**Background of Participant**

Tyler is an 18-year-old male who was just offered a scholarship to play college football. The athlete is 5-10, 200 pounds, Caucasian male. He has played football for 12 years, and wants to participate to his best ability on his new team. In order for that to happen, he needs to be able to follow the macrocycle that his strength and conditioning coach has made for his team. Tyler is a hard worker and has been in the weight room for the last four years in high school. Based off his last test results, Tyler needs to improve upon his upper body and lower body strength because of his poor performance in the 1 RM bench and squat test. If he continues lifting weights and performs what his new strength and conditioning coach informs him of, he will be a great college linebacker.

**Player Assessments**1 RM Bench Press- 295 pounds (60% Rank for division 1 football players)  
1 RM Squat- 365 pounds (50% Rank for division 1 football players)  
Vertical Jump- 31.5 inches (Average for division 1 football players)  
40 Yard Dash- 4.6 (Average for division 1 football players)

**Needs Analysis**

Because football that is a game based off of speed and strength, it is important for the athlete to be able to develop these traits in the weight room. As a linebacker, there are a lot of movement traits that need to be considered, such as: grabbing, pushing, tackling and catching. In order for the athlete to achieve these traits, all major muscle groups need to be in full strength, especially the thighs, hips and chest. Strength and power will be the mail physiological analysis.

**Breakdown of training cycle:**

College football

Post-season- November 18th- December 15th. The goal of the Post-season is to rest up and recover from a full season of football. Rest up to begin off-season training.

Off-season- December 16th- June 3rd. The goal of the Off-Season is to gain the muscle mass, strength and speed needed to perform during the season. Hypertrophy.

Preseason- June 4th- August 31st. The goal of the preseason is to get the team prepared for the season. During this time, players will be performing the strength and power phase and will peak at the end of August.

In-season- September 1st- November 17th.- The goal is to maintain what the players have gained during the season by lifting two times a week.

**Training Resources and equipment available**

Because this athlete will be competing at a college university, a lot of resources and equipment will be available to him. He will have a full weight-room, which includes all free-weights and resistance machines.

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**Week 1- Offseason-Hypertrophy Phase**  
All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

**Monday**  
1) Power Clean- 3 sets of 3. 2 minutes of rest  
2) Back Squat- Set 1= 15 reps. Set 2= 15 reps. Set 3= 15 reps. 30 seconds of rest  
3) Dead Lift- 3 sets of 3. 2 minutes of rest.  
4) Forward Step up with dumbbells. Set 1= 10 reps. Set 2= 10 reps. Set 3= 10 Reps. 30 seconds of rest.  
5) Alternate lateral lunge. Set 1= 15 Reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 seconds of rest.

\*Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

1) Bench Press- Set 1= 15 reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 second rest  
2) Push up on stability bal. Set 1=15 Set 15= 10 Set 3= 15. 30 second rest  
3) Standing Bent over single arm row dumbbell. Set 1= 15. Set 2= 15 Set 3= 15. 30 second rest  
4) Standing Upright row dumbbell. Set 1= 15. Set 2=15. Set 3= 15. 30 second rest  
5) Dumbbell Fly. Set 1= 15. Set 2=15. Set 3=15. 30 second rest.  
6) Bent over lateral raise dumbbell. Set 1= 15 Set 2=15. Set3= 15. 30 seconds rest.

\* Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5  
6) Side Bridge. 30 second holds

**Wednesday**OFF

**Thursday**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined1) Front Squat- Set 1=15 set2=15 Set3=15. 30 second rest.  
2) Hang Clean- Set 1= 3 Set2 =3 Set3=3. 2 min rest  
3) Single leg hip extension. Set 1= 15. Set 2=15 Set 3=15. 30 second rest  
4) Dead lift. Set1=3 Set 2=3 Set 3=3. 2 minute rest  
5) Walking lunge with rotation. Set1= 15 Set 2=15 Set 3=15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**1) Dumbbell Chest Press. Set 1= 15 Set 2= 15 Set3= 15. 30 second rest  
2) Standing single arm cable row. Set 1= 15 Set 2= 15 Set3= 15 30 second rest  
3) Single arm dumbbell shrug. Set 1= 15 Set 2= 15 Set 3=15. 30 second rest  
4) Straight arm pulldown. Set1= 15 Set 2=15 Set 3= 15. 30 second rest  
5) YTWL Shoulder. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**WEEK 2**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

