



**NIKE FOOTBALL**   
**SPARQ TRAINING**  
PRE-SEASON PROGRAM

**2-A-DAYS  
WEIGHT ROOM  
WORKOUTS**

# **NIKE FOOTBALL**

## **SPARQ TRAINING**

### **PRE-SEASON PROGRAM**

#### **TWO-A-DAYS PRE-SEASON WORKOUTS**

The key to success in November is unrelenting preparation in the off-season and consistent movement and weight training throughout the season. As we transition from the off-season to the season, all teams go through 2-4 weeks of pre-season preparation. Coaches have players working hard on the field but we can't afford to be out of the weight room during this period. This series of weight lifting workouts was developed for easy implementation after two-a-day practices. Weights are purposely kept light and our goal is for athletes to maintain their range of motion and keep their mind and body sharp so they can return to a normal workout pattern once the season begins.

Each work out consists of three sets of Clean Pulls, Squats and Bench Press, some auxiliary lifts, and range of motion activity for the neck and shoulders. Six workouts total (averaging 2x a week) over the course of a two to four week pre-season are enough to keep athletes' bodies ready. The program can be sliced up in a few ways: Alternate the Big Guys (Offensive Linemen, Defensive Linemen, Linebackers and Tight Ends) and the Skill Guys (Quarterbacks, Running backs, Wide Receivers, Defensive Backs and Specialists), or break the workouts out by ability – Seniors and Juniors, Juniors and Sophomores, and a third group with little lifting experience. The third group can be used as a teaching group where new players and younger athletes can master the correct form and body movements involved in each lift.

A couple common sense things to keep in mind when implementing this program is to make sure athletes aren't lifting the day prior to or right after a scrimmage, and that if the weather has been extremely hot during practice, it is a better idea to give the athletes a break.

Pre-season preparation helps athletes stay strong so they can finish strong. Work hard and have fun in the pre-season, and we'll be back with an in-season program to help coaches and athletes achieve success on the field throughout the season.

***SCHEDULE***

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# 2-A-DAYS LIFT SCHEDULE

## WORKOUT 1

EXERCISE	REPS			REST
<b>OLYMPIC LIFTS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Clean Pull	4/45%	4/47%	4/50%	1 min
Back Squat	5/40%	5/42%	5/45%	1 min
Bench Press	5/45%	5/50%	5/55%	1 min
<b>SHOULDERS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Upright Row	8	8	8	1 min
Plate Circuit	8	8	8	1 min
<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Pull-Ups (Wide)	8	8	8	1 min
DB Row	8	8	8	1 min
<b>BICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
DB Hammer Curl	8	8	8	1 min
<b>TRICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Tricep Extension	8	8	8	1 min
4 - Way Neck	STRETCH			

## WORKOUT 2

EXERCISE	REPS			REST
<b>OLYMPIC LIFTS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Clean Pull	4/47%	4/50%	4/52%	1 min
Back Squat	5/52%	5/45%	5/50%	1 min
Bench Press	5/50%	5/55%	5/60%	1 min
<b>SHOULDERS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Shrugs	8	8	8	1 min
Scap Pinch	20	20	20	1 min
<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Lat Pull (Wide)	8	8	8	1 min
DB Bench Row	8	8	8	1 min
<b>BICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
EZ Bar Curl	8	8	8	1 min
<b>TRICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Power Ball Push-up	8	8	8	1 min
4 - Way Neck	STRETCH			

## WORKOUT 5

EXERCISE	REPS			REST
<b>OLYMPIC LIFTS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Clean Pull	4/55%	4/55%	4/55%	1 min
Back Squat	5/60%	5/60%	5/60%	1 min
Bench Press	5/65%	4/70%	4/70%	1 min
<b>SHOULDERS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Upright Row	8	8	8	1 min
Plate Circuit	8	8	8	1 min
<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Pull-Ups (Wide)	8	8	8	1 min
DB Row	8	8	8	1 min
<b>BICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
DB Hammer Curl	8	8	8	1 min
<b>TRICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Tricep Extension	8	8	8	1 min
4 - Way Neck	STRETCH			

## WORKOUT 6

EXERCISE	REPS			REST
<b>OLYMPIC LIFTS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Clean Pull	4/55%	4/55%	4/55%	1 min
Back Squat	5/60%	5/60%	5/60%	1 min
Bench Press	5/65%	4/70%	4/70%	1 min
<b>SHOULDERS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Shrugs	8	8	8	1 min
Scap Pinch	20	20	20	1 min
<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Lat Pull (Wide)	8	8	8	1 min
DB Bench Row	8	8	8	1 min
<b>BICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
EZ Bar Curl	8	8	8	1 min
<b>TRICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Power Ball Push-up	8	8	8	1 min
4 - Way Neck	STRETCH			

## WORKOUT 3

EXERCISE	REPS			REST
<b>OLYMPIC LIFTS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Clean Pull	4/50%	4/52%	4/55%	1 min
Back Squat	5/45%	5/50%	5/55%	1 min
Bench Press	5/55%	5/60%	5/65%	1 min
<b>SHOULDERS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Upright Row	8	8	8	1 min
Plate Circuit	8	8	8	1 min
<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Pull-Ups (Wide)	8	8	8	1 min
DB Row	8	8	8	1 min
<b>BICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
DB Hammer Curl	8	8	8	1 min
<b>TRICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Tricep Extension	8	8	8	1 min
4 - Way Neck	STRETCH			

## WORKOUT 4

EXERCISE	REPS			REST
<b>OLYMPIC LIFTS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Clean Pull	4/55%	3/60%	3/65%	1 min
Back Squat	5/55%	5/60%	5/60%	1 min
Bench Press	5/57%	5/62%	5/65%	1 min
<b>SHOULDERS</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Shrugs	8	8	8	1 min
Scap Pinch	20	20	20	1 min
<b>BACK</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Lat Pull (Wide)	8	8	8	1 min
DB Bench Row	8	8	8	1 min
<b>BICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
EZ Bar Curl	8	8	8	1 min
<b>TRICEP</b>	<b>SET 1</b>	<b>SET 2</b>	<b>SET 3</b>	
Power Ball Push-up	8	8	8	1 min
4 - Way Neck	STRETCH			

To determine your max weight lifting range and calculate your max percentages, please reference "Percent-of-Max Charts" at the back of this book.

