MINNESOTA

WARM-UP	STRENGTH PREP
Dynamic Warmup Level 1B	Strength Prep Leg 1
Complete Dynamic Warm Up 1	TKE 2 X 10(1:1:2:1)or6(3:0:3:2)
Partner Knee Tap Drill	OH Squat 2 x 6 or Rack
Agility Drills	3 way Ham Press 2 x 6
Ladder Drills Nueral Confusion	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits
ABC Series	

WARM-UP	STRENGTH PREP
Dynamic Warmup Level 1B	Strength Prep Leg 10
Complete Dynamic Warm Up 1	Triangle Terror 2 x 6 E Leg
Partner Knee Tap Drill	Bal SL SQ 2 x 6
Agility Drills	Ball Leg Curls 2 x 6
Ladder Drills Nueral Confusion	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits
ABC Series	

WARM-UP	STRENGTH PREP
Short Hurdle Workout	Strength Prep Leg 5
Bike 3 - 5 Minutes	Triangle Terror 2 x 6 E Leg
50 Jump Rope Forward	4 way ankle kicks 2x 8 E way
25 Jump Rope Backward	3 way Ham Press 2 x 6
Short Hurdle Workout	Pre-Partner Balance Stick Fighting 2 X 6, Pre Squat Roller Iband Post-Shake Fish oil and Vits

Rau, Kyle

100%	MONDAY	5-Aug-13 (100.0%)				12-Aug-13 (100.0%)			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
178	Single Leg Squat	5	80 - 100	1	Roll I Band	5	80 -	1	Roll I Band
					20 Quad				20 Quad
178	Single Leg Squat	3	105 - 115	1	Spine Rolls	3	105 - 115	1	Spine Rolls
					No Rest				No Rest
89	Lunge OC Hops	T	35 - 40	4	Coach Watch	T	35 - 40	4	Coach Watch
	Hurdle Hop	4		4	Height	4		4	Height
	Pw/ NO REST								
	SQ Jump Weighted	4		4	0:0:0:0:7:15	4		4	0:0:0:0:7:15
	Pw/ NO REST								
	Acc Band Jump	4		4	0:0:0:0:7:15	4		4	0:0:0:0:7:15
	4 way neck	T		4	0:0:0:0:7:20	T		4	0:0:0:0:7:20
	PW / 45 rest/BB/RT				10 sec 2-way				10 sec 2-way
	Wrist Flexion	T		4	0:0:0:0:7:20	T		4	0:0:0:0:7:20
	PW / 45 rest/BB/RT				10sec E-Limb				10sec E-Limb
	ANT TIB BND	T		4	0:0:0:0:7:20	T		4	0:0:0:0:7:20
	Switch Cycle lunge	T		3		T		3	
	PW / 45 rest/BB/RT			Oc	0:0:0:0:7:20			OC	0:0:0:0:7:20
	Cuban PRSS INC F8	T		3	0:0:0:0:7:20	T		3	0:0:0:0:7:20
	PW / 45 rest/BB/RT				Each Leg				Each Leg
	Stiff Leg Ankle Hops	T		3	0:0:0:0:7:20	T		3	0:0:0:0:7:20
198	Glute Bar SL	T	150 - 160	3	0:0:0:0:7:10	T	150 - 160	3	0:0:0:0:7:10
	PW / 45 rest/BB/RT			Oc	Glute/ham				Glute/ham
	Drop lunge Jump	5		3	0:0:0:0:7:10	5		3	0:0:0:0:7:10
	PW / 45 rest/BB/RT		Set - Hr	110	Each LEg		Set - Hr	110	Each LEg
	Bench Add Groin OC	T		3	0:0:0:0:7:20	T		3	0:0:0:0:7:20
230	BENCH PRESS	T	90 - 105	3	0:0:0:0:7:15	T	90 - 105	3	0:0:0:0:7:15
	Pair w/								
	Med Ball Pass	T		3	0:0:0:0:7:15	T		3	0:0:0:0:7:15
	Pair w/		Set - Hr	110	one arm		Set - Hr	110	one arm
	Delt BO OH Reb Drop	T		3	0:0:0:0:7:15	T		3	0:0:0:0:7:15
81	DB INCLINE BENCH	T	30 - 35	3	0:0:0:0:7:15	T	30 - 35	3	0:0:0:0:7:15
	Pair w/rest 30							Oc	
81	DB BO Row	T	30 - 35	3	0:0:0:0:7:15	T	30 - 35	3	0:0:0:0:7:15
	Pair w/rest 30		Set - Hr	110			Set - Hr	110	
	Delt BO OH Reb Drop	T		3	0:0:0:0:7:15	T		3	0:0:0:0:7:15
	Tricep Band Press	T		2	0:0:0:0:7:15	T		2	0:0:0:0:7:15
	Pair w/rest 30			OC					
	Bicep shock curls	T		2	0:0:0:0:7:15	T		2	0:0:0:0:7:15
	Pair w/rest 30								
	ANT TIB BND	T		2	0:0:0:0:7:15	T		2	0:0:0:0:7:15