**Monday**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

1) Power Clean- Set 1= 3 Set 2= 3 Set 3= 3. 2 minute rest  
2) Back Squat- Set 1= 15. Set 2= 15. Set 3= 5 30 second rest  
3) Lateral Step Down. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest  
4) Pushpress. Set 1= 3. Set 2= 3 Set 3= 3. 2 minute rest.  
5) Single Leg Lateral Raise. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Incline Bench Press. Set 1=15 Set 2=15 Set 3=15 30 second rest  
2) Seated cable row. Set 1= 15 Set 2= 15 Set 3= 15 30 seconds of rest  
3) Dumbbell Lateral Raise. Set 1= 15 Set 2=15 Set 3= 15 30 seconds of rest  
4) Push up on stability ball. Set 1=15 Set 2= 15 Set 3= 15 30 seconds of rest  
5) Inverted Row. Set 1=15 Set 2=15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**OFF

**Thursday**

1) Front Squat. Set 1=15 Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Forward Step up. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
3) Pushpress. Set 1= 3 Set 2=3 Set 3=3. 2 minutes of rest  
4) Alternate lateral lunge with dumbbell. Set 1= 15. Set 2 = 15. 30 seconds of rest  
5) Clean. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 15. Set 2= 15. Set 3=15 30 seconds of rest  
2) Pushups on stability Ball. Set 1=15 Set 2=15 Set 3=15 30 seconds of rest  
3) Incline dumbbell bench press. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
4) Standing over bent over row. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
5) Inverted Row. Set one = 15 Set 2= 15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 3**

All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Alternate Lateral Lung. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15 30 seconds of rest  
3) Pushpress. Set 1= 3. Set 2= 3. Set 3= 3. 2 minutes of rest  
4) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Clean. Set 1= 3. Set 2= 3. Set 3= 3 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Dumbbell chest press. Set 1= 15 Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Push Press. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest.  
3) Bent over single arm row. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest.  
4) Alternate lateral raise. Set 1= 15. Set 2= 15. 30 seconds of rest  
5) Shoulder Shrugs. Set 1= 15. Set 2= 15 Set 3 = 15. 30 seconds o rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**

1) Overhead squat. Set 1= 15. Set 2= 15. 30 seconds of rest  
2) Standing Good morning. Set 1= 15. Set 2= 15. 30 seconds of rest  
3) Walking lunge. Set 1= 15. Set 2= 15 Set 3= 15 30 seconds of rest  
4) Pushpress. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15

**Friday**

1) Incline bench press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Reverse Grip pulldown. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Alternate dumbbell front raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
4) Bent over dumbbell lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
5) Biceps/triceps of choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 4**

All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Pushpress. Set 1= 3 Set 2=3 Set 3= 3. 2 minutes of rest  
3) Clean. Set 1=3. Set 2=3. Set 3= 3. 2 minutes of rest  
4) Leg press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensore. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Chest Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Dumbbell fly. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Triceps extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bench Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Straight arm cable pull down Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday.**

1) Clean Set 1=3 Set 2=3 Set 3=3. 2 minutes of rest.  
2) Pushpress. Set 1=3. Set 2=3 Set 3=3. 2 minutes of rest.  
3) Standing Good morning. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Alternate foot lunges. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Incline Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Reverse grip pulldown Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bent over lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Biceps/triceps of your choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 5**  
All non-Power Exercises, Perform at 65% of your 1 RM.  
Power Lifts to be performed at 80% of your 1 RM. All Power lifts will be Underlined

**Monday**  
1) Power Clean- 3 sets of 3. 2 minutes of rest  
2) Back Squat- Set 1= 15 reps. Set 2= 15 reps. Set 3= 15 reps. 30 seconds of rest  
3) Dead Lift- 3 sets of 3. 2 minutes of rest.  
4) Forward Step up with dumbbells. Set 1= 10 reps. Set 2= 10 reps. Set 3= 10 Reps. 30 seconds of rest.  
5) Alternate lateral lunge. Set 1= 15 Reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 seconds of rest.

