

DAY 1

CHEST/BACK WEEK 1-3 SUMMER	SET	Week 1		Week 2		Week 3	
		Reps	Weight	Reps	Weight	Reps	Weight
Regular Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Wide Pull Up or Lat Pull Down	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Military Push Up (Elbows close to Body)	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Chin Up or Reverse Grip Pulldown	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Wide Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Close Grip Pull Up or Close Grip Pulldown	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Decline Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Squatting 2-arm Dumbbell Row	Set 1	12		12		12	
	Set 2	12		12		12	
Diamond Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
1 arm Bent Over Row	Set 1	12		12		12	
	Set 2	12		12		12	
Dive Bomber Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Seated Back Flyes	Set 1	12		12		12	
	Set 2	12		12		12	

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

Do 1 set of each exercise then repeat for the 2nd set
 A.M.A.P. = As Many As Possible
 Each set has a 1 minute time limit.

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.
 Try to complete each set to failure!!
 Find a weight that is heavy and challenging but not a weight that is too light.

DAY 2

Plyometrics

Jump Squat 1 inch off ground	30 sec
Lunge Jump	30 sec each leg
Swing Kick	1 min
Alternate Leg Isolated Leap	30 sec total

Repeat after a 2 min break!!

Squat Reach Jump	45 sec total
Jump Squat Switch	30 sec total
Circle Run	30 sec clockwise 30 sec counter clockwise

Repeat after 2 min break

Jump Knee Tuck	30 sec
Jump Lunge	30 sec each
Twist Combo Jump	30 sec
Leapfrog Jump	30 sec

Repeat after a 2 min break!!

RUNNING

8----60 YD SPRINTS

Plyometric training is intense and will challenge you!! Pace yourself but try to push yourself at the same time. In the weeks to come it will get more challenging.

We will work into the sprint work throughout the next coming weeks----plyometric training is a source of cardiovascular training as well so stick with the program

DAY 3

SHOULDERS/ARMS WEEK 1-3 SUMMER	SET	Week 1		Week 2		Week 3	
		Reps	Weight	Reps	Weight	Reps	Weight
Alternating Dumbbell Shoulder Press	Set 1	10-15		10-15		10-15	
	Set 2	10-15		10-15		10-15	
Dumbbell In and Out Biceps Curl	Set 1	10-15		10-15		10-15	
	Set 2	10-15		10-15		10-15	
Dumbbell Triceps Kick Back	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Dumbbell Shoulder Press	Set 1	10-12		10-12		10-12	
	Set 2	10-12		10-12		10-12	
Dumbbell Curl Full Twist at Top	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Chair Dips	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Dumbbell or Barbell Upright Rows	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Dumbbell Static Arm Curl	Set 1	10-15		10-15		10-15	
	Set 2	10-15		10-15		10-15	
Triceps Rope Pulldown	Set 1	12-15		12-15		12-15	
	Set 2	12-15		12-15		12-15	
90 degree Shoulder Pitcher Pours	Set 1	10-12		10-12		10-12	
	Set 2	10-12		10-12		10-12	
Crouching Dumbbell Biceps Curl	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Lying Down Triceps Extension	Set 1	10-12		10-12		10-12	
	Set 2	10-12		10-12		10-12	

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

A.M.A.P. = As Many As Possible

Increase your weights each week

Do 1 set of each exercise then repeat for the 2nd set

Choose the reps in the rep range provided

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 4

Plyometrics

Jump Squat 1 inch off ground	30 sec
Lunge Jump	30 sec each leg
Swing Kick	1 min
Alternate Leg Isolated Leap	30 sec total

Repeat after a 2 min break!!

Squat Reach Jump	45 sec total
Jump Squat Switch	30 sec total
Circle Run	30 sec clockwise 30 sec counter clockwise

Repeat after 2 min break

Jump Knee Tuck	30 sec
Jump Lunge	30 sec each
Twist Combo Jump	30 sec
Leapfrog Jump	30 sec

Repeat after a 2 min break!!

RUNNING

6 100 YD SPRINTS

Plyometric training is intense and will challenge you!! Pace yourself but try to push yourself at the same time. In the weeks to come it will get more challenging.

