

MANSFIELD

ATHLETICS

Name _____

Pole Vault Strength Training Log

Year: 2009/2010

	Warm-Up Set		Set 1		Set 2		Notes	
Dynamic Warm-Up								
<input type="checkbox"/>	Hip Crossover			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Scorpion			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Calf Stretch			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Hand Walk			reps <u>8</u>				
<input type="checkbox"/>	Inverted Hamstring			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Forward Lunge/Forearm-to-Instep			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Backward Lunge w/ Twist			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Drop Lunge			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Lateral Lunge			reps <u>8</u>			reps are per side or per leg	
<input type="checkbox"/>	Sumo Squat-to-Stand			reps <u>8</u>				
Bubkas								
<input type="checkbox"/>	Bubkas		lbs _____	reps <u>max</u>			vault grip, slow and controlled bringing feet to hands then explode up	
<input type="checkbox"/>	Swinging Bubkas		lbs _____	reps <u>max</u>			vault grip, just like a perfect swing after take-off, weight added at feet	
Strength A								
<input type="checkbox"/>	Jump Squats	lbs _____	reps <u>8</u>	lbs _____	reps <u>5</u>	lbs _____	reps <u>5</u>	warm-up set is regular controlled squats using light weight for 8 easy reps
<input type="checkbox"/>	Single Leg Squat			lbs _____	reps <u>10</u>	lbs _____	reps <u>10</u>	using 5lbs. or 2 ^{1/2} lbs. standing on plyo box, set 1 is left leg, set 2 is right leg
<input type="checkbox"/>	Step Ups (Exploding)	lbs <u>BW</u>	reps <u>10</u>	lbs _____	reps <u>10</u>	lbs _____	reps <u>10</u>	6" box height, 5 reps each leg per set, alternating legs
Strength B								
<input type="checkbox"/>	Bench Press	lbs _____	reps <u>8</u>	lbs _____	reps <u>10</u>	lbs _____	reps <u>10</u>	use barbell, warm-up set should be light weight for 8 easy reps
<input type="checkbox"/>	Bench Dip			lbs _____	reps <u>10</u>			add plates on legs for weight
<input type="checkbox"/>	Chins				reps <u>max</u>			wide grip pull-ups behind head. do max reps, extending elbows completely
<input type="checkbox"/>	Upright Row			lbs _____	reps <u>10</u>			explode up, then lower the weight slow and controlled
<input type="checkbox"/>	Split Dumbbell Curl-to-Press			lbs _____	reps <u>10</u>	lbs _____	reps <u>10</u>	set 1 is with left leg up on bench and set 2 is with right leg up on bench
Core								
<input type="checkbox"/>	Pillar Bridge Front				reps <u>25</u>			alternate, lifting opposite arm and leg for each rep
<input type="checkbox"/>	Pillar Bridge Side				20-30 sec.		20-30 sec.	set 1 is supporting on left leg and set 2 is right leg
<input type="checkbox"/>	Decline Bench Crunches				reps <u>max</u>			straight legs, down slow, up fast, concentrate on moving the hips
<input type="checkbox"/>	Standing Medicine Ball Twist			lbs _____	reps <u>30</u>			reps are 30 total, 15 each side

Notes: All exercises should be done in a controlled manner, including negatives. All exercises should be done using max weight for the given amount of reps.