\*Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**All non-Power Exercises, Perform at 65% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

1) Bench Press- Set 1= 15 reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 second rest  
2) Push up on stability bal. Set 1=15 Set 15= 10 Set 3= 15. 30 second rest  
3) Standing Bent over single arm row dumbbell. Set 1= 15. Set 2= 15 Set 3= 15. 30 second rest  
4) Standing Upright row dumbbell. Set 1= 15. Set 2=15. Set 3= 15. 30 second rest  
5) Dumbbell Fly. Set 1= 15. Set 2=15. Set 3=15. 30 second rest.  
6) Bent over lateral raise dumbbell. Set 1= 15 Set 2=15. Set3= 15. 30 seconds rest.

\* Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5  
6) Side Bridge. 30 second holds

**Wednesday**OFF

**Thursday**All non-Power Exercises, Perform at 65% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined1) Front Squat- Set 1=15 set2=15 Set3=15. 30 second rest.  
2) Hang Clean- Set 1= 3 Set2 =3 Set3=3. 2 min rest  
3) Single leg hip extension. Set 1= 15. Set 2=15 Set 3=15. 30 second rest  
4) Dead lift. Set1=3 Set 2=3 Set 3=3. 2 minute rest  
5) Walking lunge with rotation. Set1= 15 Set 2=15 Set 3=15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**1) Dumbbell Chest Press. Set 1= 15 Set 2= 15 Set3= 15. 30 second rest  
2) Standing single arm cable row. Set 1= 15 Set 2= 15 Set3= 15 30 second rest  
3) Single arm dumbbell shrug. Set 1= 15 Set 2= 15 Set 3=15. 30 second rest  
4) Straight arm pulldown. Set1= 15 Set 2=15 Set 3= 15. 30 second rest  
5) YTWL Shoulder. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**WEEK 6**All non-Power Exercises, Perform at 65% of your 1 RM.  
Power Lifts to be performed at 80% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Power Clean- Set 1= 3 Set 2= 3 Set 3= 3. 2 minute rest  
2) Back Squat- Set 1= 15. Set 2= 15. Set 3= 5 30 second rest  
3) Lateral Step Down. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest  
4) Pushpress. Set 1= 3. Set 2= 3 Set 3= 3. 2 minute rest.  
5) Single Leg Lateral Raise. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Incline Bench Press. Set 1=15 Set 2=15 Set 3=15 30 second rest  
2) Seated cable row. Set 1= 15 Set 2= 15 Set 3= 15 30 seconds of rest  
3) Dumbbell Lateral Raise. Set 1= 15 Set 2=15 Set 3= 15 30 seconds of rest  
4) Push up on stability ball. Set 1=15 Set 2= 15 Set 3= 15 30 seconds of rest  
5) Inverted Row. Set 1=15 Set 2=15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**OFF

**Thursday**

1) Front Squat. Set 1=15 Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Forward Step up. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
3) Pushpress. Set 1= 3 Set 2=3 Set 3=3. 2 minutes of rest  
4) Alternate lateral lunge with dumbbell. Set 1= 15. Set 2 = 15. 30 seconds of rest  
5) Clean. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 15. Set 2= 15. Set 3=15 30 seconds of rest  
2) Pushups on stability Ball. Set 1=15 Set 2=15 Set 3=15 30 seconds of rest  
3) Incline dumbbell bench press. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
4) Standing over bent over row. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
5) Inverted Row. Set one = 15 Set 2= 15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 7**

All non-Power Exercises, Perform at 65% of your 1 RM.  
Power Lifts to be performed at 80% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Alternate Lateral Lung. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15 30 seconds of rest  
3) Pushpress. Set 1= 3. Set 2= 3. Set 3= 3. 2 minutes of rest  
4) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Clean. Set 1= 3. Set 2= 3. Set 3= 3 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Dumbbell chest press. Set 1= 15 Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Push Press. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest.  
3) Bent over single arm row. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest.  
4) Alternate lateral raise. Set 1= 15. Set 2= 15. 30 seconds of rest  
5) Shoulder Shrugs. Set 1= 15. Set 2= 15 Set 3 = 15. 30 seconds o rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**

1) Overhead squat. Set 1= 15. Set 2= 15. 30 seconds of rest  
2) Standing Good morning. Set 1= 15. Set 2= 15. 30 seconds of rest  
3) Walking lunge. Set 1= 15. Set 2= 15 Set 3= 15 30 seconds of rest  
4) Pushpress. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15