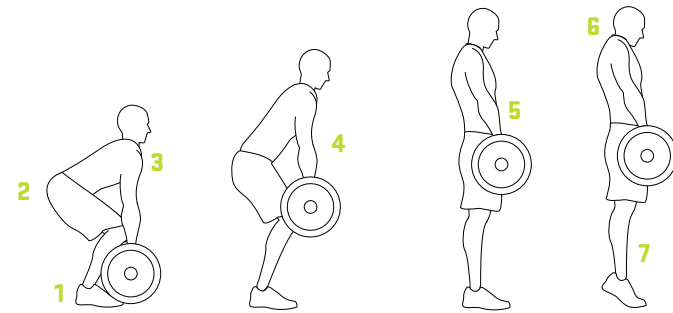
FOR ALL AUXILIARY LIFTS, LOAD SHOULD BE DETERMINED BY COACH OR ATHLETE.

## ***DIAGRAMS & DESCRIPTIONS***

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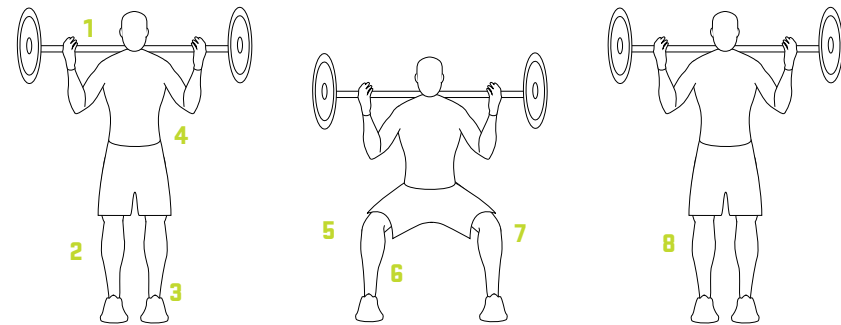
# DIAGRAMS & DESCRIPTIONS

## CLEAN PULL



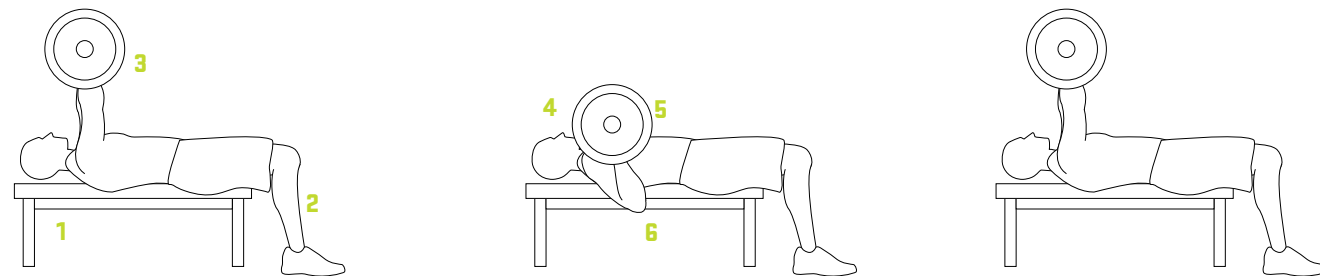
1. Stand with feet hip width apart so that the balls of the feet are positioned directly under the bar
2. Squat down and grip the bar using a clean grip, keeping the arms straight, elbows rotated out, and wrists cupped
3. Position the body so the shoulders are directly over the bar, tighten the core and pull the chest up so the back remains flat
4. Pull the bar off the floor at a constant speed by extending the hips and knees, back angle remains constant as the hips and shoulders rise at the same rate
5. The bar remains close to the body after it crosses the knees
6. Explosively extend the body vertically and shrug to pull the bar up
7. At the height of the pull the ankles, knees, and hips are fully extended

## BACK SQUAT



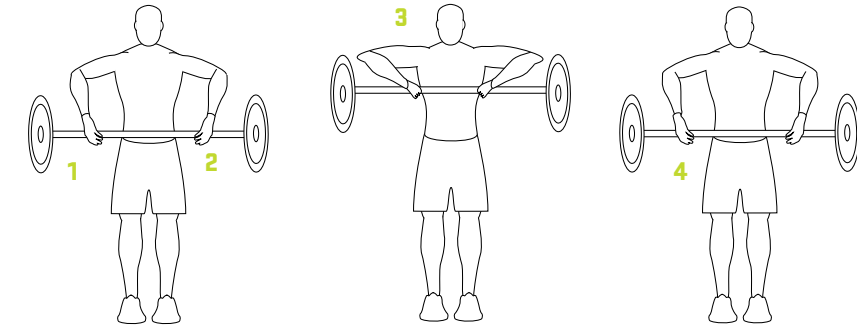
1. Position the bar behind the head on the upper part of the back/trap area where it rests most comfortably using a wider than shoulder width grip
2. Keeping the chest up, tighten the core and use the legs to lift the bar off the rack and step back to lift
3. Feet are positioned between hip, shoulder width apart with the toes pointing slightly out
4. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
5. Begin the decent by setting the hips back slightly to shift the weight toward the heels
6. Continue to drop the hips in a controlled manner by bending the knees, keeping the chest up and back straight until thighs are parallel to the ground
7. Knees should be kept in line with the toes but never allowed to shift in front of them
8. From the bottom, push through the feet, using the hips and thigh muscles to return to the starting position, exhaling as you rise

