



**WEEK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chest</b>	<b>Shoulders</b>	<b>Outer Back</b>	<b>Legs</b>	<b>Chest</b>
Incline Bench Press Bar Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	Straight Bar (Behind Neck) Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	Wide Grip Behind Neck Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	Heavy Squats 8, 6, 4, 2, 4 (In Hole) Weight_____	Incline Dumb Bell Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____
Flat Dumbbell Presses Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	Straight Bar In Front) Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	Wide Grip in Front Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	Narrow Hack Squats 4-6 Sets and 8-12 Reps Weight_____	Flat Dumb Bell Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____
Deep Decline Dumb Bell Presses 4-6 Sets of 8-12 Reps Weight_____	Side Lateral Raises (DB) Front Raises (Plate) Rear Raises (DB) 3 Sets of 8-12 Reps Super Set Weight_____	Narrow in Fronts 4-6 Sets of 8-12 Reps Weight_____	Leg Curls Leg Extensions 4-6 Sets and 8-12 Reps Weight_____	Decline Dumb Bell 8, 6, 4, 2, 4 (Pauses) Weight_____
<b>Biceps</b>	<b>Outer Chest</b>	<b>Triceps</b>	<b>Inner Back</b>	<b>Biceps</b>
Heavy Straight Bar Curls 8, 6, 4, 2, 4 (Pauses) Weight_____	(Wide Grip) Flat Bar Bench 4-6 Sets of 8-12 Reps Weight_____	Close Grip Flat Bench Heavy 8, 6, 4, 2, 4 (Pauses) Weight_____	St. Leg Bent Over Row 8, 6, 4, 2, 4 (Pauses) Weight_____	Straight Bar Preacher Curl 8, 6, 4, 2, 4 Controlled Full Range Weight_____
Heavy Preacher Curls (Curl Bar) 8, 6, 4, 2, 4 (Pauses) Weight_____	Cable Pec Flies 4-6 Sets of 8-10 Reps Weight_____	Skulls (Curl Bar) Super Set 4-6 Sets of 8-12 Reps Weight_____	Seated Cable Pull Downs 4-6 Sets of 8-10 Reps (Narrow In Front) Weight_____	Seated Curls Regular, Twists, Hammer 4-6 Sets of 8-12 Reps Weight_____
Dumbbell Curls 4-6 Sets of 8-12 Reps 60%-70% of Max Weight_____	Machine Pec Deck 4-6 Sets of 8-10 Reps Weight_____	Cable Push Downs Superset(Top & Underneath) 4-6 Sets of 8-12 Reps Weight_____	Seated Rows 4-6 Sets of 8-10 Reps Weight_____	Standing Cable Curls (Single Arm) 8, 6, 4, 2, 4 Weight_____
			1 Arm Bench Dumb bell row 4-6 Sets of 8-10 Reps[ Weight_____	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 - 1/4 Mile Runs Timed	Light Mile	Mile Timed	4 - 1/2 Mile Runs Timed	10 - 100's or 15 40's
AB Workout - 200 Reps	AB Workout - 200 Reps		AB Workout - 200 Reps	
<b>Individual Skill Workout 1</b>	<b>Partner Skill Workout 1</b>	<b>Individual Skill Workout 2</b>	<b>Partner Skill Workout 2</b>	<b>Individual Skill Workout 1/2</b>
<b>Legs</b>	<b>Inner Back</b>		<b>Shoulders</b>	<b>Dead Lifts</b>
Hipsled (Heavy) 10, 8, 6, 4, 2, 4 (Pauses)  Weight_____	St. Leg Bent Over Row 8, 6, 4, 2, 4 (Pauses)  Weight_____		Heavy Straight Bar Shrugs Heavy 8, 6, 4, 2, 4  Weight_____	Dead Lifts Heavy 8, 6, 4, 2, 4, Pauses  Weight_____
Leg Extensions 4-6 Sets of 8-10 Reps  Weight_____	Seated Cable Pull Downs (Narrow in Front) 4-6 Sets of 8-10 Reps  Weight_____		Dumb Bell Shrugs 4-6 Sets of 8-12 Reps  Weight_____	<b>Triceps</b>
Leg Curls 4-6 Sets of 8-10 Reps  Weight_____	Seated Rows 4-6 Sets of 8-10 Reps  Weight_____		Dumb Bell Presses 4-6 Sets of 8-12 Reps  Weight_____	Dips - 8, 6, 4, 2, 4 Heavy If You Can
Calf Raises 4-6 Sets of 8-10 Reps  Weight_____	1 Arm Bench Dumb bell row 4-6 Sets of 8-10 Reps  Weight_____		Superset (4-6 Sets, 8-12 Rep) Side Raises (DB) Front Raises (Plate) Rear Raises (DB)	Skulls (Curl Bar) Super Set 4-6 Sets of 8-12 Reps
	<b>Legs</b>			Overhead Single Dumb Bell Press 4-6 Sets of 8-12 Reps  Weight_____
	Hamstrings Straight Leg 4-6 Sets of 8-12 Reps  Weight_____			

**WARNING!**

ALL drills and exercises in this program are designed to develop fundamental skills and strength. It is extremely important as an athlete or coach that you execute all drills and exercises with proper technique and form in order to avoid possible injury. To reduce the risk of possible injury, consult your doctor before beginning any exercise or skill development program. You should have on file with your academic institution a current physical from your doctor and be cleared for athletic participation by your institution. The procedures, participants, and distributors of this program disclaim any liabilities or loss in connection with information presented in this workout and product.