**Friday**

1) Incline bench press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Reverse Grip pulldown. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Alternate dumbbell front raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
4) Bent over dumbbell lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
5) Biceps/triceps of choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 8**

All non-Power Exercises, Perform at 65% of your 1 RM.  
Power Lifts to be performed at 80% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Pushpress. Set 1= 3 Set 2=3 Set 3= 3. 2 minutes of rest  
3) Clean. Set 1=3. Set 2=3. Set 3= 3. 2 minutes of rest  
4) Leg press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensore. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Chest Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Dumbbell fly. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Triceps extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bench Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Straight arm cable pull down Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday.**

1) Clean Set 1=3 Set 2=3 Set 3=3. 2 minutes of rest.  
2) Pushpress. Set 1=3. Set 2=3 Set 3=3. 2 minutes of rest.  
3) Standing Good morning. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Alternate foot lunges. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Incline Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Reverse grip pulldown Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bent over lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Biceps/triceps of your choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 9**  
All non-Power Exercises, Perform at 70% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**  
1) Power Clean- 3 sets of 3. 2 minutes of rest  
2) Back Squat- Set 1= 15 reps. Set 2= 15 reps. Set 3= 15 reps. 30 seconds of rest  
3) Dead Lift- 3 sets of 3. 2 minutes of rest.  
4) Forward Step up with dumbbells. Set 1= 10 reps. Set 2= 10 reps. Set 3= 10 Reps. 30 seconds of rest.  
5) Alternate lateral lunge. Set 1= 15 Reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 seconds of rest.

\*Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

1) Bench Press- Set 1= 15 reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 second rest  
2) Push up on stability bal. Set 1=15 Set 15= 10 Set 3= 15. 30 second rest  
3) Standing Bent over single arm row dumbbell. Set 1= 15. Set 2= 15 Set 3= 15. 30 second rest  
4) Standing Upright row dumbbell. Set 1= 15. Set 2=15. Set 3= 15. 30 second rest  
5) Dumbbell Fly. Set 1= 15. Set 2=15. Set 3=15. 30 second rest.  
6) Bent over lateral raise dumbbell. Set 1= 15 Set 2=15. Set3= 15. 30 seconds rest.

\* Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5  
6) Side Bridge. 30 second holds

**Wednesday**OFF

**Thursday**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined1) Front Squat- Set 1=15 set2=15 Set3=15. 30 second rest.  
2) Hang Clean- Set 1= 3 Set2 =3 Set3=3. 2 min rest  
3) Single leg hip extension. Set 1= 15. Set 2=15 Set 3=15. 30 second rest  
4) Dead lift. Set1=3 Set 2=3 Set 3=3. 2 minute rest  
5) Walking lunge with rotation. Set1= 15 Set 2=15 Set 3=15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**1) Dumbbell Chest Press. Set 1= 15 Set 2= 15 Set3= 15. 30 second rest  
2) Standing single arm cable row. Set 1= 15 Set 2= 15 Set3= 15 30 second rest  
3) Single arm dumbbell shrug. Set 1= 15 Set 2= 15 Set 3=15. 30 second rest  
4) Straight arm pulldown. Set1= 15 Set 2=15 Set 3= 15. 30 second rest  
5) YTWL Shoulder. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**WEEK 10**All non-Power Exercises, Perform at 70% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**All non-Power Exercises, Perform at 60% of your 1 RM.  
Power Lifts to be performed at 75% of your 1 RM. All Power lifts will be Underlined

1) Power Clean- Set 1= 3 Set 2= 3 Set 3= 3. 2 minute rest  
2) Back Squat- Set 1= 15. Set 2= 15. Set 3= 5 30 second rest  
3) Lateral Step Down. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest  
4) Pushpress. Set 1= 3. Set 2= 3 Set 3= 3. 2 minute rest.  
5) Single Leg Lateral Raise. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Incline Bench Press. Set 1=15 Set 2=15 Set 3=15 30 second rest  
2) Seated cable row. Set 1= 15 Set 2= 15 Set 3= 15 30 seconds of rest  
3) Dumbbell Lateral Raise. Set 1= 15 Set 2=15 Set 3= 15 30 seconds of rest  
4) Push up on stability ball. Set 1=15 Set 2= 15 Set 3= 15 30 seconds of rest  
5) Inverted Row. Set 1=15 Set 2=15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**OFF

