

Lady Wildcat Summer Workout



Championships

2005	State Champions
2009	State Champions
2012	State Champions
2014	State/Region Champions
2015	State/Region Champions

State MACJC Champions & Region 23 Champions

Lady Wildcats,

We must build on the success of last year and many of you have started training. As you know strength and conditioning is of utmost importance in our program. There are several keys that you must follow in training this summer to achieve our goal of a conference championship. To win a championship you must be consistent and never let up. The harder you train the harder it is to surrender. Listed below are our goals as a team and strength and conditioning department.

1. Maximize Athletic Potential of every athlete
2. Decrease Injury
3. Increase Strength & Flexibility
4. Increase Power and Neuromuscular Efficiency
5. Train as much as possible on our feet
6. Train the Mind to overcome anything
7. Develop the Heart of A CHAMPION
8. Win a CHAMPIONSHIP!!!!!!!

The 8 goals listed will be impossible to achieve if you don't properly fuel your bodies.

Nutrition

This is the most important part of the workout. Athletes rather you are trying to gain weight or lose weight your eating habits should be the same. While training you want to get 5-8 meals a day. That will always include Breakfast lunch and dinner and will include a meal or meal replacement before a meal (30minutes) and meal afterwards (30-45 minutes) and eating up to 2hrs after that. Your meals should include Carbohydrates(pasta, beans, rice, potatoes, etc.), Protein(fish, chicken, beef,), vegetables(Kale, greens, spinach, cauliflower, broccoli,etc..), and fruits(apples, oranges, strawberries, canalope,etc..). Within every meal you should have an even portion of some of these foods on your plate. STAY AWAY FROM FAST FOOD.

Speed and Agility Workouts

Speed Workout #1:

Warm up and Stretch

5 x 20 sec Seated Arm Action – (Just moving your arms, like you were sprinting)

8 x 10 yard Starts – (15 sec rest in between reps)

1:00 min rest

8 x 25 yard Falling Sprints – (40 sec rest in between reps) FULLSPEED

2:00 min rest

8 x 20 yard Falling Sprint Back-Peddle – (50 sec rest in between reps) FULLSPEED

2:00 min rest

Post Stretch

Speed Workout #2:

Warm up and Stretch

5 x 20 Seated Arm Action – (Just moving your arms, like you were sprinting)

8 x 10 yard Starts – (15 sec rest in between reps)

1:00 min rest

8 x 25 yard Pop Up Sprints – (40 sec rest in between reps) FULLSPEED

2:00 min rest

8 x 20 yard Pop Up Sprint Back-Peddle– (50 sec rest in between reps) FULLSPEED

2:00 min rest

Post Stretch

Speed Workout #3:

Warm up and Stretch

6 x 10 yard Starts

1:00 min rest

4 x 100 yard Sprints in 19secs or better – (50 sec rest in between)

6 x 80 yard Sprints in 16secs or better – (42 sec rest in between)

6 x 60 yard Sprints in 12secs or better – (35 sec rest in between)

6 x 40 yard Sprints in 8secs or better – (27 sec rest in between)

8 x 20 yard Sprints FULLSPEED – (20 sec rest in between)

2:00 rest

Post Stretch

Speed Workout #4:

Warm up and Stretch

6 x 10 yard Starts

8 Half Gassers, Sprint to and from Sideline to Sideline (over and back) in 21sec – (1:00 min rest)

2:00 min rest

8 Half Gassers, Sprint to and from Sideline to Sideline (over and back) in 21sec – (1:00 min rest)

2:00 min rest

6 x 10 yard Sprint back-pedal

Post Stretch

Agility Workout #1:

Warm up and Stretch

2 x 15 yards each, Power Skip, A Skip, A Run

4 x 20 yard Shuffle – (20 sec rest in between reps)

4 x 20 yard Carioca – (20 sec rest in between reps)

6 x 20 yard Shuttle – (25 sec rest in between reps) – 3 to the left, 3 to the right

2:00 min rest

4 x 20 yard Box Drill – Each Side: Sprint, Shuffle, Back-Pedal, Sprint – (30 sec rest)

2:00 min rest

6 x 100 yard Shuttle – Sprint 25 yards and back, make 2 trips – Make under 22 sec – (1:00 rest)

2:00 min rest

Post Stretch

Agility Workout #2:

Warm up and Stretch

2 x 15 yards each, Spiderman's, Lunge Walk, Leg Swing, Reverse Lunge Walk

4 x 30secs on 30secs off – Line Hop – Feet together: Front/Back, Side to Side)

6 x 20 yard Shuttle – (25 sec rest in between reps) – 3 to the left, 3 to the right

6 x 20 yard Back Pedal – (20 sec rest)

2:00 min rest

6 Cone W Drill: 2x Sprint, 2xShuffle, 2xSprint Back-Pedal, 2xSprint Hand down – (20 sec rest)

2 x 300 yard Shuttle (3 trips to the 50 yard line and back, from the goal line) – (2:30 min rest)

Post Stretch

Agility Workout #3:

Warm up and Stretch

2 x 15 yards each, Power Skip, A Skip, A Run

4 x 20 yard Shuffle – (20 sec rest in between reps)

4 x 20 yard Carioca – (20 sec rest in between reps)

6 x 20 yard Shuttle – (25 sec rest in between reps) – 3 to the left, 3 to the right

6 x 15 yard Pop up Sprint Back-Pedal – (15 sec rest in between reps)

2:00 min rest

6 x 100 yard Shuttle: 25 yards and back, 2 trips – make time under 20sec – (1:00 min rest)

2:00 min rest

Post Stretch

Agility Workout #4:

Warm up and Stretch

2 x 20 yards Lateral Bound – (20 sec rest in between reps)

4 x 20 yard Shuffle – (20 sec rest in between reps)

4 x 20 yard Back-Pedal – (20 sec rest in between reps)

1:00 min rest

8 x 15 yard L Drill: 4 each side – (30 sec rest in between reps)

2:00 min rest

2 x 300 yard Shuttle (3 trips to the 50 yard line and back, from the goal line) – (2:30 min rest)

2:00 min rest

Post Stretch

Click on the link below and watch all YouTube videos that follow the first video.

<https://www.youtube.com/watch?v=4zdyOrBLSul&index=1&list=PLBCB833871FFF69B1>

Conditioning Workouts

Distance Runs: The main goal is to get the miles in. Goal times are secondary and should be something you are working towards.

3 miles – goal time is 24 minutes

4 miles – goal time is 32 minutes

5 miles – goal time is 40 minutes

Swiss Runs

Done on a 400m track (regular outdoor track surface)

Six laps = 1 set. Sprint the straight-aways and jog the curves.

5 minute rest between sets.

500 Yard Shuttles

Done on a 100 yard field.

Down and back on the full field (200 yards total), down and back to the 50 yard line (100 yards total), down and back to the 25 yard line twice (100 yards total), down ONCE the full field (100 yards total) = 500 yards total distance.

120's

1 set is fifteen 120 yard sprints

20 seconds to sprint the 120 yards and 60 seconds to return for the next one.

- After the 10th one, you get an additional 90 seconds to recover after returning to the start.

Shuttle Run: 8 shuttles = 1 set

Shuttles 1, 2, 3: 34 seconds to complete each. You rest for 60 seconds between each shuttle.

After #3, rest an additional two minutes.

Shuttles 4, 5, 6: 35 seconds to complete each. You rest for 60 seconds between each shuttle.

After # 6, rest an additional 2 minutes.

Shuttles 7-8: 35 seconds to complete each. You rest 60 seconds in between each shuttle.

After # 8, rest 5 minutes before beginning next set.

- You will need 5 cones plus a start line for the shuttles. Each cone is 5 yards apart and farthest cone is 25 yards from the start line. You will have the start line and a cone 5, 10, 15, 20, 25 yards

Fall Fitness Tests:

Shuttle Runs: Three sets. First two sets with the normal shuttle times. The third set will be: Shuttles 1-3

in 35 seconds, shuttles 4-6 in 36 seconds, and shuttles 7-8 in 37 seconds.

