Purpose:  Adapt general body muscles and tendons to the stresses of strength training in preparation for the greater loading of the Maximum Strength (MS) phase to follow.

Frequency:  2-3 times per week.

Equipment:  Either free weights or machines.  Can be done as a circuit.

Load/Resistance:  40-60% of 1RM or the greatest load possible for 20-30 reps per set (exception is dead lift for which you start lighter than possible and build during several weeks.)

Sets: 3-5    Reps: 20-30    Recovery between sets: 60-90 seconds.

Important:  During recoveries stretch muscle group just worked before starting next exercise.

Speed:  Slow to moderate emphasizing perfect form

Progression:  Complete one set of each exercise in order (1, 2, 3, etc) before starting second set.  This can be done quite effectively as a circuit training workout using machines.  The first set every workout is the lightest.  When you can complete 3 sets of 30 reps, increase load.

Exercises:  In order of completion (this is the most exercises of the year)...

1.  Step-up
2.  Seated row
3.  One-leg squat
5.  Crunches
6.  Seated lat pull to chest

Phase Length:  4-10 weeks.

Warm-Up & Cool Down:  Warm-up aerobically (rowing, stationary bike/trainer or by running easily) for 10-15 minutes.  Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance on a stationary bike.  Do not run following this workout.