**Thursday**

1) Front Squat. Set 1=15 Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Forward Step up. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
3) Pushpress. Set 1= 3 Set 2=3 Set 3=3. 2 minutes of rest  
4) Alternate lateral lunge with dumbbell. Set 1= 15. Set 2 = 15. 30 seconds of rest  
5) Clean. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 15. Set 2= 15. Set 3=15 30 seconds of rest  
2) Pushups on stability Ball. Set 1=15 Set 2=15 Set 3=15 30 seconds of rest  
3) Incline dumbbell bench press. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
4) Standing over bent over row. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
5) Inverted Row. Set one = 15 Set 2= 15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 11**

All non-Power Exercises, Perform at 70% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Alternate Lateral Lung. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15 30 seconds of rest  
3) Pushpress. Set 1= 3. Set 2= 3. Set 3= 3. 2 minutes of rest  
4) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Clean. Set 1= 3. Set 2= 3. Set 3= 3 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Dumbbell chest press. Set 1= 15 Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Push Press. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest.  
3) Bent over single arm row. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest.  
4) Alternate lateral raise. Set 1= 15. Set 2= 15. 30 seconds of rest  
5) Shoulder Shrugs. Set 1= 15. Set 2= 15 Set 3 = 15. 30 seconds o rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**

1) Overhead squat. Set 1= 15. Set 2= 15. 30 seconds of rest  
2) Standing Good morning. Set 1= 15. Set 2= 15. 30 seconds of rest  
3) Walking lunge. Set 1= 15. Set 2= 15 Set 3= 15 30 seconds of rest  
4) Pushpress. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15

**Friday**

1) Incline bench press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Reverse Grip pulldown. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Alternate dumbbell front raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
4) Bent over dumbbell lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
5) Biceps/triceps of choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 12**

All non-Power Exercises, Perform at 70% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Pushpress. Set 1= 3 Set 2=3 Set 3= 3. 2 minutes of rest  
3) Clean. Set 1=3. Set 2=3. Set 3= 3. 2 minutes of rest  
4) Leg press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensore. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Chest Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Dumbbell fly. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Triceps extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bench Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Straight arm cable pull down Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday.**

1) Clean Set 1=3 Set 2=3 Set 3=3. 2 minutes of rest.  
2) Pushpress. Set 1=3. Set 2=3 Set 3=3. 2 minutes of rest.  
3) Standing Good morning. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Alternate foot lunges. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Incline Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Reverse grip pulldown Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bent over lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Biceps/triceps of your choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 13**  
All non-Power Exercises, Perform at 75% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**  
1) Power Clean- 3 sets of 3. 2 minutes of rest  
2) Back Squat- Set 1= 15 reps. Set 2= 15 reps. Set 3= 15 reps. 30 seconds of rest  
3) Dead Lift- 3 sets of 3. 2 minutes of rest.  
4) Forward Step up with dumbbells. Set 1= 10 reps. Set 2= 10 reps. Set 3= 10 Reps. 30 seconds of rest.  
5) Alternate lateral lunge. Set 1= 15 Reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 seconds of rest.

\*Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Bench Press- Set 1= 15 reps. Set 2= 15 Reps. Set 3= 15 Reps. 30 second rest  
2) Push up on stability bal. Set 1=15 Set 15= 10 Set 3= 15. 30 second rest  
3) Standing Bent over single arm row dumbbell. Set 1= 15. Set 2= 15 Set 3= 15. 30 second rest  
4) Standing Upright row dumbbell. Set 1= 15. Set 2=15. Set 3= 15. 30 second rest  
5) Dumbbell Fly. Set 1= 15. Set 2=15. Set 3=15. 30 second rest.  
6) Bent over lateral raise dumbbell. Set 1= 15 Set 2=15. Set3= 15. 30 seconds rest.