## BENCH PRESS



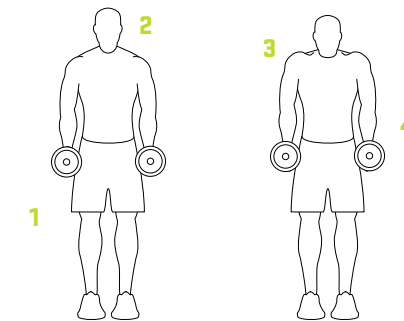
1. Lie face up on a bench with eyes directly below bar
2. Position feet directly under the knees with the hips, shoulders, and head flat on the bench (Lock in this position and keep it through the entire movement)
3. Using a slightly wider than shoulder width grip have a partner assist in unracking the bar
4. Take air in, tighten the core, and lower the bar under control to a point even with or slightly below the nipples, keeping the wrists straight
5. As soon as the bar touches the chest, drive it back to the starting position making sure to achieve full elbow extension, exhaling as the bar rises
6. When executing the pause bench, the athlete will allow the bar to remain in the bottom position (on the chest) for a count before pressing the bar to the finished position
7. Do not allow the bar to sink into the athletes chest. Keep the core strong

## UPRIGHT ROW



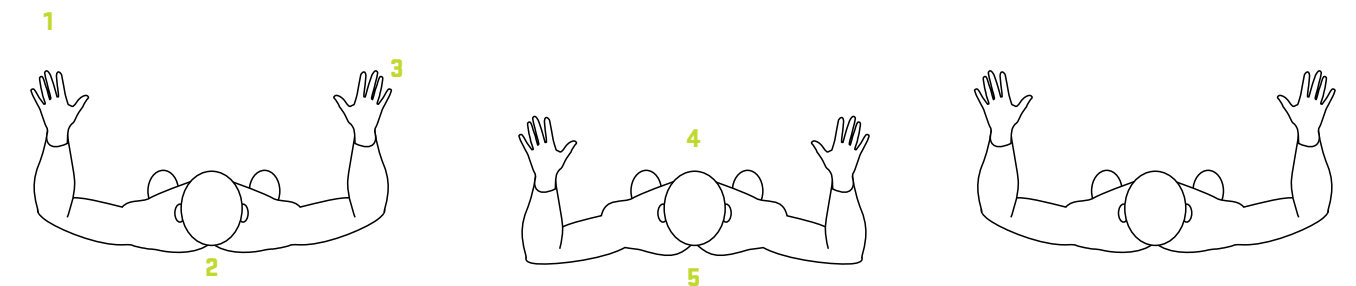
1. The athlete will grasp a barbell with their grip being just outside the smooth portion of the bar. We do not want the grip to be too close because it could adversely effect the wrist of the athlete
2. The bar will start at the athletes waist
3. The athlete will raise the bar up just under the chin by lifting their elbows as high as is necessary
4. Once the correct height is obtained the athlete will lower the weight to the starting position
5. Continue for the required reps

## SHRUGS



1. Allow the dumbbells to hang at the side, stand with the feet directly under the hips with the knees slightly bent
2. Keeping the chest up and eyes focused straight ahead, take in air and tighten the core
3. Keeping the arms straight, shrug the dumbbells straight up using the traps as if trying to touch the shoulders to the ear
4. Inhale and hold your breath as the shrug begins and then exhale as you return to the starting position

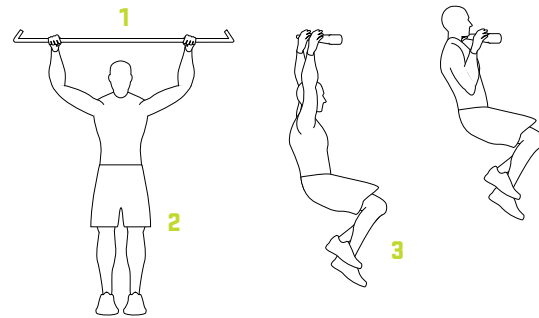
## SCAP PINCH



1. This exercise will start with the athlete standing
2. The athlete will raise their arms so that the arm is parallel to the ground. The arms will then be bent at a 90° angle so that the forearms are facing the ground and the elbows are staight out from the shoulders
3. There are three different movements to this drill. The first movement requires the thumbs to be pointed up. The second movement requires the palms to be flat to the ground. The third part of the drills requires the athlete to have their thumbs pointing down
4. No matter which way the hands are turned the movement is the same. The athlete will push their elbows back trying to pinch the scapula [shoulder blades together]
5. The movement will be of good pace, not slow not too quick. To que the movement a coach can put a finger between the shoulders blades of the player and tell them to pinch them together