We will work into the sprint work throughout the next coming weeks----plyometric training is a source of cardiovascular training as well so stick with the program

DAY 5

LEGS/BACK WEEK 1-3 SUMMER	SET	Week 1		Week 2		Week 3	
		Reps	Weight	Reps	Weight	Reps	Weight
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
1 Leg Squat	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Wide Pull Up or Wide Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Wall Sit (90 degree)	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Closed Grip Pull Up or Close Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Step Back Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
2 Pull Ups - 2 Chin Ups	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Deadlift	Set 1	8-10		8-10		8-10	
	Set 2	8-10		8-10		8-10	
Walking Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Chair Holds	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2						
Single Leg Wall Squat	Set 1		30 sec each		30 sec each		30 sec each
	Set 2		30 sec each		30 sec each		30 sec each

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

Do 1 set of each exercise then repeat for the 2nd set

A.M.A.P. = As Many As Possible

Choose the reps that are in the rep range provided

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

EXERCISE DESCRIPTIONS

<u>Military Push Up</u>	Hands directly beneath shoulders. Elbow should be tight against your side
<u>Pull Up</u>	Hands facing away from body
<u>Chin up</u>	Hands facing towards body
<u>Decline Pushup</u>	Push position and movement but your feet will be on a bench, ball, or chair
<u>Squatting 2 arm row</u>	One foot forward and knees bent you will bend at the waist. Lift the weights from the front foot up to your waist keeping your elbows close to your side.
<u>Diamond Push Up</u>	Push up position place your hands thumb to thumb and index finger to index finger. Lower body down ---middle of chest to the diamond of your hands. Your elbows will flare out during the push up phase
<u>1 arm bent over row</u>	Rest elbow on knee pull weight from the floor to your armpit.
<u>Dive Bomber Push Up</u>	Hands and feet wide with lower back and bottom in the air. Move with your nose to the ground moving under control till your chest is up in a downward dog position with your head up. Second half of the move is you will go in reverse from the position you are in
<u>Seated Back Flye</u>	Sit on edge of a chair with chest and rib cage resting on thighs. Place weights in hand behind your heels. Pull your elbows back simulating pinching a pencil in between your shoulder blades.
<u>Alternating Dumbbell Shoulder press</u>	In an alternating motion push dumbbells from the top of your shoulder straight to the ceiling
<u>DB In and Out Biceps Curl</u>	Curl dumbbells up with palm up put elbow on hip to where they are facing out. You will do a curl up with weights in front of body then on the side of the body
<u>DB Triceps Kick Back</u>	Bend over and flatten back raise your upper arms and keep at a 90 degree. Straighten arm back and make sure elbows stay stationary
<u>DB Curl with Twist at Top</u>	Do a standard biceps curl and at the top of the movement twist the dumbbell inward towards the body.
<u>90 Degree Shoulder Pitcher Pours</u>	Place arms and shoulder in a 90 degree position and "turn" or "pour" hands over.
<u>Crouching DB Curl</u>	Feet a little bit past shoulder width apart. Squat down and place elbow on the inside of your knee caps. Curl weights up and down while staying isolated against the knee caps.
<u>Lying Down Triceps Extension</u>	Lie on your back and bring dumbbell to either side of your head in line with your forehead keeping your arms and elbows stationary while extending lower arms skyward. Raise weights from the side of your head to the sky.
<u>1 Leg Squat</u>	Place all weight on one leg and lower yourself in a squatting motion to the floor then raise yourself back up.
<u>Wall Sit</u>	Place back against a wall and lower body to a 90 degree angle and hold. Back should stay against the wall with your hands out in front of your body