\* Core between each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5  
6) Side Bridge. 30 second holds

**Wednesday**OFF

**Thursday**1) Front Squat- Set 1=15 set2=15 Set3=15. 30 second rest.  
2) Hang Clean- Set 1= 3 Set2 =3 Set3=3. 2 min rest  
3) Single leg hip extension. Set 1= 15. Set 2=15 Set 3=15. 30 second rest  
4) Dead lift. Set1=3 Set 2=3 Set 3=3. 2 minute rest  
5) Walking lunge with rotation. Set1= 15 Set 2=15 Set 3=15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**1) Dumbbell Chest Press. Set 1= 15 Set 2= 15 Set3= 15. 30 second rest  
2) Standing single arm cable row. Set 1= 15 Set 2= 15 Set3= 15 30 second rest  
3) Single arm dumbbell shrug. Set 1= 15 Set 2= 15 Set 3=15. 30 second rest  
4) Straight arm pulldown. Set1= 15 Set 2=15 Set 3= 15. 30 second rest  
5) YTWL Shoulder. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**WEEK 14**All non-Power Exercises, Perform at 75% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**1) Power Clean- Set 1= 3 Set 2= 3 Set 3= 3. 2 minute rest  
2) Back Squat- Set 1= 15. Set 2= 15. Set 3= 5 30 second rest  
3) Lateral Step Down. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest  
4) Pushpress. Set 1= 3. Set 2= 3 Set 3= 3. 2 minute rest.  
5) Single Leg Lateral Raise. Set 1= 15 Set 2= 15 Set 3= 15. 30 second rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Incline Bench Press. Set 1=15 Set 2=15 Set 3=15 30 second rest  
2) Seated cable row. Set 1= 15 Set 2= 15 Set 3= 15 30 seconds of rest  
3) Dumbbell Lateral Raise. Set 1= 15 Set 2=15 Set 3= 15 30 seconds of rest  
4) Push up on stability ball. Set 1=15 Set 2= 15 Set 3= 15 30 seconds of rest  
5) Inverted Row. Set 1=15 Set 2=15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**OFF

**Thursday**

1) Front Squat. Set 1=15 Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Forward Step up. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
3) Pushpress. Set 1= 3 Set 2=3 Set 3=3. 2 minutes of rest  
4) Alternate lateral lunge with dumbbell. Set 1= 15. Set 2 = 15. 30 seconds of rest  
5) Clean. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 15. Set 2= 15. Set 3=15 30 seconds of rest  
2) Pushups on stability Ball. Set 1=15 Set 2=15 Set 3=15 30 seconds of rest  
3) Incline dumbbell bench press. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest  
4) Standing over bent over row. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
5) Inverted Row. Set one = 15 Set 2= 15 Set 3= 15. 30 seconds of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 15**

All non-Power Exercises, Perform at 75% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Alternate Lateral Lung. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest  
2) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15 30 seconds of rest  
3) Pushpress. Set 1= 3. Set 2= 3. Set 3= 3. 2 minutes of rest  
4) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Clean. Set 1= 3. Set 2= 3. Set 3= 3 2 minutes of rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Dumbbell chest press. Set 1= 15 Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Push Press. Set 1= 15. Set 2= 15 Set 3= 15. 30 seconds of rest.  
3) Bent over single arm row. Set 1= 15 Set 2= 15 Set 3= 15. 30 seconds of rest.  
4) Alternate lateral raise. Set 1= 15. Set 2= 15. 30 seconds of rest  
5) Shoulder Shrugs. Set 1= 15. Set 2= 15 Set 3 = 15. 30 seconds o rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**

1) Overhead squat. Set 1= 15. Set 2= 15. 30 seconds of rest  
2) Standing Good morning. Set 1= 15. Set 2= 15. 30 seconds of rest  
3) Walking lunge. Set 1= 15. Set 2= 15 Set 3= 15 30 seconds of rest  
4) Pushpress. Set 1= 3 Set 2= 3. Set 3= 3. 2 minutes of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15

**Friday**

1) Incline bench press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Reverse Grip pulldown. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Alternate dumbbell front raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
4) Bent over dumbbell lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest.  
5) Biceps/triceps of choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 16**

All non-Power Exercises, Perform at 75% of your 1 RM.  
Power Lifts to be performed at 85% of your 1 RM. All Power lifts will be Underlined

**Monday**

1) Back Squat. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Pushpress. Set 1= 3 Set 2=3 Set 3= 3. 2 minutes of rest  
3) Clean. Set 1=3. Set 2=3. Set 3= 3. 2 minutes of rest  
4) Leg press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensore. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**

