



NIU ROOKIE PROGRAM



Monday	wk 1	wk 2	wk 3	wk 4	wk 5	wk 6
Plate Circuit	lev 1 x200	lev 1 x200	lev 1 x300	lev 2 x200	lev 2 x200	lev 2 x 300
Front Squat	3x8	3x8	3x8	4x8	4x8	4x8
DB Incline Bench	3x10	3x10	3x10	3x8	3x8	3x8
1 Arm DB Rows	3x8	3x8	3x8	3x8	3x6	3x6
Pull-Ups, Overgrip	2x3-8	2x3-8	3x3-8	2x5-10	2x5-10	3x5-10
(5 sec)	1x1 Neg.	2x1 Neg.	3x1 Neg.	1x2 Neg.	2x2 Neg.	2x2 Neg.
Standing Military	3x5	3x5	3x5	4x5	4x5	4x5
Stability Ball Leg Curls	2x5	2x5	3x5	3x5	3x6	3x6
Alternating Crossover Crunch	3x15	3x15	3x15	3x15	3x15	3x15
Sprints / Agility	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>
Wednesday						
Body Wgt Circuit	lev 1 x200	lev 1 x200	lev 1 x200	lev 2 x200	lev 2 x200	lev 2 x200
Off Bench Obliques	2x5 each	2x5 each	2x6 each	2x6 each	2x8 each	2x8 each
Supermans	2x20 sec	2x20 sec	2x20 sec	2x30 sec	2x30 sec	2x30 sec
Balance Drills	#1	#1	#1	#2	#2	#2
Alt.DB Military (Hold at bottom)	3x8	3x8	3x8	3x6	3x6	3x6
Barbell Lunges	2x8 each	2x8 each	2x8 each	2x6 each	2x6 each	2x6 each
Barbell Bench Press (Heavy)	3x8	3x8	3x8	3x6	3x6	3x6
Bent-over Row	3x10	3x10	3x10	3x8	3x8	3x8
DB Pullovers	3x5	3x5	3x5	4x5	4x5	4x5
Back Extensions	2x5	3x5	4x5	2x6 (3 sec) <i>Pause</i>	3x6 (3 sec) <i>Pause</i>	4x6 (3 sec) <i>Pause</i>
Hip Bridge	2x5	3x5	4x5	2x8	3x8	2x5
Sprints / Agility	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>
Friday						
Plate Circuit	lev 1 x100	lev 1 x200	lev 1 x300	lev 1 x300	lev 1 x200	lev 1 x 100
Flat Footed Sit-ups	2x5	3x5	3x5	2x8	3x8	3x8
<i>(feet are NOT anchored, Keep them on the ground)</i>						
Back Squats or Leg Press (Heavy)	3x10	4x10	5x10	3x8	4x8	5x8
Standing Military (Wide Grip)	3x5	3x5	3x5	4x5	4x5	4x5
Pull-Ups, Undergrip	2x5-10	3x5-10	3x5-10	2x8-12	3x8-12	3x8-12
DB Bench Press	3x10	3x10	3x10	3x8	3x8	3x8
1 Arm DB Rows	3x8	3x8	3x8	3x6	3x6	3x6
Reverse Hypers	2x5	2x5	2x8	2x8	3x5	3x5
Stability Ball Leg Curls	2x5	2x5	3x5	3x5	3x6	3x6
Conditioning	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>

*****NOTE: All Shaded cells are paired "superset" exercises.**



NIU ROOKIE PROGRAM



Monday	wk 7	wk 8	wk 9	wk 10	wk 11	wk 12
Plate Circuit	lev 1 x 300	lev 2 x300	lev 1 x 400	lev 2 x 400	lev 1 x400	lev 2 x400
Push Press	3x4	3x4	4x4	3x3	4x3	5x3
Front Squat	3x6	3x6	4x6	4x6	5x6	5x6
Pull-Ups, Overgrip (8 sec)	2x8-12 1x1 Neg.	2x8-12 2x1 Neg	3x8-12 2x1 Neg	30 Total	35 Total	35 Total
DB Bench	3x6	3x6	3x6	3x5	3x5	3x5
1 Arm DB Rows	3x6	3x6	3x5	3x5	3x5	3x5
Hanging Knee-ups	2x10	2x10	2x10	3x10	3x10	3x10
Stability Ball Leg Curls	3x8	3x8	3x8	3x10	3x10	3x10
Sprints / Agility	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>
Wednesday						
Body Wgt Circuit	lev 1 x300	lev 1 x300	lev 1 x300	lev 2 x300	lev 2 x300	lev 2 x300
Off Bench Obliques	1x10 each	1x10 each	10#/2x5 ea	10#/2x5 ea	10#/2x6 ea	10#/2x6 ea
Supermans	2x40 sec	2x40 sec	2x40 sec	2x50 sec	2x50 sec	2x50 sec
Balance Drills	#3	#3	#3	#4	#4	#4
Barbell Bench Press (Heavy)	3x5	3x5	3x5	3x3	4x3	5x3
Bent-over Row	3x6	3x6	3x6	3x5	3x5	3x5
Alt.DB Military (Hold at top)	3x5	3x5	3x5	3x4	3x4	3x4
Barbell Lunges	2x5 each	2x5 each	2x5 each	2x3 each	2x3 each	2x3 each
DB Pullovers	5x5	5x5	5x5	5x5	4x5	4x5
Back Extensions	2x8 (3 sec) <i>Pause</i>	3x8 (3 sec) <i>Pause</i>	4x8 (3 sec) <i>Pause</i>	2x5 (5 sec) <i>Pause</i>	3x5 (5 sec) <i>Pause</i>	4x5 (5 sec) <i>Pause</i>
Single Leg Hip Bridge	2x5 (each)	2x5 (each)	2x6 (each)	2x7 (each)	2x8 (each)	2x8 (each)
Sprints / Agility	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>
Friday						
Plate Circuit	lev 2 x 100	lev 2 x200	lev 2 x 300	lev 2 x 300	lev 2 x 200	lev 2 x100
Flat Footed Sit-ups <i>(feet are NOT anchored, Keep them on the ground)</i>	2x10	3x10	3x10	2x15	3x15	3x15
Back Squats or Leg Press (Heavy)	3x6	4x6	5x6	1x5, 3x3	1x5, 4x3	1x5, 4x3
DB Incline Bench (light)	3x6	3x6	3x6	3x5	3x5	3x5
1 Arm DB Rows	3x5	3x5	3x5	3x3	4x3	5x3
Standing Military (Wide Grip)	4x4	4x4	4x4	5x4	5x4	5x4
Pull-Ups, Undergrip	30 Total 1x1 Neg.	33 Total 2x1 Neg	35 Total	38 Total	40 Total	45 Total
Reverse Hypers	3x8	3x8	2x5 pause	2x5 pause	3x5 pause	3x5 pause
Stability Ball Leg Curls	3x8	3x8	3x8	3x10	3x10	3x10
Conditioning	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>	<i>see sheet</i>

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