Cooper's Test: 2 miles in under 17 minutes

Beep Test: 11.5 Test can be downloaded on your phone or computer

Ab Workouts

Ab Workout #1

Sit-ups	3 sets of 20 reps
Toe-touches	3 sets of 20 reps
Sit-ups	2 sets of 30 reps
Toe-touches	2 sets of 30 reps
Sit-ups	1 set of 40 reps
Toe-touches	1 set of 40 reps

Ab Workout #2

Planks	3 sets of 1:00 min each :30 sec rest in between
Side planks	3 sets of :30 sec (each side) :15 sec rest in between

Ab Workout #3

Leg-raises	3 sets of 20 reps
Reverse crunches	3 sets of 20 reps
Leg-raises	2 sets of 30 reps
Reverse crunches	2 sets of 30 reps
Leg-raises	1 set of 40 reps
Reverse crunches	1 set of 40 reps

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:1	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squats	6 x __	4 x __	4 x __	4 x __	4 x __	
Wide Grip Pull ups	__ x __	__ x __	__ x __			
Step Downs	6 x __	6 x __	6 x __			
RDL	6 x __	6 x __	6 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Dumbbell Curls	8 x __	8 x __	8 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Lateral Figure 8's	8 x __	8 x __				
Bench Press	6 x __	4 x __	4 x __	4 x __	4 x __	
Dumbbell Lateral Raise	8 x __	8 x __	8 x __			
Upright Row	6 x __	6 x __	6 x __			
Dumbbell Incline Bench Press	8 x __	8 x __	8 x __			
Tricep Pushdown	8 x __	8 x __	8 x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Deadlift	4 x __	2 x __	2 x __	2 x __	2 x __	
Bent-Over Row	8 x __	8 x __	8 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lunge Walk	6 x __	6 x __	6 x __			
Curl Press	8 x __	8 x __	8 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:2	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squats	8 x __	6 x __	5 x __	5 x __	5 x __	
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	6 x __	6 x __	6 x __			
Single Leg RDL	6 x __	6 x __	6 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Hammer Curls	8 x __	8 x __	8 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Over Head Figure 8's	8 x __	8 x __				
Close Grip Bench Press	8 x __	6 x __	5 x __	5 x __	5 x __	
Dumbbell Bent-Over Fly	8 x __	8 x __	8 x __			
Dumbbell Military Press	8 x __	8 x __	8 x __			
Back Extensions	8 x __	8 x __	8 x __			
Tricep Extensions	8 x __	8 x __	8 x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Dumbbell Step Ups	5 x __	5 x __	5 x __	5 x __		
1 Arm Dumbbell Row	8 x __	8 x __	8 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lateral Lunges	6 x __	6 x __	6 x __			
Dumbbell Curls	8 x __	8 x __	8 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:3	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squats	8 x __	8 x __	6 x __	6 x __	6 x __	
Wide Grip Pull ups	__ x __	__ x __	__ x __			
Step Downs	6 x __	6 x __	6 x __			
RDL	6 x __	6 x __	6 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Dumbbell Curls	10 x __	10 x __	10 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Lateral Figure 8's	8 x __	8 x __				
Bench Press	8 x __	8 x __	6 x __	6 x __	6 x __	
Dumbbell Lateral Raise	10 x __	10 x __	10 x __			
Upright Row	8 x __	8 x __	8 x __			
Dumbbell Incline Bench Press	10 x __	10 x __	10 x __			
Tricep Pushdown	6 x __	6 x __	6 x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Deadlift	8 x __	4 x __	4 x __	4 x __	4 x __	
Bent-Over Row	8 x __	8 x __	8 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lunge Walk	6 x __	6 x __	6 x __			
Curl Press	8 x __	8 x __	8 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:4	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Barbell Lunge	6 x __	6 x __	6 x __	6 x __		
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	6 x __	6 x __	6 x __			
Single Leg RDL	6 x __	6 x __	6 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Hammer Curls	8 x __	8 x __	8 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Over Head Figure 8's	8 x __	8 x __				
Incline Bench Press	8 x __	8 x __	6 x __	6 x __	6 x __	
Dumbbell Bent-Over Fly	10 x __	10 x __	10 x __			
Dumbbell Military Press	10 x __	10 x __	10 x __			
