			3	10
5	Pull-ups	RPE			3	10
6	Biceps/Triceps	RPE			2	AMRAP

Week 5-Day 1 (**DELOAD WEEK**)

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	5
3	Romanian dead lift	RPE			3	5
4	BB Split Squats	RPE			3	5 ea
5	Glute ham raises	RPE			3	5
6	Ankle flexion	RPE			2	5 ea

Day 2 (**DELOAD WEEK**)

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Table top push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	5
2	Bench Press	RPE			3	5
3	Inverted Rows (feet on bench)	RPE			3	5
4	Shoulder Press	RPE			3	5
5	Pull-ups or Chin-ups	RPE			3	5
6	Kettlebell Swings	RPE			2	15

Week 5-Day 3 (**DELOAD WEEK**)

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		10
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	5
3	Romanian dead lift	RPE			3	5
4	BB Step-ups	RPE			3	5 ea
5	Glute ham raises	RPE			3	5
6	Weighted Sit-ups	RPE			1	AMRAP

Week 5-Day 4 (**DELOAD WEEK**)

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Tabletop push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang snatch	RPE			3	5
2	Incline Bench Press	RPE			3	5
3	Inverted Rows (feet on bench)	RPE			3	5
4	DB Lateral raise	RPE			3	5
5	Pull-ups	RPE			3	5
6	Shoulder stabilization	RPE			2	8 ea

Week 6-Day 1

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	Romanian dead lift	RPE			3	8
4	BB Split Squats	RPE			3	6 ea
5	Glute ham raises	RPE			3	8
6	Jump Squat	RPE			2	10
X	Push-Ups	RPE			1	AMRAP

Day 2

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Table top push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	5
2	Bench Press	RPE			3	8
3	Inverted Rows (feet on bench)	RPE			3	8
4	Shoulder Press	RPE			3	8
5	Pull-ups or Chin-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea
X	Bicep/Tricep	RPE			2	AMREP

Week 6-Day 3

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency.

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Floor bridge			2		10
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	Romanian dead lift	RPE			3	8
4	BB Step-ups	RPE			3	5 ea
5	SB Leg Curls	RPE			3	8
6	Kettlebell Swings	RPE			2	15

Day 4

Goal: Increase Stabilization Strength and Develop Optimal Neuromuscular Efficiency. Reps: 10-15, Sets: 3, RPE: 60-70%, Goal: Focus On Form, Rest: 60 Seconds <i>Every Group Needs A Spotter</i> Facility: SDFC Gym/Weight-Room Equipment: Barbells, Dumbbells, and Pull-Up Bar						
1	Warm-up			1		170
	Abdominals/Glute Activation					(40)
	• Vertical straight-leg crunches			2		20
	• SL Tabletop push-up			2		5 ea
	• Push-ups			1		10
		Load	WT	%	Sets	Reps
1	Hang snatch	RPE			3	5
2	Incline Bench Press	RPE			3	8
3	Inverted Rows (feet on bench)	RPE			3	8
4	DB Lateral raise	RPE			3	8
5	Pull-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea
7	Push-ups	RPE			1	AMRAP

Week 7-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5

ASU AFROTC WING WEIGHTLIFTING PROGRAM

2	Back Squat	RPE			3	8
3	SL DB Romanian Dead Lift	RPE			3	8
4	<i>Dead Lift - Focus</i>	RPE			3	8
5	SB Leg Curls	RPE			3	8
6	BB Step-Ups	RPE			3	8 ea

Week 7-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	5
2	Bench Press	RPE			3	8
3	Inverted Rows (feet on bench)	RPE			3	8
4	<i>Jerk Press - Focus</i>	RPE			3	8
5	Pull-ups or Chin-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea

Week 7-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	Romanian Dead Lift	RPE			3	8
4	BB Split Squats	RPE			3	5 ea
5	BB Good mornings	RPE			3	8
6	Glute Ham Raises	RPE			1	8

Week 7-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	5
2	Incline Bench Press	RPE			3	8
3	Inverted rows (Feet on bench)	RPE			3	8
4	Jerk press	RPE			3	8
5	Pull-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea

Week 8-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	SL Romanian Dead Lift	RPE			3	6 ea
4	Dead Lift	RPE			3	8
5	SB Leg Curls	RPE			3	8
X	Sit-Ups	RPE			1	AMRAP

Week 8-Day 2

		Load	WT	%	Sets	Reps
--	--	------	----	---	------	------

ASU AFROTC WING WEIGHTLIFTING PROGRAM

1	High Pull	RPE			3	5
2	Bench Press	RPE			3	8
3	SL Inverted Rows (foot on bench)	RPE			3	5 ea
4	Jerk Press	RPE			3	8
5	Pull-ups or Chin-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea
X	BB Bicep Curl	RPE			2	AMRAP