1) Chest Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Dumbbell fly. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Triceps extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bench Press. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Straight arm cable pull down Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday.**

1) Clean Set 1=3 Set 2=3 Set 3=3. 2 minutes of rest.  
2) Pushpress. Set 1=3. Set 2=3 Set 3=3. 2 minutes of rest.  
3) Standing Good morning. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Alternate foot lunges. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Leg extensors. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Incline Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
2) Bench Press Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
3) Reverse grip pulldown Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
4) Bent over lateral raise. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest  
5) Biceps/triceps of your choice. Set 1= 15. Set 2= 15. Set 3= 15. 30 seconds of rest

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 17- Basic Strength Phase**

All non-power exercises will be performed at 80% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

**Friday**

1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second

**Week 18**

All non-power exercises will be performed at 80% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 19**

All non-power exercises will be performed at 80% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 20**

All non-power exercises will be performed at 85% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 21**All non-power exercises will be performed at 90% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) Standing good morning. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 4= 6 Reps. Set 3= 4 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 22**

All non-power exercises will be performed at 90% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) Standing good morning. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 4= 6 Reps. Set 3= 4 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 23**

All non-power exercises will be performed at 90% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) Standing good morning. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 4= 6 Reps. Set 3= 4 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 24**

All non-power exercises will be performed at 90% of your 1 RM  
All Power Exercises will be performed at 85% of your 1 RM and will be underlined

**Monday**

1) Back Squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) Standing good morning. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Tuesday**1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**Off

**Thursday**1) Front squat. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Clean Set 1= 3 reps. Set 2= 3 reps Set 3= 3 reps. 30 second rest.  
3) Hip extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Pushpress. Set1= 3 Set 2= 3 Set 3=3 2 minute rest  
5) Single leg curl. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Friday**

1) Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 4 Reps. Set 2= 4 Reps. Set 3= 4 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 4 Reps. Set 4= 6 Reps. Set 3= 4 Reps. 30 second

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 25-Transistion Period (Active Rest)**Players will swim laps in the pool on Monday Wednesday and Friday of this week.

**Week 26- Preseason- Strength/Power Phase**

All non-power exercises will be performed at 90% of 1 RM  
All Power exercises will be performed at 95% of 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Hip Extensions- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Clean- Set 1=2 reps. Set 2= 2 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
2) Dumbbell fly. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
3) Cable Pulldown. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
4) Triceps extensions. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
5) Dumbbell overhead press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) PushPress- Set 1= 2 reps. Set 2= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Leg Curl- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Friday**1) Bench Press Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Triceps Extension Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Dumbbell fly Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Overhead dumbbell press- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Bicep Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Week 27**

All non-power exercises will be performed at 90% of 1 RM  
All Power exercises will be performed at 95% of 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Hip Extensions- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Clean- Set 1=2 reps. Set 2= 2 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
2) Dumbbell fly. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
3) Cable Pulldown. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
4) Triceps extensions. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
5) Dumbbell overhead press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) PushPress- Set 1= 2 reps. Set 2= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Leg Curl- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Friday**1) Bench Press Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Triceps Extension Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Dumbbell fly Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Overhead dumbbell press- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Bicep Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Week 28**

All non-power exercises will be performed at 90% of 1 RM  
All Power exercises will be performed at 95% of 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Hip Extensions- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Clean- Set 1=2 reps. Set 2= 2 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
2) Dumbbell fly. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
3) Cable Pulldown. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
4) Triceps extensions. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
5) Dumbbell overhead press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) PushPress- Set 1= 2 reps. Set 2= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Leg Curl- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Friday**1) Bench Press Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Triceps Extension Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Dumbbell fly Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Overhead dumbbell press- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Bicep Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Week 29**

All non-power exercises will be performed at 90% of 1 RM  
All Power exercises will be performed at 95% of 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Hip Extensions- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Clean- Set 1=2 reps. Set 2= 2 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
2) Dumbbell fly. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
3) Cable Pulldown. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
4) Triceps extensions. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
5) Dumbbell overhead press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) PushPress- Set 1= 2 reps. Set 2= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Leg Curl- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Friday**1) Bench Press Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Triceps Extension Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Dumbbell fly Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Overhead dumbbell press- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Bicep Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Week 30- Camp-** During camp, players will be practicing 6 days a week. To make sure the students do not lose what they have gotten so far, they will workout on Monday and Wednesday at 80% of their 1 RM

