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<b>28. Advanced In-season Program 2 (AIS2)</b>	Rest 3 minutes for the © (core) and P (power exercises) Rest 1 minute for all other exercises Perform P exercises with maximal controlled acceleration Perform other exercises at a moderate-fast pace (1-2s up, 1-2s down), unless otherwise stated.	
Exercise	Sets	Reps
Warm-Up (Rowing OR Light Jogging)	1	10 minutes
Stretch	1	5 minutes
Power Clean P	3	6
Jump Squat P	2	6
Push-Press P	2	6
Incline Dumbbell Press ©	3	4-10 see progression
Dumbbell Shoulder Press ©	3	4-10 see progression
Lat Pull Downs	3	8-12 RM
Dips (BW*)	3	Max
Single Arm Dumbbell Row	2	8-12 RM
Prone Bridge Hold	2	60s
Cool-Down & Stretch	1	5 minutes
<b>PROGRESSION FOR © (CORE) EXERCISES:</b>		
Week 1: 10,10,10 RM		
Week 2: 8,8,6 RM		
Week 3: 6,6,4 RM		
Week 4: 10,10,10 RM		
Week 5: 8,8,6 RM		
Week 6: 6,6,4 RM		
Week 7: NO GYM		
Week 8: Start week 1 again		

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