<u>Step Back lunge</u>	Holding weights stand with legs together. Step back in a lunging motion keeping your knee over the ankle of the front leg
<u>Deadlift</u>	Squat down with weight in front of body. Grap bar or dumbbells just outside your legs move the weight in an upward motion till legs are straightened. Lower weights back down close to body until your body is in a squatting motion.
<u>Chair Holds</u>	Place feet together. Squat down till you are past a 45 degree angle with your legs and hold
<u>Slow Motion Push up</u>	In a regular push up lower yourself down slowly for a 4 count--3 counts down 1 count up. Repeat 4 times then do 3 quick pushups. Repeats as many times as possible
<u>Iron Cross</u>	Raise shoulders till they are parallel to the ground. Push arms out at a 90 degree angle Raise back of hands till they don't go back any further then rotate forward. Repeat
<u>Y Military Pres</u>	Press dumbbells out in a pushing motion from shoulders simulating the letter "Y"
<u>Side-to-Side Push Ups</u>	Start with feet wide and a wide hand push up position--walk both hands to the right and perform a push up then walk both hands to the lefts and perform a push up. Each sequence equals 1 rep.
<u>Weighted Circles</u>	Perform arm circles with a weight in your hand forward and backward
<u>Clap/Plyo Push up</u>	Perform a push up. Once you reach the lowest part of the push up explode up and "clap" your hands and then place your arms back on the ground. Repeat
<u>Side Tri Rise</u>	Lying on your side place right hand on left shoulder and left hand between armpit and chest Push up raising upper body off the ground. Lower body almost to the floor then repeat
<u>Lying Cross body Blows</u>	Lying on your back and hold weight in each hand with bent arms and elbows close to sides Alternate throwing punches across the body without hyperextending your arms
<u>Static Arm Curl</u>	Hold weight in a 90 degree angle with 1 arm With the other arm perform 4 Biceps curl then switch arms
<u>Towel Pull Up</u>	Perform a pull up with a towel thrown over a pull up bar.

PLYOMETRIC EXERCISE DESCRIPTIONS

Jump Squat 1 inch off ground

With feet parallel and shoulder distance apart slowly (4 count) ease into the bottom of a squat. At the lowest point in a squat quickly explode up, leaping off the ground 1 inch.

Lunge Jump

Start in a lunge position and jump as high as possible while bringing knees to chest. Repeat and alternate legs

Swing Kick

Stand directly behind a chair and lift one leg after another back and forth over the chair

Alternate Leg Isolated Leap

Jump laterally from side to side. As soon as you land bounce back to other side and repeat

Squat Reach Jump

Feet shoulder width apart squat down and explode up with arms towards the ceiling

Jump Squat Switch

Perform a jump squat and once you land switch to the other side

Circle Run

Place a towel on ground. Run around towel for 30 sec clockwise then run around towel for 30 sec counter clockwise

Jump Knee Tuck

perform a jump squat but jump as high as you can while bringing your knees to your chest

Jump Lunge

Perform a jump knee tuck and at the top of the movement split your legs and land in a lunge position

Twist Combo Jump

Jump up keeping head and shoulders facing forward while feet knees and hips twist from right, center, and left.

Leapfrog Jump

With legs wide drop into a low squat keeping head and shoulders calm jump /leap forward twice the leap/jump backwards twice

DAY 1

CHEST/SHOULDERS/TRICEPS WEEK 4-6 SUMMER	SET	Week 4		Week 5		Week 6	
		Reps	Weight	Reps	Weight	Reps	Weight
Slow Motion Push Up	Set 1						
90 Degree Shoulder Flye	Set 2	12		15		15	
Chair Dips	Set 3		A.M.A.P.		A.M.A.P.		A.M.A.P.
Military Push Up (Elbows In)	Set 4		A.M.A.P.		A.M.A.P.		A.M.A.P.
1 Arm Triceps Kick Back	Set 5	12		15		15	
DB Flye	Set 6	15		15		15	
Iron Cross	Set 7	12		12		15	
1 Arm Overhead Triceps Extension	Set 8	12		12		15	
5 Fast Push Ups--3 Slow Push Ups	Set 9		A.M.A.P.		A.M.A.P.		A.M.A.P.
Y-Military Press	Set 10		15-45 LBS		15-45 LBS		15-45 LBS
1 Arm lying Triceps Extension	Set 11	12		15		15	
Side-To-Side Push Ups	Set 12		A.M.A.P.		A.M.A.P.		A.M.A.P.
Pitcher Pours	Set 13	12	5-15 LBS	12	5-15 LBS	15	5-15 LBS
Triceps Rope Pulldown	Set 14	12		15		15	
Weighted Circles (arms parallel to ground)	Set 15	10 fw/10 bk	2.5-5 lbs	12 fw/12 bk	2.5-5 LBS	15 fw/15 bk	2.5-5 LBS
Clap/Plyo Push Up	Set 16		A.M.A.P.		A.M.A.P.		A.M.A.P.
Decline Push Ups	Set 17		A.M.A.P.		A.M.A.P.		A.M.A.P.
Side Triceps Raise	Set 18		A.M.A.P.		A.M.A.P.		A.M.A.P.
1 Arm Balance Push Up (place arm under)	Set 19		A.M.A.P.		A.M.A.P.		A.M.A.P.
Lying Dumbbell Cross Body Blows	Set 20		20 LBS		25 LBS		25 LBS

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

You will only do 1 set of each exercise. Select a weight that is challenging and push yourself

A.M.A.P. = As Many As Possible

Each set has a 1 minute time limit.

