

DEL CAMPO

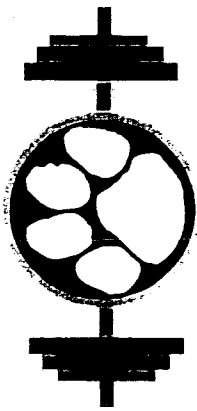


WEIGHT TRAINING WORKSHEETS

Name _____

Period _____

Instructor _____



Physical Performance Profile

NAME: _____ DATE: _____

height: weight: age:

T1 T2 T3

	T1	T2	T3	
UBP 1. Medball				approaching at above <input type="text"/> points: <input type="text"/>
LBP 2. Vertical Jump	FFSR Jump			approaching at above <input type="text"/> points: <input type="text"/>
LBP 3. Standing Broad Jump				approaching at above <input type="text"/> points: <input type="text"/>
LSA 4. "I" test				approaching at above <input type="text"/> points: <input type="text"/>
SD 5. 40 yard dash				approaching at above <input type="text"/> points: <input type="text"/>
SD Bench Press (1rep max)				approaching at above <input type="text"/> points: <input type="text"/>



Del Campo Personal Performance Profile

Boys 17-18 Rubric

	Medball	VJ	SBJ	"I"test	40 yard
4	34"	30"	9'	4.5	4.6
3	31"	25"	8'	4.8	4.9
2	28"	20"	7'	5.1	5.2
1	25"	15"	6'	5.4	5.5

Boys 15-16 Rubric

	Medball	VJ	SBJ	"I"test	40 yard
4	32"	28"	8'6"	4.6	4.75
3	29"	23"	7'6"	4.9	5.05
2	26"	18"	6'6"	5.2	5.35
1	23"	13"	5'6"	5.5	5.65

Girls 17-18 Rubric

	Medball	VJ	SBJ	"I"test	40 yard
4	28"	20"	7'6"	4.8	5.1
3	26"	18"	7'	5.1	5.4
2	24"	16"	6'6"	5.4	5.7
1	22"	14"	6'	5.7	6

Girls 15-16 Rubric

	Medball	VJ	SBJ	"I"test	40 yard
4	26' 6"	19"	7'	4.9	5.3
3	24' 6"	17"	6' 6"	5.2	5.6
2	22' 6"	15"	6'	5.5	5.9
1	20' 6"	13"	5' 6"	5.8	6.2

* for bench scores please see max proficiencies

NAME:

Del Campo Cross Fit Records				
	DATES NAME	DAY	TIME	POST HR
1		/ /	:	X 6 =
	Workout:			
2		/ /	:	X 6 =
	Workout:			
3		/ /	:	X 6 =
	Workout:			
4		/ /	:	X 6 =
	Workout:			
5		/ /	:	X 6 =
	Workout:			
6		/ /	:	X 6 =
	Workout:			
7		/ /	:	X 6 =
	Workout:			
8		/ /	:	X 6 =
	Workout:			
9		/ /	:	X 6 =
	Workout:			
10		/ /	:	X 6 =
	Workout:			
11		/ /	:	X 6 =
	Workout:			
12		/ /	:	X 6 =
	Workout:			
13		/ /	:	X 6 =
	Workout:			
14		/ /	:	X 6 =
	Workout:			
15		/ /	:	X 6 =
	Workout:			
16		/ /	:	X 6 =
	Workout:			
17		/ /	:	X 6 =
	Workout:			
18		/ /	:	X 6 =
	Workout:			

Notes :

NAME:

Del Campo Cross Fit Records				
	DATES NAME	DAY	TIME	POST HR
1		/ /	:	X 6 =
	Workout:			
2		/ /	:	X 6 =
	Workout:			
3		/ /	:	X 6 =
	Workout:			
4		/ /	:	X 6 =
	Workout:			
5		/ /	:	X 6 =
	Workout:			
6		/ /	:	X 6 =
	Workout:			
7		/ /	:	X 6 =
	Workout:			
8		/ /	:	X 6 =
	Workout:			
9		/ /	:	X 6 =
	Workout:			
10		/ /	:	X 6 =
	Workout:			
11		/ /	:	X 6 =
	Workout:			
12		/ /	:	X 6 =
	Workout:			
13		/ /	:	X 6 =
	Workout:			
14		/ /	:	X 6 =
	Workout:			
15		/ /	:	X 6 =
	Workout:			
16		/ /	:	X 6 =
	Workout:			
17		/ /	:	X 6 =
	Workout:			
18		/ /	:	X 6 =
	Workout:			