MONDAY NOTES

Rau, Kyle

100%	WENDESDAY	7-Aug-13 (100.0%)				14-Aug-13 (100.0%)			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
178	DB SL SQ	5	115 - 125	1	Roll I Band	5	80 - 100	1	Roll I Band
	No Rest				20 Quad				20 Quad
178	DB SL SQ	3	105 - 115	1	Spine Rolls	3	105 - 115	1	Spine Rolls
	No Rest				No Rest				No Rest
178	DB SL SQ	3	140 - 140	1	Coach Watch	3	140 - 140	1	Coach Watch
178	DB SL SQ	T	90 - 100	2	0:0:0:0:5:15	T	90 - 100	2	Roll I Band
	60 Rest or HR 105				Drop jump				20 Quad
178	DB SL SQ	T	90 - 100	2	0:0:0:0:5:15	T	90 - 100	2	Spine Rolls
	60 Rest or HR 105				Drop jump				No Rest
178	DB SL SQ	T	90 - 100	2	0:0:0:0:5:15	T	90 - 100	2	Coach Watch
296	SL Leg Press	T	150 - 165	3	0:0:0:0:5:15	T	150 - 165	3	0:0:0:0:5:15
	Pw/ 55 Rest/BB/Rt				SL OC +1				SL OC +1
198	RDL SL DB	T	100 - 110	3	0:0:0:0:5:15	T	100 - 110	3	0:0:0:0:5:15
	Pw/ 55 Rest/BB/Rt		Set - Hr	105	OC-D+1		Set - Hr	105	OC-D+1
	Speed Switch Lunge	T		3	0:0:0:0:5:15	T		3	0:0:0:0:5:15
	Switch Cycle lunge	T		3	0:0:0:0:5:15	T		3	0:0:0:0:5:15
	Pw/ 55 Rest/BB/Rt				Each Leg				Each Leg
	GH HYPR	T		3	0:0:0:0:5:15	T		3	0:0:0:0:5:15
	Pw/ 55 Rest/BB/Rt		Set - Hr	105	OC-D		Set - Hr	105	OC-D
	Bench Abd Glute OC	T		3	0:0:0:0:5:15	T		3	0:0:0:0:5:15
277	Glute Ham Bar Lift	T	140 - 150	3	0:0:0:0:5:15	T	140 - 150	3	0:0:0:0:5:15
	Pw/ 55 Rest/BB/Rt				OC				Each Leg
	Stiff Leg Ankle Hops	T		3	0:0:0:0:5:15	T		3	0:0:0:0:5:15
	Pw/ 55 Rest/BB/Rt		Set - Hr	105	OC-D		Set - Hr	105	OC-D
	Bench Add Groin OC	T		3	0:0:0:0:5:15	T		3	0:0:0:0:5:15
230	BENCH PRESS	T	115 - 125	4	0:0:0:0:10:10	T	115 - 125	4	0:0:0:0:5:15
	Pair w/ Rest 30				OC+1				OC
	Med Ball Chest Pass	T		4	one arm	T		4	0:0:0:0:5:15
	Pw/ Rest 30/ SR 180		Set - Hr	105	0:0:0:0:10:10		Set - Hr	105	
	Delt BO Lat Reb Drop	T		4	0:0:0:0:10:10	T		4	0:0:0:0:5:15
81	DB INCLINE BENCH	T	40 - 45	3	0:0:0:0:10:10	T	40 - 45	3	0:0:0:0:10:10
	Pair w/ Rest 45				OC+1/UL				OC+1/UL
81	DB BO Row	T	40 - 45	3	0:0:0:0:10:10	T	40 - 45	3	0:0:0:0:10:10
	Pw/ Rest 30/ SR 180				OC/BL				OC/BL
58	DB Shoulder Press	T	30 - 30	3	0:0:0:0:10:10	T	30 - 30	3	0:0:0:0:10:10
	Tricep Band Press	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10
	Pair w/ Rest 45				Oc + 1				Oc + 1
	Band Curls	T		3	AFSM	T		3	AFSM
	Pw/ Rest 30/ SR 180				0:0:0:0:10:10				0:0:0:0:10:10
	Plate Hold	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10