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 2

Plyometrics

Jump Squat 1 inch off ground	30 sec
Lunge Jump	30 sec each leg
Swing Kick	1 min
Alternate Leg Isolated Leap	30 sec total

Repeat after a 2 min break!!

Squat Reach Jump	45 sec total
Jump Squat Switch	30 sec total
Circle Run	30 sec clockwise 30 sec counter clockwise

Repeat after 2 min break

Jump Knee Tuck	30 sec
Jump Lunge	30 sec each
Twist Combo Jump	30 sec
Leapfrog Jump	30 sec

Repeat after a 2 min break!!

RUNNING

- 4----40 YD SPRINTS
- 4----60 YD SPRINTS
- 2----100 YD SPRINTS

Plyometric training is intense and will challenge you!! Pace yourself but try to push yourself at the same time. In the weeks to come it will get more challenging.

We will work into the sprint work throughout the next coming weeks----plyometric training is a source of cardiovascular training as well so stick with the program

DAY 3

BACK/BICEPS WEEK 4-6 SUMMER	SET	Week 4		Week 5		Week 6	
		Reps	Weight	Reps	Weight	Reps	Weight
Wide Front Pullups or Wide Grip Pulldown	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
1 Arm Row	Set 2	12-15		12-15		12-15	
Dumbbell Curl 21's	Set 3	21		21		21	
1 Arm Cross Body Curl	Set 4	8-10		8-10		8-10	
2 Chin Ups-2 Pull ups	Set 5		A.M.A.P.		A.M.A.P.		A.M.A.P.
Elbows Out 1 Arm Dumbbell Row	Set 6	12-15		12-15		12-15	
Alternating Dumbbell Curl	Set 7	8-10		8-10		8-10	
Seated 1 Arm Concentration Curls	Set 8	12		12		12	
Close Grip Pull Up or Close Grip Pulldown	Set 9		A.M.A.P.		A.M.A.P.		A.M.A.P.
Static Arm Curl (4 reps then switch)	Set 10	8 each arm		8 each arm		8 each arm	
Towel Pullups	Set 11		A.M.A.P.		A.M.A.P.		A.M.A.P.
Alternating 1 Arm Row (Locomotive)	Set 12	40 total		40 total		40 total	
Crouching 1 Arm Dumbbell Curl	Set 13	8-12		8-12		8-12	
1 Arm Dumbbell Corkscrew Curl	Set 14	8-10		8-10		8-10	
Chin Ups or Reverse Grip Pulldown	Set 15		A.M.A.P.		A.M.A.P.		A.M.A.P.
Seated Row	Set 16	12-15		12-15		12-15	
Alternating Dumbbell Hammer Curls	Set 17	12-15		12-15		12-15	
Maximum Rep Pullups	Set 18		A.M.A.P.		A.M.A.P.		A.M.A.P.
Lying Face Down Superman	Set 19	15		15		15	
Dumbbell In and Out Biceps Curl	Set 20						

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

A.M.A.P. = As Many As Possible

Increase your weights each week

You will do 1 set of each exercise

Choose the reps in the rep range provided

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 4

Plyometrics

Jump Squat 1 inch off ground	30 sec
Lunge Jump	30 sec each leg
Swing Kick	1 min
Alternate Leg Isolated Leap	30 sec total

Repeat after a 2 min break!!

Squat Reach Jump	45 sec total
Jump Squat Switch	30 sec total
Circle Run	30 sec clockwise 30 sec counter clockwise

Repeat after 2 min break

Jump Knee Tuck	30 sec
Jump Lunge	30 sec each
Twist Combo Jump	30 sec
Leapfrog Jump	30 sec

Repeat after a 2 min break!!

RUNNING

6---20 YD SPRINTS
6---40 YD SPRINTS
6---60 YD SPRINTS
6---20 YD SPRINTS

Plyometric training is intense and will challenge you!! Pace yourself but try to push yourself at the same time. In the weeks to come it will get more challenging.

