**Boston College Men's RFC**

Off Season Weights Training

I have not added tempos, weights or rest times. The tempo (unless specified) should be slow and controlled 4s lower - 1s pause - 4s exertion. Focus on the T.U.T. (Time Under Tension). Slow tempos promote muscular growth. Weights should be heavy; you should barely be able to finish each set. Rests ,I believe, should be as short as possible (no less than 30 secs or you didn’t work hard enough) or as long as needed (no longer than 2 mins or you’re resting too long). If you’re ready to do the next set then go. Any time you see brackets and super set, it means do one set of one exercise then the next exercise with no rest between. **Every day**, Wide Grip Pull Ups (3x max), Olympic Hanging Clean (4x6) or Snatch (4x6) lifting showed be performed as maintenance work with moderate/low weight unless as prescribed in Day 4. DB = Dumbbell, BB = Barbell, M.S.E. = Multi Sprint Endurance. No multiple mile runs, its counterproductive to our goals. Bicep Curl is **not** included for good reason.

Day 1 – Core – Bridge 6 x 40 seconds

Romanian Dead Lift 3 sets x 6 reps

Standing DB Shoulder Press 3 sets x 8 reps

BB Back Squat 3 x 6

DB Bent Over Row 3 x 6

DB Bent Over Row Reverse Grip 3 x 8 Super Set

DB Bent Over Fly 3 x 10

Dynamic Ball Roll 3 x 15

DB Bench Press 3 x 6

Day 2 – M.S.E. or Fitness

Day 3 – Core – Plank 6 x 40 seconds

Lunge Walk 3 x 16 steps

Lateral Raise 3 x 6

T-Bar Press 3 x 6

Seated Row 3 x 8

Calve Raises 3 x 10

Military Press 3 x 6

Swiss Ball Hamstring Curls 3 x 10

Day 4 – Core – Plank Hold (toes on Swiss ball) 3 x 60 secs

Power Clean & Front Squat 3 x 5

DB Straight Up Shrugs 3 x 6

Lateral Pull Down 3 x 6

One Arm Row 3 x 8 (each arm)

Hamstring Curl 3 x 10

DB Bench Press (only shoulders on bench/Swiss ball) 3 x 8

Dynamic Ball Roll 3 x 15

Dips 3 x Max

Day 5 – Rest

Day 6 – Speed Training (see Speed & Agility program)

Day 7 – Rest