Week 8-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	Romanian dead lift	RPE			3	8
4	BB Split Squats	RPE			3	5 ea
5	BB Good mornings	RPE			3	8
6	Hamstring Curls with TRX	RPE			3	10
X	Push-Ups	RPE			1	AMRAP

Week 8-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	5
2	Incline Bench Press	RPE			3	8
3	SA Inverted rows (Foot on bench)	RPE			3	5 ea
4	Jerk press	RPE			3	8
5	Pull-ups	RPE			3	8
6	Shoulder Stabilization	RPE			2	8 ea
X	BB Bench Press	RPE			1	AMRAP

Week 9-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	Romanian dead lift	RPE			3	6 ea
4	Dead Lift	RPE			3	8
5	SB Leg curls	RPE			3	8
6	Calves	RPE			2	20 ea

Week 9-Day 2

		Load	WT	%	Sets	Reps
--	--	------	----	---	------	------

ASU AFROTC WING WEIGHTLIFTING PROGRAM

1	High Pull	RPE			3	5
2	Bench Press	RPE			3	8
3	SL Inverted Rows (foot on bench)	RPE			3	5 ea
4	Jerk Press	RPE			3	8
5	Pull-ups or Chin-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea
X	BB Bicep Curls	RPE			1	AMRAP
X	Tricep Dips (on bench)	RPE			1	AMRAP

Week 9-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	8
3	Romanian dead lift	RPE			3	8
4	BB Step-ups	RPE			3	5 ea
5	BB Good mornings	RPE			3	8
X	Push-Ups	RPE			1	AMRAP

Week 9-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	5
2	Incline Bench Press	RPE			3	8
3	SL Inverted rows (Foot on bench)	RPE			3	5 ea
4	Jerk press	RPE			3	8
5	Pull-ups	RPE			3	8
6	Shoulder stabilization	RPE			2	8 ea
X	BB Bench Press	RPE			1	AMRAP

Week 10-Day 1 (DELOAD WEEK)

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	5
3	SL Romanian Dead Lift	RPE			3	6 ea
4	Dead Lift	RPE			3	5
5	SB Leg Curls	RPE			3	5
X	Sit-Ups	RPE			1	AMRAP

Week 10-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	5
2	Bench Press	RPE			3	5
3	SL Inverted Rows (foot on bench)	RPE			3	5 ea
4	Jerk Press	RPE			3	5
5	Pull-ups or Chin-ups	RPE			3	5
6	Shoulder stabilization	RPE			2	5 ea
X	BB Bicep Curl	RPE			2	AMRAP

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 10-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	5
2	Back Squat	RPE			3	5
3	Romanian dead lift	RPE			3	5
4	BB Split Squats	RPE			3	5 ea
5	BB Good mornings	RPE			3	5
6	Hamstring Curls with TRX	RPE			3	5
X	Calves	RPE			2	20 ea

Week 10-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	5
2	Incline Bench Press	RPE			3	5
3	SA Inverted rows (Foot on bench)	RPE			3	5 ea
4	Jerk press	RPE			3	5
5	Pull-ups	RPE			3	5
6	Shoulder Stabilization	RPE			2	5 ea
X	BB Bench Press	RPE			1	AMRAP

Week 11-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Back Squat	RPE			3	3
3	SL DB Romanian Dead Lift	RPE			3	3
4	Dead Lift	RPE			3	3
5	SB Leg Curls	RPE			3	3
6	BB Step-Ups	RPE			3	5 ea
X	Calves	RPE			2	20 ea

Week 11-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	3
2	Bench Press	RPE			3	3
3	Inverted Rows (feet on bench)	RPE			3	3
4	Jerk Press	RPE			3	3
5	Pull-ups or Chin-ups	RPE			3	3
6	Shoulder stabilization	RPE			2	5 ea
X	Bench Press	RPE			1	AMRAP

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 11-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Back Squat	RPE			3	3
3	Romanian Dead Lift	RPE			3	3
4	BB Split Squats	RPE			3	5 ea
5	BB Good mornings	RPE			3	3
6	Glute Ham Raises	RPE			1	3
X	Calves	RPE			2	20 ea

Week 11-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	3
2	Incline Bench Press	RPE			3	3
3	Inverted rows (Feet on bench)	RPE			3	3
4	Jerk press	RPE			3	3
5	Pull-ups	RPE			3	3
6	Shoulder stabilization	RPE			2	5 ea
X	Bicep Curl	RPE			1	AMRAP
X	Tricep Dip on bench	RPE			1	AMRAP

Week 12-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Back Squat	RPE			3	3
3	SL Romanian Dead Lift	RPE			3	6 ea
4	Dead Lift	RPE			3	3
5	SB Leg Curls	RPE			3	3
X	Weights Sit-ups	RPE			1	AMRAP