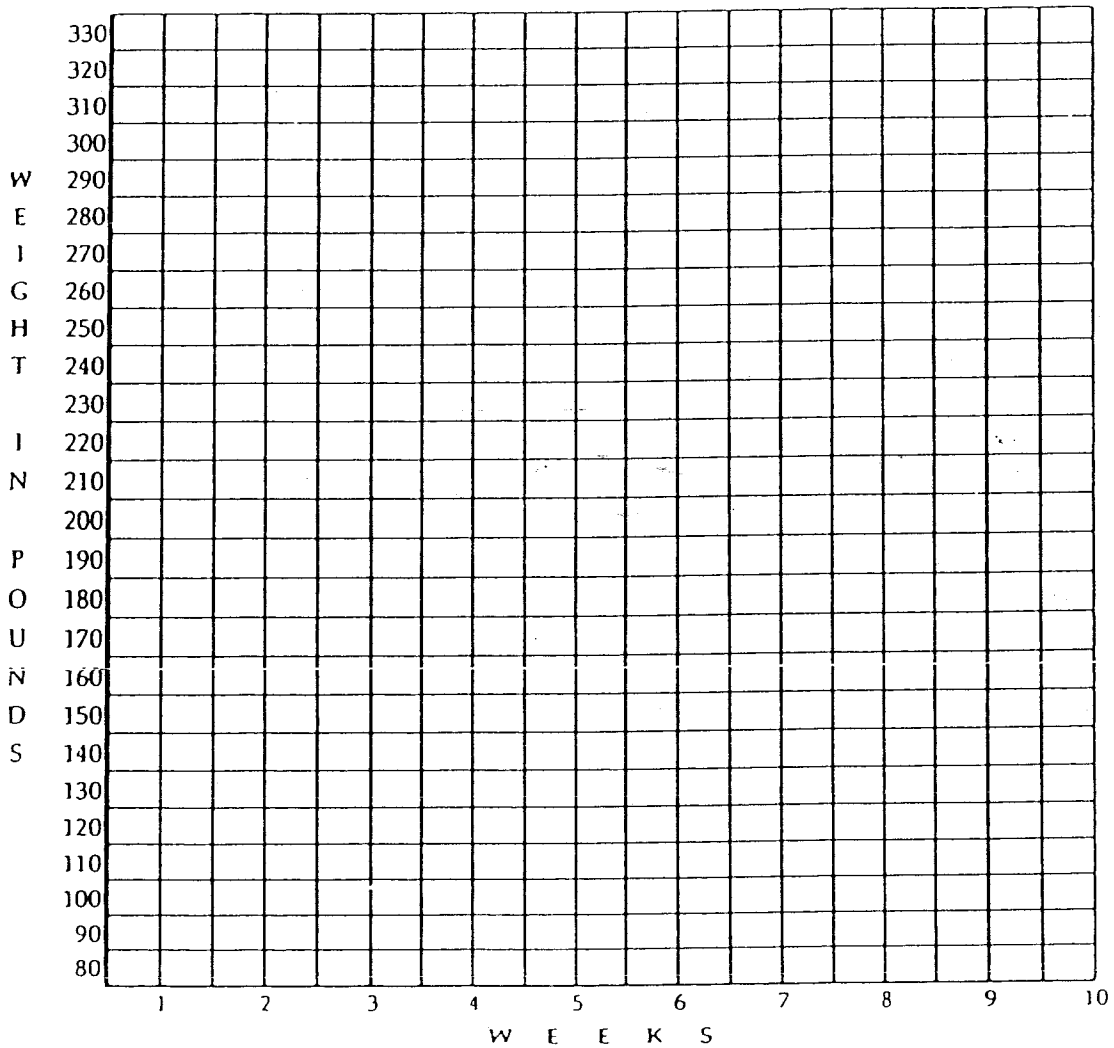
Notes :

NAME _____
 Period _____ Date _____

Weekly Weigh-In

Week	Body Weight	Week	Body Weight
1	_____	11	_____
2	_____	12	_____
3	_____	13	_____
4	_____	14	_____
5	_____	15	_____
6	_____	16	_____
7	_____	17	_____
8	_____	18	_____
9	_____	19	_____
10	_____	20	_____