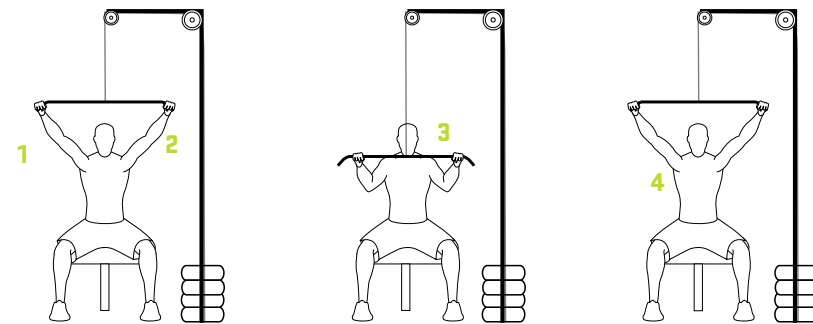
# DIAGRAMS & DESCRIPTIONS

## PULL-UPS (WIDE)



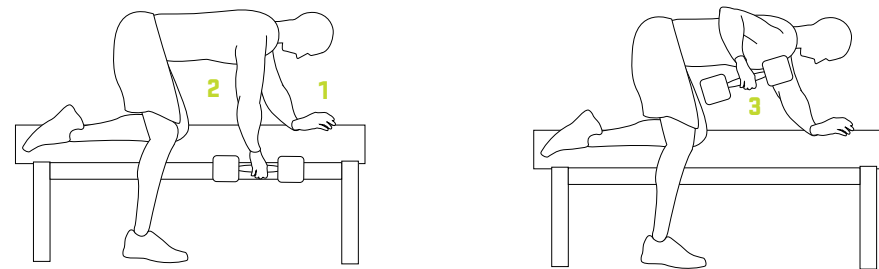
1. The athlete will take the assigned grip. Wide Grip: hands slightly wider than shoulder width
2. Do not jump into the first repetition. Allow your body to hang prior to doing the first repetition
3. Bend knees and cross your ankles. Have a partner spot/assist by pushing up on shins or low back to achieve the required number of repetitions

## LAT PULL (WIDE)



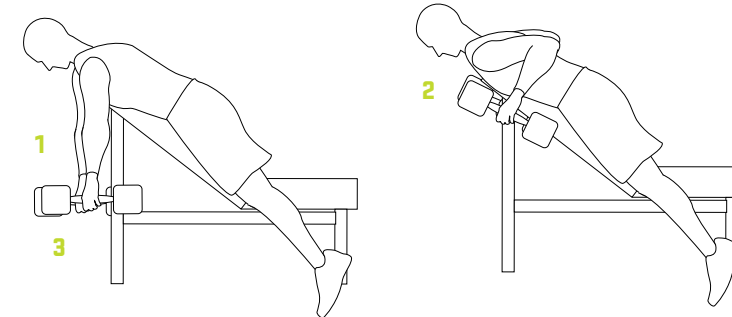
1. Sit at a high cable pulldown machine with the knees held down by the padding
2. Fully extend the arms overhead and grasp the bar using a wide, overhand grip (palms facing away from you)
3. Pull the bar down in front of the face to the collarbone, squeezing the shoulder blades together and pulling the elbow down & back
4. Exhales and in a controlled manner, return the bar to the starting position with elbows fully extended

## DUMBBELL ROW



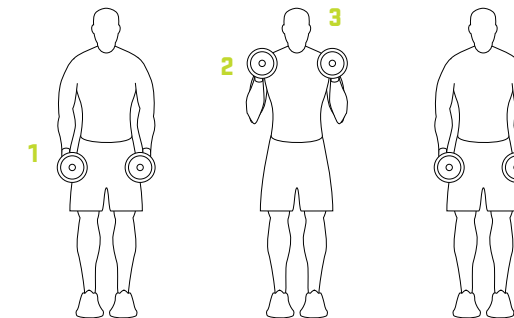
1. Place the inside leg and hand on a bench for support
2. With a dumbbell in the outside hand and arm fully extended, pull the weight directly up toward the arm pit by bending the elbow and pulling with the arm and back muscles
3. Once the weight touches the chest, return to the starting position in a controlled manner
4. Repeat the required number of repetitions using each arm

## DUMBBELL BENCH ROW



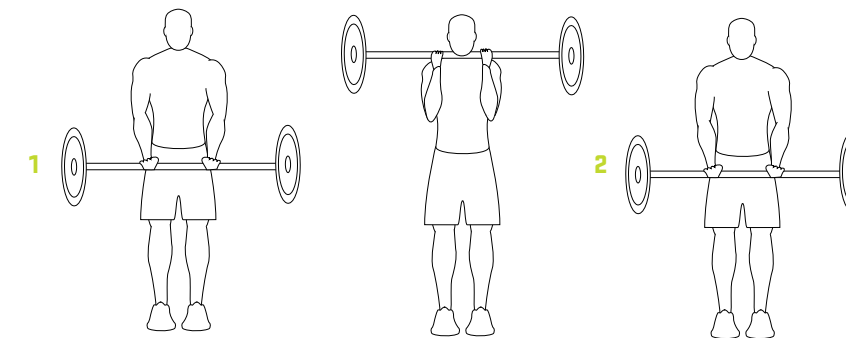
1. The athlete will position themselves with their chest high on the edge of a bench at a 30° incline. The athlete will pick up two dumbbells (one in each hand)
2. Keeping their head in a neutral position they will raise the dumbbells up by bending their elbows until the dumbbells nearly touch the bench
3. The athlete will then, under control, lower the dumbbells back to the starting position
4. Continue this procedure for the required number of repetitions. Do not use your lower back in trying to raise the dumbbells.

