

Manchester College

Weekly Workout Schedule for the week. of May 25, 2009

Bigger Faster Stronger

Visit BFS on the web:
VFNN.biggerfasterstronger.com

Athlete Information

Grade/Period
Sport / Positions FOOTBALL
Workout Schedule: BFS-FB-O

Week # 1 of a 12 week workout

Notes on the Workout -----

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**

For Aux lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Front Squat	3x82%	3x86%	3x91%		Step Ups	10x 30	10x 30	
Towel Bench	3x82%	3x86%	3x91%		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	3x82%	3x86%	3x91%		Lunges	10x 25	10x 25	
Reverse Dead Lift	3x82%	3x86%	3x91%		DB Incline	10x 60	10x 50	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number - 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	3x82%	3x86%	3x91%		Deadlift Stretch	10x 135	10x 135	
Bench Press	3x82%	3x86%	3x91%		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

Manchester College

Weekly Workout Schedule for the week of June 1, 2009

Bigger Faster Stronger

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Athlete Information -----

ID Number
Grade/Period
Sport / Positions FOOTBALL
Workout Schedule: BFS-FB-O

Week # 2 of a 12 week workout.

Notes on the Workout -----

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Wt.
Front Squat	5x78%	5x82%	5x86%		Step Ups	10x 30	10x 30	
Towel Bench	5x78%	5x82%	5x86%		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Wt.
Power Clean	5x78%	5x82%	5x86%		Lunges	10x 25	10x 25	
Reverse Dead Lift	5x78%	5x82%	5x86%		DB Incline	10x 60	10x 60	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number- 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Wt.
Parallel Squat	5x78%	5x82%	5x86%		Deadlift Stretch	10x 135	10x 135	
Bench Press	5x78%	5x82%	5x86%		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

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Weekly Workout Schedule for the week of June 8, 2009

Bigger Faster Stronger

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Athlete Information

Number
 Grade/Period C3
 Sport / Positions FOOTBALL
 Workout Schedule: BFS-FB-O

Week # 3 of a 12 week workout.

Notes on the Workout -----:-----,

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**

recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number ~ 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	New	
						Set 1	Set2
Front Squat	5x 84%	3x89%	1x 94%		Step Ups	10x 30	10x 30
Towel Bench	5x 84%	3x89%	1x 94%		Shoulder Shrug	10x 40	10x 40
					Triceps	10x 120	10x 120
					Power Press	5x 195	5x 195

Day Number ~ 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set2	Set3	Write your Reps here!	Auxiliary Lifts	New	
						Set 1	Set 2
Power Clean	5x 84%	3x89%	1x 94%		Lunges	10x 25	10x 25
Reverse Dead Lift	5x 84%	3x89%	1x 94%		DB Incline	10x 60	10x 60
					Biceps	10x 25	10x 25
					Push Pull 2	10x 0	10x 0

Day Number - - 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	New	
						Set 1	Set 2
Parallel Squat	5x 84%	3x89%	1x 94%		DeadJift Stretch	10x 135	10x 135
Bench Press	5x 84%	3x89%	1x 94%		Shoulder Raises	10x 20	10x 20
					Triceps	10x 120	10x 120
					Push Press	5x 115	5x 115

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Weekly Workout Schedule for the week of June 15, 2009

Bigger Faster Stronger

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Athlete Information

Number
Grade/Period C3
Sport / Positions FOOTBALL
Workout Schedule: BFS-FB-O

Week # 4 of a 12 week workout.

Notes on the Workout -----

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Front Squat	4x84%	4x86%	2x91%		Step Ups	10x 30	10x 30	
Towel Bench	10x 72%	8x76%	6x 80%		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set2	New Wt
Power Clean	4x84%	4x86%	2x91%		Lunges	10x 25	10x 25	
Reverse Dead Lift	4x84%	4x86%	2x91%		DB Incline	10x 60	10x 60	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number - 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weigh t
Parallel Squat	10x 72%	8x76%	6x 80%		Deadlift Stretch	10x 135	10x 135	
Bench Press	10x 72%	8x76%	6x 80%		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

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Weekly Workout Schedule for the week of June 22, 2009

Bigger Faster Stronger

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Athlete Information

10 Number
 Grade/Period C3
 Sport / Positions FOOTBALL
 Workout Schedule: BFS-FB-O

Week # 5 of a 12 week workout.

Notes on the Workout ~~~~~;

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you Beat the Computer! recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set2	New Weight †
Front Squat	3x84%	3x88%	3x93%		Step Ups	10x 30	10x 30	
Towel Bench	3x84%	3x88%	3x93%		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set2	Set3	Write your Reps~ here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	3x84%	3x88%	3x93%		Lunges	10x 25	10x 25	
Reverse Dead Lift	3x84%	3x88%	3x93%		DB Incline	10x 60	10x 60	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number- 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set2	New Weight
Parallel Squat	3x84%	3x88%	3x93%		Deadlift Stretch	10x 135	10x 135	
Bench Press	3x84%	3x88%	3x93%		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

Manchester College Weekly Workout Schedule for the week of July 6, 2009 Bigger Faster Stronger

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Athlete Information

10 Number
Grade/Period C3
Sport / Positions FOOTBALL
Workout Schedule: BFS-FB-O

Week # 7 of a 12 week workout.

Notes on the Workout -----,

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you Beat the Computer!

recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weigh t
Front Squat	5x87%	3x94%	1x Max		Step Ups	10x 30	10x 30	
Towel Bench	5x87%	3x94%	1x Max		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weigh t
Power Clean	5x87%	3x94%	1x Max		Lunges	10x 25	10x 25	
Reverse Dead Lift	5x87%	3x94%	1x Max		DB Incline	10x 60	10x 60	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number - 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weigh t
Parallel Squat	5x87%	3x94%	1x Max		Deadlift Stretch	10x 135	10x 135	
Bench Press	5x87%	3x94%	1x Max		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

Manchester College

Weekly Workout Schedule for the week of July 20, 2009

Bigger Faster Stronger

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Athlete Information

ID Number
Grade/Period C3
Sport / Positions FOOTBALL
Workout Schedule: BFS-FB-O

Week # 9 of a 12 week workout

Notes on the Workout -----,

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!** recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Core Lifts	Set 1	Set 2	Set 3	Did you BEAT THE COMPUTER on your last set?		Auxiliary Lifts	Set 1	Set2	New Weight
				Write your Reps here!					
Front Squat	3x86%	3x90%	3x 94%			Step Ups	10x 30	10x 30	
Towel Bench	3x86%	3x90%	3x 94%			Shoulder Shrug	10x 40	10x 40	
						Triceps	10x 120	10x 120	---
						Power Press	5x 195	5x 195	

Day Number - 2

Core Lifts	Set 1	Set 2	Set 3	Did you BEAT THE COMPUTER on your last set?		Auxiliary Lifts	Set 1	Set2	New Weight
				Write your Reps here!					
Power Clean	3x86%	3x90%	3x 94%			Lunges	10x 25	10x 25	
Reverse Dead Lift	3x86%	3x90%	3x 94%			DB Incline	10x 60	10x 60	
						Biceps	10x 25	10x 25	
						Push Pull 2	10x 0	10x 0	

Day Number - 3

Core Lifts	Set 1	Set2	Set 3	Did you BEAT THE COMPUTER on your last set?		Auxiliary Lifts	Set 1	Set 2	New Weight
				Write your Reps here!					
Parallel Squat	3x86%	3x90%	3x 94%			Deadlift Stretch	10x 135	10x 135	
Bench Press	3x86%	3x90%	3x 94%			Shoulder Raises	10x 20	10x 20	
						Triceps	10x 120	10x 120	
						Push Press	5x 115	5x 115	

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Weekly Workout Schedule for the week of July 27,2009

Bigger Faster Stronger

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Athlete Information

ID Number
Grade/Period C3
Sport / Positions FOOTBALL
Workout Schedule: BFS-FB-O

Week # 10 of a 12 week workout

Notes on the Workout -----

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you Beat the Computer!

recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Front Squat	5x82%	5x86%	5x90%		Step Ups	10x 30	10x 30	
Towel Bench	5x82%	5x86%	5x90%		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	5x82%	5x86%	5x90%		Lunges	10x 25	10x 25	
Reverse Dead Lift	5x82%	5x86%	5x90%		DB Incline	10x 60	10x 60	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number - 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set2	Set3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	5x82%	5x86%	5x90%		Deadlift Stretch	10x 135	10x 135	
Bench Press	5x82%	5x86%	5x90%		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

Manchester College

Weekly Workout Schedule for the week of August 3, 2009

Bigger Faster Stronger

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Athlete Information

ID Number
 Grade/Period C3
 Sport / Positions FOOTBALL
 Workout Schedule: BFS-FB-O

Week # 11 of a 12 week workout

Notes on the Workout -----,

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you Beat the Computer!

recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight †
Towel Bench	5x89%	3x96%	1x Max		Shoulder Shrug	10x 40	10x 40	
					Triceps	10x 120	10x 120	
					Power Press	5x 195	5x 195	

Day Number - 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set3	Write your Reps here!	Auxiliary Lifts	Set 1	Set2	New Weight
Reverse Dead Lift	5x89%	3x96%	1x Max		DB Incline	10x 60	10x 60	
					Biceps	10x 25	10x 25	
					Push Pull 2	10x 0	10x 0	

Day Number - 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Bench Press	5x89%	3x96%	1x Max		Shoulder Raises	10x 20	10x 20	
					Triceps	10x 120	10x 120	
					Push Press	5x 115	5x 115	

Manchester College

Weekly Workout Schedule for the week of August 10,2009

Bigger Faster Stronger

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Athlete Information

10 Number
 Grade/Period C3
 Sport / Positions FOOTBALL
 Workout Schedule: BFS-FB-O

Week # 12 of a 12 week workout

Notes on the Workout -----,

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you Beat the Computer!

recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number - 1

Core Lifts	Set 1	Set2	Set 3	Did you BEAT THE COMPUTER on your last set? Write your Reps here!	Auxiliary Lifts		Set 1	Set 2	New Weight
					Set 1	Set 2			
Front Squat	4x90%	4x92%	2x97%		Step Ups		10x 30	10x 30	
Towel Bench	10x 78%	8x82%	6x 86%		Shoulder Shrug		10x 40	10x 40	
					Triceps		10x 120	10x 120	
					Power Press		5x 195	5x 195	

Day Number - 2

Core Lifts	Set 1	Set2	Set 3	Did you BEAT THE COMPUTER on your last set? Write your Reps here!	Auxiliary Lifts		Set 1	Set2	New Weight
					Set 1	Set 2			
Power Clean	4x90%	4x92%	2x97%		Lunges		10x 25	10x 25	
Reverse Dead Lift	4x90%	4x92%	2x97%		DB Incline		10x 60	10x 60	
					Biceps		10x 25	10x 25	
					Push Pull 2		10x 0	10x 0	

Day Number - 3

Core Lifts	Set 1	Set2	Set 3	Did you BEAT THE COMPUTER on your last set? Write your Reps here!	Auxiliary Lifts		Set 1	Set 2	New Weight
					Set 1	Set 2			
Parallel Squat	10x 78%	8x82%	6x 86%		Deadlift Stretch		10x 135	10x 135	
Bench Press	10x 78%	8x82%	6x 86%		Shoulder Raises		10x 20	10x 20	
					Triceps		10x 120	10x 120	
					Push Press		5x 115	5x 115	