



NAME: \_\_\_\_\_

**DAY 1**

**A Dynamic Warm-Up**

Exercise	Rest	Week 1		Week 2		Week 2		Week 4	
		Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Back Squat		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B Squat Jump (BODYWEIGHT)	1:30	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
C Pull-Ups		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
C DB Step-Ups	1:00	12 ea		10 ea		10 ea		8 ea	
		12 ea		10 ea		10 ea		8 ea	
		12 ea		10 ea		10 ea		8 ea	
		12 ea		10 ea		10 ea		8 ea	
D Inverted Rows		10		12		12		15	
		10		12		12		15	
		MAX		MAX		MAX		MAX	
D Lunges		8 ea		8 ea		8 ea		8 ea	
		8 ea		8 ea		8 ea		8 ea	
		8 ea		8 ea		8 ea		8 ea	
D Push-Ups	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
E DB Single Arm Bent-Over Row		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
E DB Shoulder Circuit		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
E Planks (Front, Left Side, Right Side)	0:30	0:30		0:40		0:50		1:00	
		0:30		0:40		0:50		1:00	
		0:30		0:40		0:50		1:00	
F FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	



NAME: \_\_\_\_\_

**DAY 2**

**A Dynamic Warm-Up**

Exercise	Rest	Week 1		Week 2		Week 2		Week 4	
		Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B <b>Deadlift</b>		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B <b>Medicine Ball Overhead Slam</b>	1:30	8		8		10		10	
		8		8		10		10	
		8		8		10		10	
		8		8		10		10	
C <b>Barbell or Dumbbell Bench Press</b>		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
C <b>Plyometric Push-Up (CLAPPING)</b>	1:00	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
D <b>Dumbbell Incline Bench</b>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
D <b>Glute-Ham Raises</b>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
D <b>Sit-Ups</b>	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
E <b>DB Shoulder Press</b>		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
E <b>DB Lateral Lunges</b>		8 ea		8 ea		8 ea		8 ea	
		8 ea		8 ea		8 ea		8 ea	
		8 ea		8 ea		8 ea		8 ea	
E <b>Hanging Leg Loweres</b>		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
E <b>Dips</b>	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
F <b>FOAM ROLLING &amp; STRETCHING</b>		10:00		10:00		10:00		10:00	

NAME: \_\_\_\_\_



**DAY 1**

		Week 5		Week 6		
		Reps	Wt	Reps	Wt	
<b>Dumbbell Circuit Day</b>						
<b>B</b>	<b>DB Upright Row</b>	10		10		
	<b>DB Step-Ups</b>	10 ea		10 ea		
	<b>DB Lateral Shoulder Raise</b>	10		10		
	<b>DB Alternate PushUp/Row</b>	10		10		
	<b>DB Alternate Lunges</b>	10 ea		10 ea		
	<b>DB Squats</b>	10		10		
	<b>DB Bent-Over Rows</b>	10		10		
	<b>DB Single Leg RDL's</b>	10 ea		10 ea		
	<b>DB Lateral Step-Ups</b>	10 ea		10 ea		
	<b>DB Alt. Curl to Press</b>	10 ea		10 ea		
	<b>DB X-Over Step-Ups</b>	10 ea		10 ea		
	<b>DB Overhead Tricep Extension</b>	10		10		
	<b>DB Lateral Lunges</b>	10 ea		10 ea		
	<i>*Rest 2-3 mins Between Rounds</i>		3 Rounds		2 Rounds	
	<b>C</b>	<b>PLANKS (Front, Left Side, Right Side)</b>	0:45 ea		0:45 ea	
			0:45 ea		0:45 ea	
			0:45 ea		0:45 ea	
			0:45 ea		0:45 ea	
<b>FOAM ROLLING &amp; STRETCHING</b>						
<b>D</b>	<b>FOAM ROLLING &amp; STRETCHING</b>	10:00		10:00		

**\*USE Dumbbells that are 10% of your Body Weight in each hand.**



NAME: \_\_\_\_\_

**Day 2**

<b>A Dynamic Warm-Up</b>		<b>Week 5</b>		<b>Week 6</b>	
		<b>Reps</b>	<b>Wt</b>	<b>Reps</b>	<b>Wt</b>
<b>PULL/PUSH/SIT Circuit</b>					
<b>B</b>	<b>Pull-Ups</b>	3		3	
	<b>Push-Ups</b>	10		10	
	<b>Sit-Ups</b>	10		10	
<i>*No Rest Between Exercises or Rounds</i>		10 Rounds		10 Rounds	
<b>C</b>	<b>FOAM ROLLING &amp; STRETCHING</b>	10:00		10:00	

<b>Dynamic Warm-Up (perform movements over 10-15 yards)</b>	
<b>Walking Lunge w/Twist</b>	
<b>Walking Lunge w/Overhead Reach</b>	
<b>Lateral Lunge</b>	
<b>Walking Lunge&gt;Elbow to Instep&gt;Twisting Overhead Reach</b>	
<b>Knee Pull to Chest</b>	
<b>Heel Pull to Butt</b>	
<b>Leg Cradle</b>	
<b>Frankensteins</b>	
<b>Lateral Shuffle</b>	
<b>Carioca</b>	
<b>High Knee Run</b>	
<b>Power Skipping</b>	
<b>T, Y, W &amp; L's x 10 each</b>	