## DUMBBELL HAMMER CURL



1. Hold a dumbbell in each hand at your sides with the palms facing in
2. Curl the weights upward by bending at the elbows so that the flat end of the dumbbell is coming up toward the shoulder
3. Bring the weight up so that it almost touches the shoulder and then return to the starting position in a controlled manner

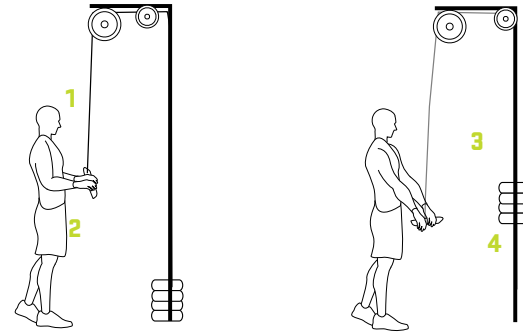
## EZ BAR CURL



1. Using an EZ-curl bar and an underhand grip (palms up), start with the arms fully extended holding onto the weight
2. Curl the bar up by bending at the elbows, bringing the weight all the way up to the chest and then return to the starting position by lowering the bar in a controlled manner

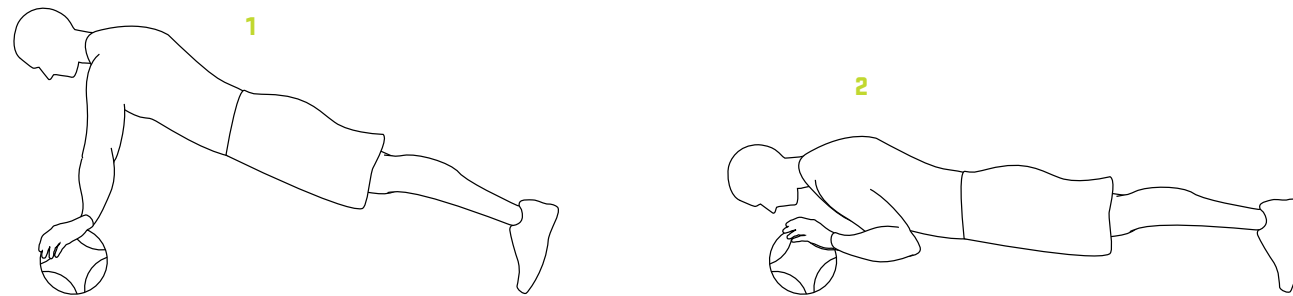
# DIAGRAMS & DESCRIPTIONS

## TRICEP EXTENSION



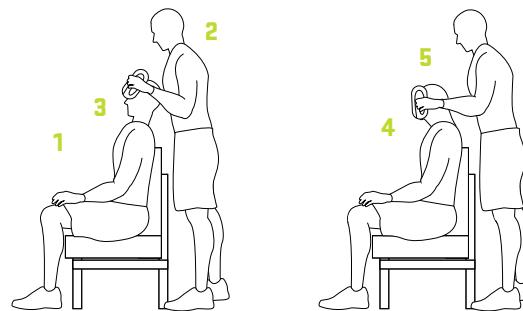
- Using a pulley machine grasp the bar with a narrow grip at about chest height
- Keep elbows to the side
- Push the bar all the way down through a full range of motion
- Pause for a count and then allow the bar to return the starting point
- Repeat for the required number of reps

## POWER BALL PUSH-UP



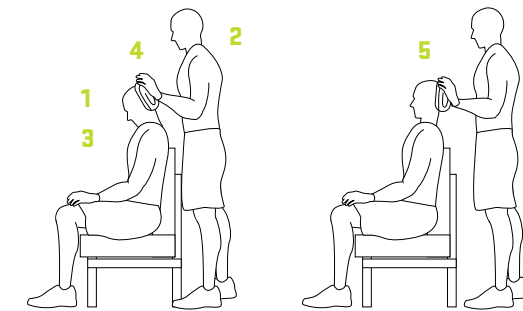
- Place hands on a power ball and assume the push-up position; arms extended, back flat, body in a straight line
- Keeping the elbows in, lower the body until the chest touches the power ball and then press back up to full elbow extension

## NECK FORWARD



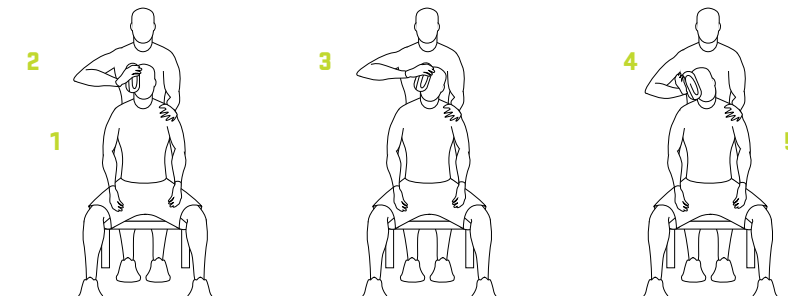
- Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with their hands on your forehead
- Begin with your neck straight, not extended backward
- Move the head forward by tucking the chin while your partner gently resists your movement
- Return to the starting position by having your partner gently pull the head back toward center as you resist them, making sure not to extend the neck past center

## NECK BACKWARD



- Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with their hands on the back of your head
- Begin with your neck straight, not extended backward
- Have your partner gently push the head forward as you tuck the chin and resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement, making sure not to extend the neck past center

## NECK SIDE-TO-SIDE



- Using a 90° bench, sit upright with your back flat against the bench
- Place a towel over your head and have a partner stand behind you with one hand on the side of your head and the other on your opposite shoulder
- Begin with your neck straight and have your partner gently push the head to the side as you resist them
- Return to the starting position by moving the head back to center while your partner gently resists your movement
- Complete the required number of repetitions on one side and then repeat for the opposite side

# MAX WEIGHT LIFTING RANGES

FOR ATHLETES WHO DO NOT KNOW THEIR MAXES, USE THIS CHART AS A GUIDE.