Alternating Back Extensions	10 x __	10 x __	10 x __			
Dips	__ x __	__ x __	__ x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Dumbbell Step Ups	5 x __	5 x __	5 x __	5 x __		
1 Arm Dumbbell Row	10 x __	10 x __	10 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lateral Lunges	6 x __	6 x __	6 x __			
Dumbbell Curls	10 x __	10 x __	10 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:5	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squat	10 x __	8 x __	6 x __	8 x __	8 x __	8 x __
Wide Grip Pull ups	__ x __	__ x __	__ x __			
Step Downs	8 x __	8 x __	8 x __			
RDL	8 x __	8 x __	8 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Dumbbell Curls	12 x __	12 x __	12 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Lateral Figure 8's	8 x __	8 x __				
Bench Press	10 x __	8 x __	6 x __	8 x __	8 x __	8 x __
Dumbbell Lateral Raise	12 x __	12 x __	12 x __			
Upright Row	10 x __	10 x __	10 x __			
Dumbbell Incline Bench Press	12 x __	12 x __	12 x __			
Tricep Pushdown	12 x __	12 x __	12 x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Deadlift	8 x __	6 x __	4 x __	6 x __	6 x __	6 x __
Bent-Over Row	10 x __	10 x __	10 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lunge Walk	8 x __	8 x __	8 x __			
Curl Press	10 x __	10 x __	10 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:6	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squat	6 x __	8 x __	10 x __	10 x __	10 x __	10 x __
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	8 x __	8 x __	8 x __			
Single Leg RDL	8 x __	8 x __	8 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Hammer Curls	10 x __	10 x __	10 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Over Head Figure 8's	8 x __	8 x __				
Close Grip Bench Press	6 x __	8 x __	10 x __	10 x __	10 x __	10 x __
Dumbbell Bent-Over Fly	10 x __	10 x __	10 x __			
Dumbbell Military Press	10 x __	10 x __	10 x __			
Back Extensions	10 x __	10 x __	10 x __			
Dips	__ x __	__ x __	__ x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Dumbbell Step Ups	6 x __	6 x __	6 x __	6 x __	6 x __	
1 Arm Dumbbell Row	10 x __	10 x __	10 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lateral Lunges	8 x __	8 x __	8 x __			
Dumbbell Curls	10 x __	10 x __	10 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:7	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squat	6 x __	8 x __	10 x __	12 x __	12 x __	12 x __
Wide Grip Pull ups	__ x __	__ x __	__ x __			
Step Downs	8 x __	8 x __	8 x __			
RDL	8 x __	8 x __	8 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Dumbbell Curls	15 x __	15 x __	15 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Over Head Figure 8's	8 x __	8 x __				
Bench Press	6 x __	8 x __	10 x __	12 x __	12 x __	12 x __
Dumbbell Lateral Raise	12 x __	12 x __	12 x __			
Upright Row	10 x __	10 x __	10 x __			
Dumbbell Incline Bench Press	12 x __	12 x __	12 x __			
Tricep Pushdown	12 x __	12 x __	12 x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Deadlift	6 x __	6 x __	8 x __	8 x __	8 x __	8 x __
Bent-Over Row	12 x __	12 x __	12 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lunge Walk	10 x __	10 x __	10 x __			
Curl Press	12 x __	12 x __	12 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:8	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Barbell Lunge	6 x __	6 x __	6 x __	6 x __	6 x __	
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	6 x __	6 x __	6 x __			
Single Leg RDL	6 x __	6 x __	6 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Hammer Curls	8 x __	8 x __	8 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	8 x __	8 x __				
Over Head Figure 8's	8 x __	8 x __				
Incline Bench Press	8 x __	8 x __	6 x __	6 x __	6 x __	6 x __
Dumbbell Bent-Over Fly	10 x __	10 x __	10 x __			
Dumbbell Military Press	10 x __	10 x __	10 x __			
Alternating Back Extensions	10 x __	10 x __	10 x __			
Dips	__ x __	__ x __	__ x __			
Ab Workout #2						