Week 12-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	3
2	Bench Press	RPE			3	3
3	SL Inverted Rows (foot on bench)	RPE			3	5 ea
4	Jerk Press	RPE			3	3
5	Pull-ups or Chin-ups	RPE			3	3
6	Shoulder stabilization	RPE			2	3 ea
X	BB Bicep Curl	RPE			2	AMRAP

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 12-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Back Squat	RPE			3	3
3	Romanian dead lift	RPE			3	3
4	BB Split Squats	RPE			3	5 ea
5	BB Good mornings	RPE			3	5
6	Hamstring Curls with TRX	RPE			3	10
X	Push-ups	RPE			1	AMRAP

Week 12-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	3
2	Incline Bench Press	RPE			3	3
3	SA Inverted rows (Foot on bench)	RPE			3	5 ea
4	Jerk press	RPE			3	3
5	Pull-ups	RPE			3	3
6	Shoulder Stabilization	RPE			2	5 ea
X	BB Bench Press	RPE			1	AMRAP

Week 13-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Back Squat	RPE			3	3
3	Romanian dead lift	RPE			3	6 ea
4	Dead Lift	RPE			3	3
5	SB Leg curls	RPE			3	3
6	Calves	RPE			2	20 ea

Week 13-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	3
2	Bench Press	RPE			3	3
3	SL Inverted Rows (foot on bench)	RPE			3	5 ea
4	Jerk Press	RPE			3	3
5	Pull-ups or Chin-ups	RPE			3	3
6	Shoulder stabilization	RPE			2	5 ea
X	BB Bicep Curls	RE			1	AMRAP
X	Tricep Dips (on bench)	RE			1	AMRAP

Week 13-Day 3

ASU AFROTC WING WEIGHTLIFTING PROGRAM

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Back Squat	RPE			3	3
3	Romanian dead lift	RPE			3	3
4	BB Step-ups	RPE			3	5 ea
5	BB Good mornings	RPE			3	3
X	Weighted Sit-ups	RPE			1	AMRAP

Week 13-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	3
2	Incline Bench Press	RPE			3	3
3	SL Inverted rows (Foot on bench)	RPE			3	5 ea
4	Jerk press	RPE			3	3
5	Pull-ups	RPE			3	3
6	Shoulder stabilization	RPE			2	5 ea
X	BB Bench Press	RPE			1	AMRAP

Week 14-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			5	3
2	Back Squat	RPE			5	3
3	RDL	RPE			3	3
4	Walking Lunges	RPE			3	3
5	Kettlebell Swings	RPE			3	10
6	Push-ups	RPE			1	AMRAP

Week 14-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	5
2	Bench Press	RPE			5	5
3	DB Bent Over Rows	RPE			3	5
4	<i>FOCUS: DB/PLATE SHOULDER PRESS & ALT PRESS</i>	RPE			3	3
5	Pull Ups or Chin Ups	RPE			3	3
6	Bicep Exercise	RPE			3	5
7	Tricep Exercise	RPE			3	5

Week 14-Day 3

ASU AFROTC WING WEIGHTLIFTING PROGRAM

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			3	3
2	Walking Lunges	RPE			3	3
3	RDL	RPE			3	3
4	Walking Lunges	RPE			3	3
5	Push-Ups	RPE			1	AMRAP
X	Weighted Sit-ups	RPE			1	AMRAP

Week 14-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	3
2	Bench Press	RPE			5	3
3	DB Bent Over Rows	RPE			3	5
4	Push-Ups	RPE			3	25
5	Pull Ups or Chin Ups	RPE			3	5
6	BB Bench Press	RPE			3	5
X	Bicep/Tricep Exercises	RPE			3	5

Week 14-Day 5

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			2	3
2	BB Bench Press	RPE			3	5
3	DB Bent Over Rows	RPE			3	5
4	Push-Ups	RPE			3	25
5	Pull Ups or Chin Ups	RPE			3	5
6	Walking Lunges	RPE			3	5
7	RDL	RPE			3	5
8	Bicep/Tricep Exercises	RPE			3	5

Week 15-Day 1

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			5	3
2	Back Squat	RPE			5	3
3	RDL	RPE			3	5
4	Walking Lunges	RPE			3	5
5	Sit-Ups	RPE			1	AMRAP
6	Kettlebell Swings	RPE			2	20 ea

Week 15-Day 2

		Load	WT	%	Sets	Reps
1	High Pull	RPE			3	3
2	Bench Press	RPE			5	3
3	DB Bent Over Rows	RPE			3	5
4	BB Overhead Press	RPE			3	5
5	Pull Ups or Chin Ups	RPE			3	5
6	Bicep Exercise	RPE			3	10
7	Tricep Exercise	RPE			3	10