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 31- Camp**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 32- Camp**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 33**All non-power exercises will be performed at 95% of 1 RM  
All Power exercises will be performed at 95% of 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Hip Extensions- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Clean- Set 1=2 reps. Set 2= 2 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
2) Dumbbell fly. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
3) Cable Pulldown. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
4) Triceps extensions. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
5) Dumbbell overhead press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) PushPress- Set 1= 2 reps. Set 2= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Leg Curl- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Friday**1) Bench Press Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Triceps Extension Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Dumbbell fly Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Overhead dumbbell press- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Bicep Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Week 34**

All non-power exercises will be performed at 95% of 1 RM  
All Power exercises will be performed at 95% of 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Hip Extensions- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Clean- Set 1=2 reps. Set 2= 2 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
2) Dumbbell fly. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
3) Cable Pulldown. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
4) Triceps extensions. Set 1= 3 reps. Set 3= 3 reps. 30 second rest  
5) Dumbbell overhead press. Set 1= 3 reps. Set 3= 3 reps. 30 second rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Leg Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) PushPress- Set 1= 2 reps. Set 2= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Leg Curl- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Friday**1) Bench Press Set 1= 3 reps. Set 2= 3 reps 30 second rest  
2) Triceps Extension Set 1= 3 reps. Set 2= 3 reps 30 second rest  
3) Dumbbell fly Set 1= 3 reps. Set 2= 3 reps 30 second rest  
4) Overhead dumbbell press- Set 1= 3 reps. Set 2= 3 reps 30 second rest  
5) Bicep Curls- Set 1= 3 reps. Set 2= 3 reps 30 second rest

**Week 35-Peak Phase**

All exercises will be 100% of your 1 RM  
Prior to each weightlifting session, players will run an 800 and 400 followed by 3 “gasers” for conditioning

**Monday**

1) Front Squat. Set 1= 1reps. Set 2= 1 reps 2 minute Rest  
2) Leg Extension- Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
3) Leg Curls- Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
4) Hip Extensions- Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
5) Clean- Set 1=1reps. Set 2= 1 reps. 2 minute rest

**Tuesday**

1) Bench Press. Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
2) Dumbbell fly. Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
3) Cable Pulldown. Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
4) Triceps extensions. Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
5) Dumbbell overhead press. Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest

**Wednesday**   
Off

**Thursday**1) Back Squat. Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
2) Leg Curls- Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
3) PushPress- Set 1= 1 reps. Set 1= 2 reps. 2 minute rest  
4) Leg Extension- Set 1= 1 reps. Set 2= 1 reps. 2 minute Rest  
5) Leg Curl- Set 1= 1 reps. Set 2= 1 reps 2 minute Rest

**Friday**1) Bench Press Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
2) Triceps Extension Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
3) Dumbbell fly Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
4) Overhead dumbbell press- Set 1= 1 reps. Set 2= 1 reps 2 minute Rest  
5) Bicep Curls- Set 1= 1 reps. Set 2= 1 reps 2 minute Rest

Week 36- Transition- Active Rest

Players will participate in an active rest by playing basketball on Monday, Wednesday and Friday of this week.

**Week 37- In Season (Maintenance)**During the season, players are practicing Monday-Friday, Game on Saturday, and an off day Sunday. Players will lift Monday and Wednesday mornings to maintain what they have accomplished prior to the season.

Players will lift 80% of their 1 RM

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 38  
Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 39**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 40**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 41**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 42**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 43**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 44**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 45**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 46**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 47**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 48**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 49**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 50**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 51**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Week 52**

**Monday**1) Back Squat. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Clean.Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
3) Pushpress. Set 1=3 Set 2=3 Set 3=3. 2 minute rest.  
4) Leg extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) Standing good morning. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5

**Wednesday**1) Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
2) Incline Bench Press. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
3) Dumbbell Fly. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
4) Tricep extensors. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.  
5) One arm cable pulldowns. Set 1= 6 Reps. Set 2= 6 Reps. Set 3= 6 Reps. 30 second rest.

\*Core after each exercise  
1) 60 second front bridge  
2) Alternate leg- 10 sets of 10  
3) Superman- 10 sets of 10. 3 second holds  
4) V-Up. 15 sets of 15  
5) Windshield Wiper. 5 sets of 5