We will work into the sprint work throughout the next coming weeks---plyometric training is a source of cardiovascular training as well so stick with the program

DAY 5

LEGS/BACK WEEK 4-6 SUMMER	SET	Week 4		Week 5		Week 6	
		Reps	Weight	Reps	Weight	Reps	Weight
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
1 Leg Squat	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Wide Pull Up or Wide Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Wall Sit (90 degree)	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Closed Grip Pull Up or Close Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Step Back Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
2 Pull Ups - 2 Chin Ups	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Deadlift	Set 1	8-10		8-10		8-10	
	Set 2	8-10		8-10		8-10	
Walking Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Chair Holds	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2						
Single Leg Wall Squat	Set 1		30 sec each		30 sec each		30 sec each
	Set 2		30 sec each		30 sec each		30 sec each

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

Do 1 set of each exercise then repeat for the 2nd set

A.M.A.P. = As Many As Possible

Choose the reps that are in the rep range provided

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 1

CHEST/BACK WEEK 7-9 SUMMER	SET	Week 7		Week 8		Week 9	
		Reps	Weight	Reps	Weight	Reps	Weight
Regular Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Wide Pull Up or Lat Pull Down	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Military Push Up (Elbows close to Body)	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Chin Up or Reverse Grip Pulldown	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Wide Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Close Grip Pull Up or Close Grip Pulldown	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Decline Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Squatting 2-arm Dumbbell Row	Set 1	12		12		12	
	Set 2	12		12		12	
Diamond Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
1 arm Bent Over Row	Set 1	12		12		12	
	Set 2	12		12		12	
Dive Bomber Push Up	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Seated Back Flyes	Set 1	12		12		12	
	Set 2	12		12		12	

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

Do 1 set of each exercise then repeat for the 2nd set

A.M.A.P. = As Many As Possible

Each set has a 1 minute time limit.

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 2

Plyometrics

Jump Squat 1 inch off ground	30 sec
Lunge Jump	30 sec each leg
Swing Kick	1 min
Alternate Leg Isolated Leap	30 sec total

Repeat after a 2 min break!!

Squat Reach Jump	45 sec total
Jump Squat Switch	30 sec total
Circle Run	30 sec clockwise 30 sec counter clockwise

Repeat after 2 min break

Jump Knee Tuck	30 sec
Jump Lunge	30 sec each
Twist Combo Jump	30 sec
Leapfrog Jump	30 sec

Repeat after a 2 min break!!

NO RUNNING TODAY!!

Plyometric training is intense and will challenge you!! Pace yourself but try to push yourself at the same time. In the weeks to come it will get more challenging.

We will work into the sprint work throughout the next coming weeks----plyometric training is a source of cardiovascular training as well so stick with the program

DAY 3

SHOULDERS/ARMS WEEK 7-9 SUMMER	SET	Week 7		Week 8		Week 9	
		Reps	Weight	Reps	Weight	Reps	Weight
Alternating Dumbbell Shoulder Press	Set 1	10-15		10-15		10-15	
	Set 2	10-15		10-15		10-15	
Dumbbell In and Out Biceps Curl	Set 1	10-15		10-15		10-15	
	Set 2	10-15		10-15		10-15	
Dumbbell Triceps Kick Back	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Dumbbell Shoulder Press	Set 1	10-12		10-12		10-12	
	Set 2	10-12		10-12		10-12	
Dumbbell Curl Full Twist at Top	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Chair Dips	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
	Set 2		A.M.A.P.		A.M.A.P.		A.M.A.P.
Dumbbell or Barbell Upright Rows	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Dumbbell Static Arm Curl	Set 1	10-15		10-15		10-15	
	Set 2	10-15		10-15		10-15	
Triceps Rope Pulldown	Set 1	12-15		12-15		12-15	
	Set 2	12-15		12-15		12-15	
90 degree Shoulder Pitcher Pours	Set 1	10-12		10-12		10-12	
	Set 2	10-12		10-12		10-12	
Crouching Dumbbell Biceps Curl	Set 1	8-12		8-12		8-12	
	Set 2	8-12		8-12		8-12	
Lying Down Triceps Extension	Set 1	10-12		10-12		10-12	
	Set 2	10-12		10-12		10-12	

