

**STRENGTH TRAINING
HIGH JUMP
GENERAL PREPARATION PERIOD**

date:				date:				date:			
Lift	SET	WEIGHT	REPS	Lift	SET	WEIGHT	REPS	Lift	SET	WEIGHT	REPS
CLEAN (hang)	1		5	CLEAN (hang)	1		5	DB SNATCH	1		5
	2		5		2		5		2		5
	3		5		3		5		3		5
	4		5		4		5		4		5
	5		5		5		5		5		5
SQUAT (standing)	1		5	SQUAT (seated)	1		5	SQUAT (split)	1		5
	2		5		2		5		2		5
	3		5		3		5		3		5
	4		5		4		5		4		5
	5		5		5		5		5		5
DB BENCH FLY	1		10	JERK PRESS (alternate weeks)	1		5	DB INCLINE	1		10
	2		10		2		5		2		10
	3		10		3		5		3		10
LUNGES	1		20		4		5	JUMP w/weight	1		20
	2		20		5		5		2		20
	3		20	UPRIGHT ROW	1		10		3		20
BENT OVER ROW	1		10		2		10	SEATED ROW	1		10
	2		10		3		10		2		10
	3		10	CALF RAISE (seated)	1		10		3		10
CALF RAISES	1		10		2		10	CALF RAISES	1		10
	2		10		3		10		2		10
	3		10	GOOD MORNINGS	1		10		3		10
BENT - OVER FLY	1		10		2		10	DB BENCH FLY (seated)	1		10
	2		10		3		10		2		10
	3		10	BICEP	1		10		3		10
GOOD MORNINGS	1		10		2		10	BICEP	1		10
	2		10		3		10		2		10
	3		10	TRICEP	1		10		3		10
BICEP	1		10		2		10	TRICEP	1		10
	2		10		3		10		2		10
	3		10	ABS	250		250		3		10
TRICEP	1		10		ABS	250		250	1		10
	2		10			2		10	2		10
	3		10	3			10	3		10	
ABS	250		250					ABS	250		250