WENDESDAY NOTES

100%	FRIDAY	9-Aug-13 (100.0%)				16-Aug-13 (100.0%)			
		REPS	LOAD	SETS	NOTES	REPS	LOAD	SETS	NOTES
					Eyes Closed				Air Max
					Air Max				Bands
296	SL Leg Press	5	195 - 205	1	Roll I Band	5	135 - 165	1	Roll I Band
					20 Quad				20 Quad
296	SL Leg Press	3	175 - 195	1	Spine Rolls	3	175 - 195	1	Spine Rolls
					No Rest				No Rest
296	SL Leg Press	3	230 - 235	1	Coach Watch	3	230 - 235	1	Coach Watch
89	Lunge oc hops	T	20 - 20	4	0:0:0:0:10:0	T	20 - 20	4	0:0:0:0:10:0
					Reactive				Reactive
					Each Leg				Each Leg
	Hurdle Hop	4		4	Distance	3		4	Distance
	Pw/ No rest								
	Squat Drop Jump	4		4		3		4	
	Pw/ No rest								
	Acc Band Jump	4		4	Rest HR 110	3		4	Rest HR 110
	Iso Ball Grion Sqeeze	10S		3		10S		3	
	Pw/ 32 rest BB/RT								
	LAT SUP F8	6		3		6		3	
	Pw/ 32 rest BB/RT		Set - Hr	115			Set - Hr	115	
	Ankle Band Work	10		3		10		3	
178	DB SL SQ	T	90 - 100	3	0:0:0:0:10:12	T	90 - 100	3	0:0:0:0:10:12
	Pw/ 32 rest BB/RT				Drop Jump				2POC+1
	Switch Cycle lunge	T		3	0:0:0:0:10:10	T		3	0:0:0:0:10:10
	Pw/ 32 rest BB/RT		Set - Hr	115	EL		Set - Hr	115	
	Ball Leg Curl Drop	T		3	0:0:0:0:10:30	T		3	0:0:0:0:10:30
230	BENCH PRESS	FFFF	150 - 80	4	Partner rest	FFFF	150 - 80	4	Partner rest
	Pw/ 120 rest BB/RT	oc							
58	DB Shoulder Press	FFF	40 - 25	3	OC-Part rest	FFF	40 - 25	3	OC-Part rest
	Pw/ 120 rest BB/RT								
115	Rev Grip Tri Push	FFF	80 - 45	3	Partner rest	FFF	80 - 45	3	Partner rest
	GH HANG	120S		1	Relax Mouth	120S		1	Relax Mouth
	Pair w/								
	Partner Leg Walks	120S		1		120S		1	
	Pair w/								
	LAYING RELAXATION	120S		1	Relax Mouth	120S		1	Relax Mouth

FRIDAY NOTES

Rau, Kyle

Athlete Notes

Rochester, Minn. (Rochester Century HS) (Indiana - USHL)-LS-Feel and Visual cues/

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13 Ng Block 5 MHfull body

MINNESOTA

Rau, Kyle

Single Leg Squat									DB SL SQ																			
Single Leg Squat									DB SL SQ																			
Lunge OC Hops									DB SL SQ																			
Hurdle Hop									DB SL SQ									SL Leg Press										
SQ Jump Weighted									DB SL SQ									SL Leg Press										
Acc Band Jump									DB SL SQ									SL Leg Press										
4 way neck									SL Leg Press									Lunge oc hops										
Wrist Flexion									RDL SL DB																			
ANT TIB BND									Speed Switch Lunge																			
Switch Cycle lunge									Switch Cycle lunge									Hurdle Hop										
Cuban PRSS INC F8									GH HYPR									Squat Drop Jump										
Stiff Leg Ankle Hops									Bench Abd Glute OC									Acc Band Jump										
Glute Bar SL									Glute Ham Bar Lift									Iso Ball Grion Sqeeze										
Drop lunge Jump									Stiff Leg Ankle Hops									LAT SUP F8										
Bench Add Groin OC									Bench Add Groin OC									Ankle Band Work										
BENCH PRESS									BENCH PRESS									DB SL SQ										
Med Ball Pass									Med Ball Chest Pass									Switch Cycle lunge										
Delt BO OH Reb Drop									Delt BO Lat Reb Drop									Ball Leg Curl Drop										
DB INCLINE BENCH									DB INCLINE BENCH									BENCH PRESS										
DB BO Row									DB BO Row									DB Shoulder Press										
Delt BO OH Reb Drop									DB Shoulder Press									Rev Grip Tri Push										
Tricep Band Press									Tricep Band Press									GH HANG										
Bicep shock curls									Band Curls									Partner Leg Walks										
ANT TIB BND									Plate Hold									LAYING RELAXATION										