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

A.M.A.P. = As Many As Possible

Increase your weights each week

Do 1 set of each exercise then repeat for the 2nd set

Choose the reps in the rep range provided

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 4

NO PLYOMETRICS TODAY

RUNNING

Week 7

1 300 yd shuttle

8---40 yd sprints

Week 8

2---300 yd shuttles

6--20 yd sprints

2--40 yds sprints

Week 9

4---300 yd shuttles

10 min slow jog after shuttles

DAY 5

LEGS/BACK WEEK 7-9 SUMMER	SET	Week 7		Week 8		Week 9	
		Reps	Weight	Reps	Weight	Reps	Weight
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
1 Leg Squat	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Wide Pull Up or Wide Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Wall Sit (90 degree)	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Closed Grip Pull Up or Close Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Step Back Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
2 Pull Ups - 2 Chin Ups	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Deadlift	Set 1	8-10		8-10		8-10	
	Set 2	8-10		8-10		8-10	
Walking Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Chair Holds	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2						
Single Leg Wall Squat	Set 1		30 sec each		30 sec each		30 sec each
	Set 2		30 sec each		30 sec each		30 sec each

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

Do 1 set of each exercise then repeat for the 2nd set

A.M.A.P. = As Many As Possible

Choose the reps that are in the rep range provided

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 1

CHEST/SHOULDERS/TRICEPS WEEK 10-12 SUMMER	SET	Week 10		Week 11		Week 12	
		Reps	Weight	Reps	Weight	Reps	Weight
Slow Motion Push Up	Set 1						
90 Degree Shoulder Flye	Set 2	12		15		15	
Chair Dips	Set 3		A.M.A.P.		A.M.A.P.		A.M.A.P
Military Push Up (Elbows In)	Set 4		A.M.A.P.		A.M.A.P.		A.M.A.P
1 Arm Triceps Kick Back	Set 5	12		15		15	
DB Flye	Set 6	15		15		15	
Iron Cross	Set 7	12		12		15	
1 Arm Overhead Triceps Extension	Set 8	12		12		15	
5 Fast Push Ups--3 Slow Push Ups	Set 9		A.M.A.P.		A.M.A.P.		A.M.A.P
Y-Military Press	Set 10		15-45 LBS		15-45 LBS		15-45 LBS
1 Arm lying Triceps Extension	Set 11	12		15		15	
Side-To-Side Push Ups	Set 12		A.M.A.P.		A.M.A.P.		A.M.A.P
Pitcher Pours	Set 13	12	5-15 LBS	12	5-15 LBS	15	5-15 LBS
Triceps Rope Pulldown	Set 14	12		15		15	
Weighted Circles (arms parallel to ground)	Set 15	10 fw/10 bk	2.5-5 lbs	12 fw/12 bk	2.5-5 LBS	15 fw/15 bk	2.5-5 LBS
Clap/Plyo Push Up	Set 16		A.M.A.P.		A.M.A.P.		A.M.A.P
Decline Push Ups	Set 17		A.M.A.P.		A.M.A.P.		A.M.A.P
Side Triceps Raise	Set 18		A.M.A.P.		A.M.A.P.		A.M.A.P
1 Arm Balance Push Up (place arm under)	Set 19		A.M.A.P.		A.M.A.P.		A.M.A.P
Lying Dumbbell Cross Body Blows	Set 20		20 LBS		25 LBS		25 LBS

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

You will only do 1 set of each exercise. Select a weight that is challenging and push yourself

A.M.A.P. = As Many As Possible

Each set has a 1 minute time limit.

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 2

NO PLYOMETRICS TODAY!!