ASU AFROTC WING WEIGHTLIFTING PROGRAM

Week 15-Day 3

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			5	3
2	Walking Lunges	RPE			3	5
3	RDL	RPE			3	5
4	Walking Lunges	RPE			3	5
5	Push-Ups	RPE			1	AMRAP
X	Calves	RPE			2	20 ea

Week 15-Day 4

		Load	WT	%	Sets	Reps
1	Hang Snatch	RPE			3	3
2	Bench Press	RPE			5	3
3	DB Bent Over Rows	RPE			3	5
4	Push-Ups	RPE			3	25
5	Pull Ups or Chin Ups	RPE			3	5
6	BB Bench Press	RPE			3	5
X	Bicep/Tricep Exercises	RPE			3	5

Week 15-Day 5

		Load	WT	%	Sets	Reps
1	Hang Clean	RPE			2	3
2	BB Bench Press	RPE			3	5
3	DB Bent Over Rows	RPE			3	5
4	Push-Ups	RPE			3	25
5	Pull Ups or Chin Ups	RPE			3	5
6	Walking Lunges	RPE			3	5
7	RDL	RPE			3	5
8	Bicep/Tricep Exercises	RPE			3	5

OPTIONAL POST WEIGHTS CARDIO

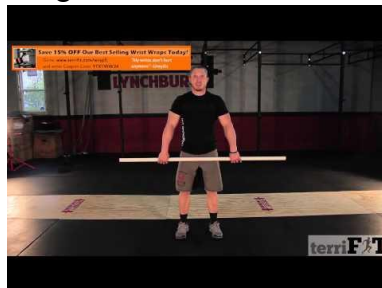
EXERCISE	SETS	REPS/TIME
Running	N/A	5-10 Minutes
Row Machine	4	60 Seconds
12-3-30	1	30 Minutes
Stairmaster	1	10-12 Minutes
Swimming	N/A	500 Meter
Sprints	6	60 Sec Sprints/90 Sec Recovery
Bicycle Ride	N/A	5 Miles

CORRECT FORM ON ALL LIFTS

Bench Press:



Hang Clean:



Squat:



ASU AFROTC WING WEIGHTLIFTING PROGRAM

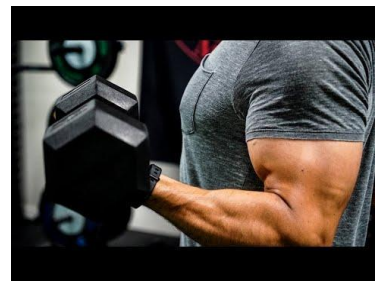
RDL:



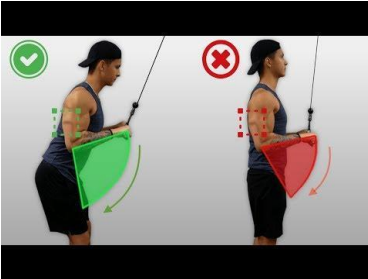
High Pull:



Biceps



Triceps:



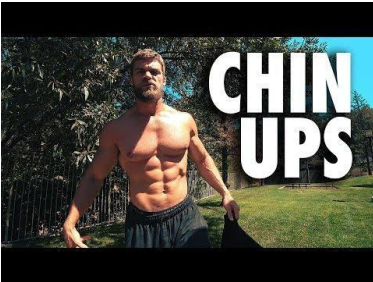
Deadlift:



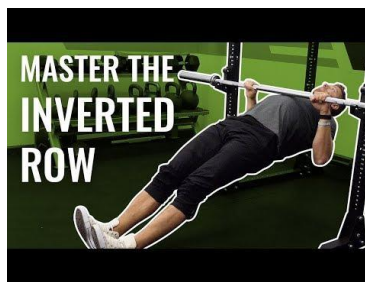
Pull-Ups:



Chin-Ups:



Inverted Rows:



Kettlebell Swings:



Shoulder Press:



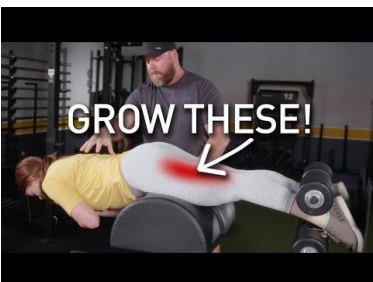
Split Air Squats



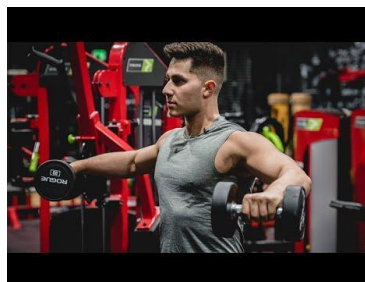
SB Leg Curls:



Glute Ham Raise:



DB Lateral Raise



Ankle Flexion:



ASU AFROTC WING WEIGHTLIFTING PROGRAM

Jerk Press:



BB Good Morning:



Calves:

