

The Fundamental Aspect of the Triple Jump for Dummies

Here is a six weeks weight program to get you started:

**55 % of Max
2 WEEKS**

MAX LBS			
Bench Press (4 lifts Max)			
½ Squat (4 lifts Max)			
Incline Press (4 lifts Max)			
Power Clean (4 lifts Max)			
Dead Lift (4 lifts Max)			

Monday		Week 1	Week2
Bench Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
½ Squat	3 x 8(4 box jumps /each)	Lbs	Lbs
Shoulder Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
Leg Press	3 x 10 (4 box jumps / each)	Lbs	Lbs
Power Cleans	3 x 5	Lbs	Lbs
Biceps / Triceps	3 x 8	Lbs	Lbs
Leg Extension /Curls	3 x 8	Lbs	Lbs
High Pulls	3 x 6	Lbs	Lbs
Calf Raises / Abs	3 x 15 / 5 x 20		

Wednesday		Week 1	Week2
Incline Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
Lat. Pull Down (Front / Back)	3 x 8 (4 push-ups / each)	Lbs	Lbs
Step-Ups	3 x 5 (five on each leg)(4 box jumps/ each)	Lbs	Lbs
Bent Knee Good Morning	3 x 8	Lbs	Lbs
Lateral/ Front Raises	3 x 8	Lbs	Lbs
Up- Right Row	3 x 8	Lbs	Lbs
Split Squats	3 x 8	Lbs	Lbs
Dumbbell Chest press	3 x 8	Lbs	Lbs
Dumbbell Fly	3 x 8	Lbs	Lbs
Calf Raises / Abs	3 x 15 / 5 x 20		

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Friday		Week 1	Week2
Bench Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
½ Squat	3 x 8 (4 box jumps / each)	Lbs	Lbs
Dumbbell Shoulder Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
Leg Press	3 x 15 (4 box jumps / each)	Lbs	Lbs
Power Cleans / Jerk	3 x 5	Lbs	Lbs
Biceps / Triceps	3 x 8	Lbs	Lbs
Leg Extension /Curls	3 x 10	Lbs	Lbs
Shrugs	3 x 8	Lbs	Lbs
Dead Lifts	3 x 5	Lbs	Lbs
Calf Raises / Abs	3 x 15 / 5 x 20		

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**60% of Max
2 WEEKS**

MAX LBS			
Bench Press (4 lifts Max)			
½ Squat (4 lifts Max)			
Incline Press (4 lifts Max)			
Power Clean (4 lifts Max)			
Dead Lift (4 lifts Max)			

Monday		Week 1	Week2
Bench Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
½ Squat	3 x 8(4 box jumps /each)	Lbs	Lbs
Shoulder Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
Leg Press	3 x 10 (4 box jumps / each)	Lbs	Lbs
Power Cleans	3 x 5	Lbs	Lbs
Biceps / Triceps	3 x 8	Lbs	Lbs
Leg Extension /Curls	3 x 8	Lbs	Lbs
High Pulls	3 x 6	Lbs	Lbs
Calf Raises / Abs	3 x 15 / 5 x 20		

Wednesday		Week 1	Week2
Incline Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
Lat. Pull Down (Front / Back)	3 x 8 (4 push-ups / each)	Lbs	Lbs
Step-Ups	3 x 5 (five on each leg)(4 box jumps/ each)	Lbs	Lbs
Bent Knee Good Morning	3 x 8	Lbs	Lbs
Lateral/ Front Raises	3 x 8	Lbs	Lbs
Up- Right Row	3 x 8	Lbs	Lbs
Split Squats	3 x 8	Lbs	Lbs
Dumbbell Chest press	3 x 8	Lbs	Lbs
Dumbbell Fly	3 x 8	Lbs	Lbs
Calf Raises / Abs	3 x 15 / 5 x 20		

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Friday		Week 1	Week2
Bench Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
½ Squat	3 x 8 (4 box jumps / each)	Lbs	Lbs
Dumbbell Shoulder Press	3 x 8 (4 push-ups / each)	Lbs	Lbs
Leg Press	3 x 10 (4 box jumps / each)	Lbs	Lbs
Power Cleans / Jerk	3 x 5	Lbs	Lbs
Biceps / Triceps	3 x 8	Lbs	Lbs
Leg Extension /Curls	3 x 8	Lbs	Lbs
Shrugs	3 x 8	Lbs	Lbs
Dead Lifts	3 x 5	Lbs	Lbs
Calf Raises / Abs	3 x 15 / 5 x 20		

The Fundamental Aspect of the Triple Jump for Dummies

**60%, 65%, 70% of MAX
2 WEEKS**

MAX LBS			
Bench Press (4 lifts Max)			
½ Squat (4 lifts Max)			
Incline Press (4 lifts Max)			
Power Clean (4 lifts Max)			
Dead Lift (4 lifts Max)			

*****Weight goes up after each lift*****

Monday		Week 1	Week 2	Notes
Bench Press	8,7,6	Lbs	Lbs	
½ Squat	8,7,6	Lbs	Lbs	
Dumbbell Shoulder Press	8,7,6	Lbs	Lbs	
Leg Press	12,10,8	Lbs	Lbs	
Power Cleans	5,4,4	Lbs	Lbs	
Biceps / Triceps	3 x 6	Lbs	Lbs	
Leg Extension /Curls	9,8,7	Lbs	Lbs	
High Pulls	3 x 6	Lbs	Lbs	
Dumbbell Incline	3 x 6	Lbs	Lbs	
Calf Raises Abs	3 x 20 / 5 x 25			

Wednesday		Week 1	Week 2	Notes
Incline Press	8,7,6	Lbs	Lbs	
Lat. Pull Down	8,7,6	Lbs	Lbs	
Step-Ups (five on each leg)	3 x 6	Lbs	Lbs	
Leg Extension /Curls	3 x 10	Lbs	Lbs	
Bent Knee Good Morning	3 x 8	Lbs	Lbs	
Snatches	5,4,4	Lbs	Lbs	
Lateral/ Front Raises	3 x 8	Lbs	Lbs	
Up- Right Row	3 x 8	Lbs	Lbs	
Split Squats	3 x 8	Lbs	Lbs	
Dumbbell Chest press	8,7,6	Lbs	Lbs	
Calf Raises / Abs	3 x 20 / 5 x 25			

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Friday		Week 1	Week 2	Notes
Bench Press	8,7,6	Lbs	Lbs	
½ Squat	8,7,6	Lbs	Lbs	
Dumbbell Shoulder Press	8,7,6	Lbs	Lbs	
Leg Press	12,11,10	Lbs	Lbs	
Power Cleans / Jerk	6,5,4	Lbs	Lbs	
Biceps / Triceps	3 x 8	Lbs	Lbs	
Leg Extension /Curls	10,9,8	Lbs	Lbs	
Dumbbell Shrugs	10,9,8	Lbs	Lbs	
Dead Lifts	6,5,4	Lbs	Lbs	
Calf Raises / Abs	3 x 20 / 5 x 25			