<b>BODY TYPE</b>	<b>HANG CLEAN / POWER CLEAN</b>	<b>BENCH</b>	<b>SQUAT</b>
<b>HEAVY-WEIGHT</b>	<b>230 - 250 lbs</b>	<b>275 - 300 lbs</b>	<b>400 - 450 lbs</b>
<b>MIDDLE-WEIGHT</b>	<b>200 - 235 lbs</b>	<b>225 - 275 lbs</b>	<b>350 - 400 lbs</b>
<b>LIGHT-WEIGHT</b>	<b>185 - 200 lbs</b>	<b>200 - 225 lbs</b>	<b>275 - 350 lbs</b>
<b>FLYWEIGHT</b>	<b>45 - 185 lbs</b>	<b>45 - 200 lbs</b>	<b>45 - 275 lbs</b>

Maxes from these three lifts will determine all of the major movement maxes.

**HANG CLEAN / POWER CLEAN MAX WILL BE USED TO FIGURE:**

Olympic Lifts (Hang Clean / Hang Snatch / Clean Pull / Dumbbell Jerk)  
One Legged Lifts (Box Step-up and One Legged Squat)

**BENCH PRESS MAX WILL BE USED TO BE USED TO FIGURE:**

All Pressing: (Bench Press, Bench Press (Pause) / 30 and 45-degree Incline Bench / Dumbbell Flat Bench / 30 and 45-degree Dumbbell Bench and all Alternating Dumbbell Pressing Actions / Shoulder Press / Dumbbell Shoulder Press \ and all Alternating Dumbbell Pressing Actions.

**SQUAT MAX WILL BE USED TO FIGURE:**

Back Squat and Front Squat

One repetition maxing is not necessary to run this or any other program. The strength ranges are relative to size and body strength that the athlete shows during normal workouts. If a wide receiver can handle more weight by showing his ability to have great technique and speed of movement, then the athlete can move up to a higher strength level.

If you don't do a one rep max with your team (or a rep max period), then start athletes at the beginner level and allow them to rise through the levels as they are able to handle the weight. Remember safety first and don't ever push an athlete to lift a weight that is out of their technique level. Always err on the side of safety!

Often times with younger athletes, the bigger athletes are not always the strongest. If this is the case for your bigger athletes, allow them to move to a lower strength until they are able to show great technique and speed of movement. Once these two major areas are accomplished, the athlete can move up to a higher strength level.

WARNING! Sport training can result in serious injury. Do not exercise without proper instructions or supervision, or without first consulting your physician. Use of the information in the Nike Football SPARQ Training Pre-season Program implies an understanding of these risks and releases Nike, Inc., its trainers and affiliates from any and all damages.

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	20%	22.5%	25%	27%
100	20	20	25	30
110	20	25	30	30
120	25	30	30	35
130	25	30	30	25
140	30	30	35	40
150	30	35	40	40
160	30	35	40	40
170	35	40	40	45
180	35	40	45	50
190	40	40	45	50
200	40	45	50	55
210	40	45	50	55
220	45	50	55	60
240	50	55	60	65
250	50	55	65	65
260	52	60	65	70
270	55	60	70	75
280	55	65	70	75
290	60	65	75	80
300	60	70	75	80

LBS	20%	22.5%	25%	27%
310	65	70	80	80
320	65	75	80	85
330	70	75	80	85
340	70	80	85	90
350	70	80	90	95
360	75	80	90	95
LBS	30%	32.5%	35%	37.5%
100	30	35	35	40
110	35	35	40	40
120	40	40	45	45
130	40	40	45	50
140	40	45	50	50
150	50	50	50	50
160	50	50	55	60
170	50	55	60	60
180	55	60	60	70
190	60	60	65	70
200	60	65	70	75
210	65	70	70	70
220	65	70	80	80

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	30%	32.5%	35%	37%
230	70	75	80	85
240	70	80	85	90
250	75	80	90	90
260	80	85	90	100
270	80	90	95	100
280	85	90	100	105
290	85	95	100	110
300	90	100	105	110
310	95	100	110	115
320	95	105	115	120
330	100	110	115	125
340	100	110	120	130

LBS	40%	42.5%	45%	47%
100	40	45	45	50
110	40	50	50	55
120	45	50	55	55
130	50	55	60	60
140	50	60	60	65
150	55	65	70	70
160	60	70	70	80

LBS	40%	42.5%	45%	47%
170	60	75	80	85
180	70	75	80	85
190	70	80	85	90
200	80	85	90	95
210	85	90	95	100
220	90	95	95	100
230	90	100	105	110
240	95	100	110	115
250	100	105	110	120
260	105	110	115	125
270	110	115	120	130
280	110	120	135	135
290	115	125	130	140
300	120	130	135	145
310	125	130	140	150
320	130	135	145	150
330	135	140	150	155
340	140	145	155	160
350	140	150	160	165
360	145	155	160	170

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	50%	52.5%	55%	57%
100	50	55	55	60
105	55	55	60	60
110	55	60	60	65
115	60	60	65	65
120	60	65	65	70
125	60	65	70	70
130	65	70	70	75
135	70	70	75	75
140	70	75	75	80
145	70	75	80	80
150	75	80	85	85
155	80	80	85	90
160	80	85	90	95
165	80	85	90	95
170	85	90	95	100
175	90	90	95	100
180	90	95	100	105
185	90	95	100	105
190	95	100	105	110
195	100	100	110	110

