

Basic Weight Training Routine #2

Power Weight Lifting

This weight training routine is geared more towards power development – i.e. faster & stronger muscle contraction in a shorter period of time. Start slow and do the non-impact versions of the exercises first (push-ups and squats) before going onto the potentially more dangerous ones (clapping push-ups and jump squats). For the explosive bench press, you'll throw the barbell up on each repetition and then catch it and let it down slowly which is done on the Smith Machine so that there's a track for the bar to follow. Don't throw a bar not on a track unless you're already awesomely ripped, stupid, or a combination of the above.

Mon. (A)	Wed. (B)	Fri. (A)
<i>Warm-up</i>	<i>Warm-up</i>	<i>Warm-up</i>
1. Barbell Clean & Press /10 /5 /5 /5 /5	1. Barbell Clean & Press /10 /5 /5 /5 /5	1. Barbell Clean & Press /10 /5 /5 /5 /5
2. (Jump) Squat with Dumbbells /10 /5 /5 /5	1. Barbell Squat /10 /5 /5 /5 /5	2. (Jump) Squat with Dumbbells /10 /5 /5 /5
3. Bent Over Barbell Row /10 /5 /5 /5	2. Smith Machine Explosive Barbell Bench Press /10 /5 /5 /5 /5	3. Bent Over Barbell Row /10 /5 /5 /5
4. (Clapping) Push-ups 10 10 10	3. Single-Arm Dumbbell Row /10 /5 /5 /5 /5	4. (Clapping) Push-ups 10 10 10
5. Leverage Bar /20 /20 /20	5. Wrist Roller /1 /1 /1	5. Leverage Bar /20 /20 /20
6. Bent-legged Abdominal Crunches 15 15 15	6. Alternating Abdominal Crunches 15 15 15	6. Bent-legged Abdominal Crunches 15 15 15
<i>Stretching (5-10 minutes)</i>	<i>Stretching (5-10 minutes)</i>	<i>Stretching (5-10 minutes)</i>