Graph your weigh: changes from week 1 to week 10



POUNDS TO KILOGRAMS CONVERSION CHART

lbs.	kgs.	lbs.	kgs.	lbs.	kgs.
5	2.3	175	79.6	345	157.0
10	4.6	180	81.9	350	159.3
15	6.8	185	84.2	355	161.5
20	9.1	190	86.5	360	163.8
25	11.4	195	88.7	365	166.1
30	13.7	200	91.0	370	168.4
35	15.9	205	93.3	375	170.6
40	18.2	210	95.6	380	172.9
45	20.5	215	97.8	385	175.2
50	22.8	220	100.1	390	177.5
55	25.0	225	102.4	395	179.7
60	27.3	230	104.7	400	182.0
65	29.6	235	106.9	405	184.3
70	31.9	240	109.2	410	186.6
75	34.1	245	111.5	415	188.8
80	36.4	250	113.8	420	191.1
85	38.7	255	116.0	425	193.4
90	41.0	260	118.3	430	195.7
95	43.2	265	120.6	435	197.9
100	45.5	270	122.9	440	200.2
105	47.8	275	125.1	445	202.5
110	50.1	280	127.4	450	204.8
115	52.3	285	129.7	455	207.0
120	54.6	290	132.0	460	209.3
125	56.9	295	134.2	465	211.6
130	59.2	300	136.5	470	213.9
135	61.4	305	138.8	475	216.1
140	63.7	310	141.1	480	218.4
145	66.0	315	143.3	485	220.7
150	68.3	320	145.6	490	223.0
155	70.5	325	147.9	495	225.2
160	72.8	330	150.2	500	227.5
165	75.1	335	152.4	505	229.8
170	77.4	340	154.7	510	232.1

KILOGRAMS TO POUNDS CONVERSION CHART

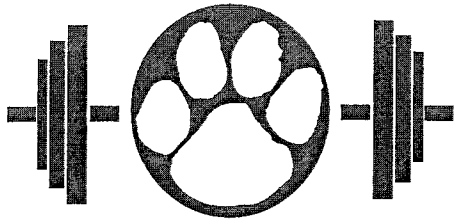
kgs.	lbs.	kgs.	lbs.	kgs.	lbs.
2.5	6	82.5	182	162.5	357.5
5	11	85	187	165	363
7.5	17	87.5	193	167.5	368.5
10	22	90	198	170	374
12.5	28	92.5	204	172.5	379.5
15	33	95	209	175	385
17.5	39	97.5	214.5	177.5	390.5
20	44	100	220	180	396
22.5	50	102.5	225.5	182.5	401.5
25	55	105	231	185	407
27.5	61	107.5	236.5	187.5	412.5
30	66	110	242	190	418
32.5	72	112.5	247.5	192.5	423.5
35	77	115	253	195	429
37.5	83	117.5	258.5	197.5	434.5
40	88	120	264	200	440
42.5	94	122.5	269.5	202.5	445.5
45	99	125	275	205	451
47.5	105	127.5	280.5	207.5	456.5
50	110	130	286	210	462
52.5	116	132.5	291.5	212.5	467.5
55	121	135	297	215	473
57.5	127	137.5	302.5	217.5	478.5
60	132	140	308	220	484
62.5	138	142.5	313.5	222.5	489.5
65	143	145	319	225	495
67.5	149	147.5	324.5	227.5	500.5
70	154	150	330	230	506
72.5	160	152.5	335.5	232.5	511.5
75	165	155	341	235	517
77.5	171	157.5	346.5	237.5	522.5
80	176	160	352	240	528

MALE STRENGTH PROFICIENCY CHART

POINTS						
BODYWEIGHT	6	5	4	3	2	1
SNATCH						
<123	120	110	100	90	80	70
124-132	125	115	105	95	85	75
133-148	130	120	110	100	90	80
149-165	135	125	115	105	95	85
166-181	140	130	120	110	100	90
182-198	150	140	130	120	110	100
199-220	160	150	140	130	120	110
>221	170	160	150	140	130	120
CLEAN & JERK						
<123	140	130	120	110	100	90
124-132	150	140	130	120	110	100
133-148	160	150	140	130	120	110
149-165	170	160	150	140	130	120
166-181	180	170	160	150	140	130
182-198	190	180	170	160	150	140
199-220	200	190	180	170	160	150
>221	210	200	190	180	170	160
BENCH PRESS						
<123	140	130	120	110	100	90
124-132	155	145	135	125	115	105
133-148	170	160	150	140	130	120
149-165	185	175	165	155	145	135
166-181	200	190	180	170	160	150
182-198	215	205	195	185	175	165
199-220	230	220	210	200	190	180
>221	245	235	225	215	205	195
BACK SQUAT						
<123	230	220	210	200	190	180
124-132	245	235	225	215	205	195
133-148	260	250	240	230	220	210
149-165	275	265	255	245	235	225
166-181	290	280	270	260	250	240
182-198	305	295	285	275	265	255
199-220	320	310	300	290	280	270
>221	335	325	315	305	295	285
FRONT SQUAT						
<123	155	145	135	125	115	105
124-132	170	160	150	140	130	120
133-148	185	175	165	155	145	135
149-165	200	190	180	170	160	150
166-181	215	205	195	185	175	165
182-198	230	220	210	200	190	180
199-220	245	235	225	215	205	195
>221	260	250	240	230	220	210