LBS	50%	52.5%	55%	57%
200	100	105	110	115
205	100	105	110	115
210	105	110	115	120
215	110	110	120	120
220	110	115	120	125
225	110	120	120	130
230	115	120	125	130
235	120	120	130	135
240	120	120	130	140
245	120	125	135	140
250	125	130	140	145
255	130	130	140	145
260	130	130	145	150
265	130	135	145	150
270	135	140	150	155
275	135	140	150	155
280	140	145	155	160
285	140	145	160	160
290	145	150	160	165
295	145	150	165	170

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	50%	52.5%	55%	57%
300	150	160	165	170
305	150	160	165	175
310	155	165	170	180
315	155	165	175	180
320	160	170	175	185
325	160	170	180	185
330	165	175	180	185
335	165	175	185	190
340	170	180	185	195
345	170	180	190	195
350	175	185	190	200
355	175	185	195	200
360	180	190	200	205
365	180	190	200	210
370	185	195	205	215
375	185	195	205	215
380	190	200	210	215
385	190	200	210	220
390	195	205	215	225
395	195	205	215	225

LBS	50%	52.5%	55%	57%
400	200	210	220	230
405	200	210	220	230
410	205	215	225	235
415	205	215	230	235
420	210	220	230	240
425	210	220	235	240
430	215	225	235	245
435	215	225	240	245
440	220	230	240	255
445	220	230	245	255
450	225	235	250	260
455	225	235	250	260
460	230	240	255	265
465	230	240	255	265
470	235	245	260	270
475	235	245	260	270
480	240	250	265	275
485	240	250	265	275
490	245	255	270	280
495	245	255	270	280
500	250	265	275	290

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	60%	62.5%	65%	67%
100	60	62	65	67
105	65	65	70	70
110	65	70	70	75
115	70	70	75	75
120	70	75	80	80
125	75	75	80	85
130	80	80	85	85
135	80	85	85	90
140	85	85	90	95
145	85	90	95	95
150	90	95	95	100
155	95	95	100	105
160	95	100	105	105
165	100	100	105	110
170	100	105	110	115
175	105	110	115	115
180	110	110	115	120
185	110	115	120	125
190	115	115	125	125
195	115	120	125	130

LBS	60%	62.5%	65%	67%
200	120	125	130	135
205	120	130	135	140
210	125	130	135	140
215	130	135	140	145
220	130	140	145	150
225	135	140	145	150
230	140	145	150	155
235	140	145	150	160
240	145	150	155	160
245	150	150	160	165
250	150	155	160	170
255	155	160	165	170
260	155	160	170	175
265	160	165	170	175
270	160	170	175	180
275	165	170	180	185
280	170	175	180	190
285	170	175	185	190
290	175	180	190	195
295	175	180	190	195

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	60%	62.5%	65%	67%
300	180	190	195	200
305	185	190	200	205
310	185	195	200	210
315	190	195	205	210
320	190	200	210	215
325	195	200	210	215
330	200	205	215	220
335	200	205	215	225
340	205	215	220	230
345	205	215	225	230
350	210	220	230	235
355	215	220	230	235
360	215	225	235	245
365	220	225	235	245
370	220	230	240	250
375	225	230	245	250
380	230	240	245	255
385	230	240	250	255
390	235	245	255	265
395	235	245	255	265

LBS	60%	62.5%	65%	67%
400	240	250	260	270
405	245	250	265	270
410	245	255	265	275
415	250	255	270	280
420	250	265	275	285
425	255	265	275	285
430	260	270	280	290
435	260	270	280	290
440	265	275	285	295
445	265	275	290	300
450	270	280	290	305
455	275	280	295	305
460	275	290	300	310
465	280	290	300	310
470	280	295	305	315
475	285	295	310	320
480	290	300	310	325
485	290	300	315	325
490	295	305	320	330
495	295	305	320	330
500	300	315	325	340

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	70%	72.5%	75%	77%
100	70	70	75	80
105	75	75	80	80
110	80	80	80	85
115	80	80	85	90
120	85	85	90	90
125	90	90	95	95
130	90	95	100	100
135	95	100	100	105
140	100	100	105	110
145	100	105	110	110
150	105	110	110	115
155	110	110	115	115
160	110	115	120	120
165	115	120	125	125
170	120	120	125	130
175	120	125	130	135
180	125	130	135	140
185	130	135	140	140
190	135	140	145	150
195	135	140	145	150

LBS	70%	72.5%	75%	77%
200	140	145	150	155
205	145	150	155	155
210	145	150	155	160
215	150	155	160	165
220	155	160	165	170
225	155	160	170	170
230	160	165	170	175
235	165	170	175	175
240	170	170	180	185
245	170	175	185	190
250	175	180	185	190
255	180	185	190	190
260	180	185	195	200
265	185	190	200	205
270	190	195	200	205
275	190	200	205	210
280	195	200	210	215
285	200	205	215	220
290	205	210	215	225
295	205	210	220	225

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	70%	72.5%	75%	77%
300	210	215	225	230
305	215	220	230	235
310	215	225	230	240
315	220	225	235	240
320	225	230	240	245
325	225	235	245	250
330	230	235	245	255
335	235	240	250	255
340	240	245	255	260
345	240	250	260	265
350	245	255	260	270
355	250	255	265	275
360	250	260	270	280
365	255	260	275	280
370	260	270	280	285
375	260	270	280	290
380	265	275	285	295
385	270	275	290	295
390	275	285	295	300
395	275	285	295	305