Friday

Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Dumbbell Step Ups	5 x __	5 x __	5 x __	5 x __	5 x __	
1 Arm Dumbbell Row	10 x __	10 x __	10 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lateral Lunges	6 x __	6 x __	6 x __			
Dumbbell Curls	10 x __	10 x __	10 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:9	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT
Monday						
Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squats	10 x __	8 x __	6 x __	12 x __	12 x __	12 x __
Wide Grip Pull ups	__ x __	__ x __	__ x __			
Step Downs	10 x __	10 x __	10 x __			
RDL	10 x __	10 x __	10 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Dumbbell Curls	10 x __	10 x __	10 x __			
Ab Workout #1						
Wednesday						
Shoulder Combo	8 x __	8 x __				
Lateral Figure 8's	8 x __	8 x __				
Bench Press	10 x __	8 x __	6 x __	12 x __	12 x __	12 x __
Dumbbell Lateral Raise	12 x __	12 x __	12 x __			
Upright Row	12 x __	12 x __	12 x __			
Dumbbell Incline Bench Press	10 x __	10 x __	10 x __			
Tricep Pushdown	12 x __	12 x __	12 x __			
Ab Workout #2						
Friday						
Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Deadlift	6 x __	6 x __	8 x __	8 x __	8 x __	8 x __
Bent-Over Row	12 x __	12 x __	12 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lunge Walk	10 x __	10 x __	10 x __			
Curl Press	12 x __	12 x __	12 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:10	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT
Monday						
Body Weight Squats	8 x __	8 x __				
Split Jumps	8 x __	8 x __				
Parallel Squats	12 x __	10 x __	8 x __	12 x __	12 x __	12 x __
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	10 x __	10 x __	10 x __			
Single Leg RDL	10 x __	10 x __	10 x __			
Banded 4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Hammer Curls	10 x __	10 x __	10 x __			
Ab Workout #1						
Wednesday						
Shoulder Combo	8 x __	8 x __				
Over Head Figure 8's	8 x __	8 x __				
Close Grip Bench Press	12 x __	10 x __	8 x __	12 x __	12 x __	12 x __
Dumbbell Bent-Over Fly	12 x __	12 x __	12 x __			
Dumbbell Military Press	12 x __	12 x __	12 x __			
Back Extensions	12 x __	12 x __	12 x __			
Tricep Extensions	__ x __	__ x __	__ x __			
Ab Workout #2						
Friday						
Body Weight Squats	8 x __	8 x __				
Tuck Jumps	8 x __	8 x __				
Deadlift	6 x __	6 x __	8 x __	8 x __	8 x __	8 x __
1 Arm Dumbbell Row	12 x __	12 x __	12 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Lateral Lunges	10 x __	10 x __	10 x __			
Dumbbell Curls	12 x __	12 x __	12 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:11	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	10 x __	10 x __				
Split Jumps	10 x __	10 x __				
Body Weight Lunges	8 x __	8 x __	8 x __	8 x __	8 x __	
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	8 x __	8 x __	8 x __			
4 Way Ankle Rotation	4 x __	4 x __	4 x __			
Hammer Curls	10 x __	10 x __	10 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	10 x __	10 x __				
Over Head Figure 8's	10 x __	10 x __				
Dumbbell Incline Bench Press	8 x __	8 x __	8 x __	8 x __	8 x __	
Dumbbell Bent-Over Fly	12 x __	12 x __	12 x __			
Back Extensions	12 x __	12 x __	12 x __			
Dumbbell Military Press	12 x __	12 x __	12 x __			
Dips	__ x __	__ x __	__ x __			
Ab Workout #2						

Friday

Body Weight Squats	10 x __	10 x __				
Tuck Jumps	10 x __	10 x __				
Body Weight Step Ups	8 x __	8 x __	8 x __	8 x __	8 x __	
1 Arm Dumbbell Row	10 x __	10 x __	10 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Curls	12 x __	12 x __	12 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						

Name	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Week #:12	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT	RP x WT

Monday

Body Weight Squats	10 x __	10 x __				
Split Jumps	10 x __	10 x __				
Body Weight Lunges	8 x __	8 x __	8 x __	8 x __	8 x __	
Close Grip Pull Ups	__ x __	__ x __	__ x __			
Step Downs	8 x __	8 x __	8 x __			
Banded 4 Way Ankle Rotation	12 x __	12 x __	12 x __			
Hammer Curls	4 x __	4 x __	4 x __			
Ab Workout #1						

Wednesday

Shoulder Combo	10 x __	10 x __				
Over Head Figure 8's	10 x __	10 x __				
Dumbbell Bench Press	8 x __	8 x __	8 x __	8 x __	8 x __	
Dumbbell Bent-Over Fly	12 x __	12 x __	12 x __			
Alternating Back Extensions	12 x __	12 x __	12 x __			
Dumbbell Military Press	12 x __	12 x __	12 x __			
Dips	__ x __	__ x __	__ x __			
Ab Workout #2						

Friday

Body Weight Squats	10 x __	10 x __				
Tuck Jumps	10 x __	10 x __				
Body Weight Step Ups	8 x __	8 x __	8 x __	8 x __	8 x __	
1 Arm Dumbbell Row	10 x __	10 x __	10 x __			
Glute Ham	__ x __	__ x __	__ x __			
Dumbbell Curls	12 x __	12 x __	12 x __			
Push-Ups	__ x __	__ x __	__ x __			
Ab Workout #3						