FEMALE STRENGTH PROFICIENCY CHART

POINTS						
BODY WEIGHT	6	5	4	3	2	1
SNATCH						
<89	50	40	30	20	10	0
90-102	55	45	35	25	15	5
103-114	60	50	40	30	20	10
115-124	65	55	45	35	25	15
124-132	70	60	50	40	30	20
133-148	80	70	60	50	40	30
149-165	90	80	70	60	50	40
>165	100	90	80	70	60	50
CLEAN & JERK						
<89	60	50	40	30	20	10
90-102	70	60	50	40	30	20
103-114	80	70	60	50	40	30
115-124	90	80	70	60	50	40
124-132	100	90	80	70	60	50
133-148	110	100	90	80	70	60
149-165	120	110	100	90	80	70
>165	130	120	110	100	90	80
BENCH PRESS						
<89	60	50	40	30	20	10
90-102	75	65	55	45	35	25
103-114	90	80	70	60	50	40
115-124	105	95	85	75	65	55
124-132	120	110	100	90	80	70
133-148	135	125	115	105	95	85
149-165	150	140	130	120	110	100
>165	165	155	145	135	125	115
BACK SQUAT						
<89	100	90	80	70	60	50
90-102	115	105	95	85	75	65
103-114	130	120	110	100	90	80
115-124	145	135	125	115	105	95
124-132	160	150	140	130	120	110
133-148	175	165	155	145	135	125
149-165	190	180	170	160	150	140
>165	205	195	185	175	165	155
FRONT SQUAT						
<89	60	50	40	30	20	10
90-102	75	65	55	45	35	25
103-114	90	80	70	60	50	40
115-124	105	95	85	75	65	55
124-132	120	110	100	90	80	70
133-148	135	125	115	105	95	85
149-165	150	140	130	120	110	100
>165	165	155	145	135	125	115



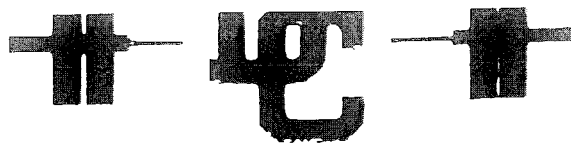
World-Class Fitness in 100 Words:

✦ Eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar. Keep intake to levels that will support exercise but not body fat.

✦ Practice and train major lifts: Deadlift, clean, squat, presses, clean & jerk, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstand, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc; hard and fast.

✦ Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy. Keep workouts short and intense.

✦ Regularly learn and play new sports.



Lifting Rubrics

CLEAN

- feet are hip width, grip is shoulders width on the bar, arms are straight
- legs initiate movement, back angle remains flat during exercise
- hips thrust forward, shoulders shrug upward
- bar is racked in squat position, arms are parallel to the ground

SNATCH

- feet are hip width, grip is wide on the bar, arms are straight
- legs initiate movement, back angle remains flat during exercise
- hips thrust forward, shoulders shrug upward
- bar is caught in squat position, bar is locked out above the head

BENCH PRESS

- feet are flat on the ground, lower leg is perpendicular to the ground
- downward movement of the bar is parallel and controlled
- bar touches chest at the nipple line and returns to extended position
- hips, shoulders and head remain on the bench during exercise

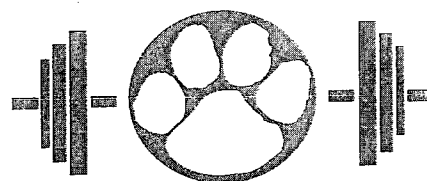
BACK SQUAT

- feet are shoulder width, bar is held high on the back
- downward movement of leg gets below parallel
- knees remain over the toes during exercise
- back angle remains flat during exercise

FRONT SQUAT

- feet are shoulders width, bar is held high on the front of the shoulder
- downward movement of leg gets below parallel
- knees remain over the toes during exercise
- back angle remains flat & the upper arm remains parallel during exercise

Del Campo High School
 Strength and Conditioning
 Pre Event Workout



5 x 3	Low Load	High Velocity Cleans
5 x 3	High Load	Low Velocity Pulls
5 x 5	Low Load	Full R.O.M. Squats
5 x 5	Jump Up, Step Down	2 Footed Box Jumps
5 x 5	Meduim Load	Close Grip Bench
5 x 10	Dynamic	MB Chest Past

1 x 30	Core	Bench Crunchies
1 x 30	Core	Knees to the Right
1 x 30	Core	Knees To the Left
1 x 30	Core	Back Extensions