LBS	70%	72.5%	75%	77%
400	280	290	300	310
405	285	290	305	310
410	285	295	310	320
415	290	300	310	320
420	295	305	315	325
425	295	305	320	325
430	300	310	320	335
435	305	315	325	335
440	310	320	330	340
445	310	320	335	340
450	315	325	340	350
455	320	325	340	350
460	320	335	345	355
465	325	335	350	360
470	330	340	350	365
475	330	340	355	365
480	335	350	360	370
485	340	350	365	375
490	345	355	370	380
495	345	355	370	380
500	350	365	375	390

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	80%	82.5%	85%	87%
100	80	85	85	90
105	85	85	90	90
110	90	90	95	95
115	90	90	95	100
120	95	100	100	105
125	100	100	105	110
130	105	105	110	115
135	110	110	115	120
140	110	115	120	125
145	120	125	125	130
150	120	125	130	130
155	125	130	130	135
160	130	130	135	140
165	130	135	140	145
170	135	140	145	150
175	140	145	150	150
180	145	150	155	155
185	150	150	160	160
190	150	155	160	165
195	155	160	165	170

LBS	80%	82.5%	85%	87%
200	160	165	170	175
205	165	170	175	180
210	170	175	180	185
215	170	175	180	190
220	175	180	185	195
225	180	185	190	195
230	185	190	195	200
235	190	195	200	205
240	190	200	205	210
245	195	200	210	210
250	200	205	210	220
255	200	210	215	220
260	210	215	220	230
265	210	215	225	230
270	215	225	230	235
275	220	225	235	240
280	225	230	240	245
285	230	235	240	245
290	230	240	245	255
295	235	240	250	255

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	80%	82.5%	85%	87%
300	240	250	255	265
305	245	250	260	265
310	250	255	265	270
315	250	260	265	275
320	255	265	270	280
325	260	265	275	280
330	265	270	280	290
335	270	275	285	290
340	270	280	290	300
345	275	280	295	300
350	280	290	300	305
355	285	290	300	310
360	290	295	305	315
365	290	300	310	315
370	295	305	315	325
375	300	305	320	325
380	305	315	325	335
385	310	315	325	335
390	310	320	330	340
395	315	325	335	340

LBS	80%	82.5%	85%	87%
400	320	330	340	350
405	325	330	345	350
410	330	340	350	360
415	330	340	350	360
420	335	345	360	370
425	340	350	360	370
430	345	355	365	375
435	350	355	370	380
440	350	365	375	385
445	355	365	380	385
450	360	370	380	395
455	365	375	385	395
460	370	380	390	405
465	370	380	395	405
470	375	390	400	410
475	380	390	405	415
480	385	395	410	420
485	390	395	410	420
490	390	405	415	430
495	395	405	415	430
500	400	415	425	440

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	90%	92.5%	95%	97%
100	90	95	95	95
105	95	95	100	100
115	100	105	110	110
120	110	110	115	115
125	110	115	120	120
130	115	120	125	125
135	120	125	130	130
140	125	130	135	135
145	130	135	140	140
150	135	140	145	145
155	140	140	150	150
160	145	145	150	150
165	150	150	155	160
170	155	155	160	165
175	160	160	165	170
180	160	165	170	175
185	165	170	175	180
190	170	175	180	185
195	175	180	185	190
200	180	185	190	195

LBS	90%	92.5%	95%	97%
205	185	190	195	200
210	190	195	200	205
215	195	200	205	210
220	200	205	210	215
225	210	210	215	220
230	205	210	220	225
235	210	215	225	230
240	215	220	230	235
245	220	225	230	240
250	225	230	240	245
255	230	235	240	250
260	235	240	245	255
265	240	245	250	255
270	245	250	255	265
275	245	255	260	265
280	250	260	265	275
285	255	260	270	275
290	260	270	275	285
295	265	270	280	285
300	270	280	285	295

# PERCENT-OF-MAX CHARTS

ENSURE THAT YOU WORK MAXIMALLY DURING YOUR LIFTS AND REST FOR 45 SECONDS BETWEEN SETS.

LBS	90%	92.5%	95%	97%
305	275	280	290	295
310	280	285	295	300
315	285	290	300	305
320	290	295	305	310
325	290	300	310	315
330	295	305	315	320
335	300	310	320	325
340	305	315	325	330
345	310	315	325	335
350	315	325	330	340
355	320	325	335	345
360	325	335	340	350
365	330	335	345	355
370	330	340	350	360
375	335	345	355	365
380	340	350	360	370
385	345	355	365	375
390	350	360	370	380
395	355	365	375	385
400	360	370	380	390

LBS	90%	92.5%	95%	97%
405	365	370	385	390
420	380	390	400	410
425	380	390	405	410
430	390	400	410	420
435	390	400	415	420
440	395	405	420	430
445	400	410	420	430
450	405	415	430	440
455	410	420	430	440
460	415	425	440	450
465	420	425	440	450
470	425	435	445	460
475	425	435	450	460
480	430	445	455	470
485	435	445	460	470
490	440	455	465	480
495	445	455	470	480
500	450	465	475	490

WARNING! Sport training can result in serious injury. Do not exercise without proper instructions or supervision, or without first consulting your physician. Use of the information in the Nike Football SPARQ Training Pre-season Program implies an understanding of these risks and releases Nike, Inc., its trainers and affiliates from any and all damages.