RUNNING

WEEK 10

2---40 YD SPRINTS

2---60 YD SPRINTS

2---80 YD SPRINTS

2---100 YD SPRINTS

1---300 yd shuttle

WEEK 11

3---300 YD SHUTTLES

8--- 20 YD SPRINTS

10 MIN LIGHT JOG AFTER SPRINTS

Week 12

4---60 yd sprints

DAY 3

BACK/BICEPS WEEK 10-12 SUMMER	SET	Week 10		Week 11		Week 12	
		Reps	Weight	Reps	Weight	Reps	Weight
Wide Front Pullups or Wide Grip Pulldown	Set 1		A.M.A.P.		A.M.A.P.		A.M.A.P.
1 Arm Row	Set 2	12-15		12-15		12-15	
Dumbbell Curl 21's	Set 3	21		21		21	
1 Arm Cross Body Curl	Set 4	8-10		8-10		8-10	
2 Chin Ups-2 Pull ups	Set 5		A.M.A.P.		A.M.A.P.		A.M.A.P.
Elbows Out 1 Arm Dumbbell Row	Set 6	12-15		12-15		12-15	
Alternating Dumbbell Curl	Set 7	8-10		8-10		8-10	
Seated 1 Arm Concentration Curls	Set 8	12		12		12	
Close Grip Pull Up or Close Grip Pulldown	Set 9		A.M.A.P.		A.M.A.P.		A.M.A.P.
Static Arm Curl (4 reps then switch)	Set 10	8 each arm		8 each arm		8 each arm	
Towel Pullups	Set 11		A.M.A.P.		A.M.A.P.		A.M.A.P.
Alternating 1 Arm Row (Locomotive)	Set 12	40 total		40 total		40 total	
Crouching 1 Arm Dumbbell Curl	Set 13	8-12		8-12		8-12	
1 Arm Dumbbell Corkscrew Curl	Set 14	8-10		8-10		8-10	
Chin Ups or Reverse Grip Pulldown	Set 15		A.M.A.P.		A.M.A.P.		A.M.A.P.
Seated Row	Set 16	12-15		12-15		12-15	
Alternating Dumbbell Hammer Curls	Set 17	12-15		12-15		12-15	
Maximum Rep Pullups	Set 18		A.M.A.P.		A.M.A.P.		A.M.A.P.
Lying Face Down Superman	Set 19	15		15		15	
Dumbbell In and Out Biceps Curl	Set 20						

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

A.M.A.P. = As Many As Possible

Increase your weights each week

You will do 1 set of each exercise

Choose the reps in the rep range provided

Try to complete each set to failure!!

Find a weight that is heavy and challenging but not a weight that is too light.

DAY 4

Plyometrics

Jump Squat 1 inch off ground	30 sec
Lunge Jump	30 sec each leg
Swing Kick	1 min
Alternate Leg Isolated Leap	30 sec total

Repeat after a 2 min break!!

Squat Reach Jump	45 sec total
Jump Squat Switch	30 sec total
Circle Run	30 sec clockwise 30 sec counter clockwise

Repeat after 2 min break

Jump Knee Tuck	30 sec
Jump Lunge	30 sec each
Twist Combo Jump	30 sec
Leapfrog Jump	30 sec

Repeat after a 2 min break!!

RUNNING

NO RUNNING TODAY!!!

Plyometric training is intense and will challenge you!! Pace yourself but try to push yourself at the same time. In the weeks to come it will get more challenging.

We will work into the sprint work throughout the next coming weeks---plyometric training is a source of cardiovascular training as well so stick with the program

DAY 5

LEGS/BACK WEEK 10-12 SUMMER	SET	Week 10		Week 11		Week 12	
		Reps	Weight	Reps	Weight	Reps	Weight
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
1 Leg Squat	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Wide Pull Up or Wide Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Wall Sit (90 degree)	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Closed Grip Pull Up or Close Grip Pulldown	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Step Back Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
2 Pull Ups - 2 Chin Ups	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2		A.M.A.P		A.M.A.P		A.M.A.P
Deadlift	Set 1	8-10		8-10		8-10	
	Set 2	8-10		8-10		8-10	
Walking Lunge	Set 1	12-15 each		12-15 each		12-15 each	
	Set 2	12-15 each		12-15 each		12-15 each	
Chair Holds	Set 1		1 min		1 min		1 min
	Set 2		1 min		1 min		1 min
Chin Up or Reverse Grip Pull Down	Set 1		A.M.A.P		A.M.A.P		A.M.A.P
	Set 2						
Single Leg Wall Squat	Set 1		30 sec each		30 sec each		30 sec each
	Set 2		30 sec each		30 sec each		30 sec each

KEEP TRACK OF YOUR WEIGHTS AND REPS!!

Do 1 set of each exercise then repeat for the 2nd set

A.M.A.P. = As Many As Possible

Choose the reps that are in the rep range provided

This is a fast paced workout that will elevate your heart rate. It should only take 45 minutes to complete the workout. Take your breaks when needed but move from one lift to the next.

Try to complete each set to failure!!

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