

Week #1

Monday

Warm-up – Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (50% _____ x12)(55% _____ x10)(60% _____ x8)(60% _____ x8)

Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)

Bench Press (55% _____ x10)(55% _____ x10)(55% _____ x8)(55% _____ x8)

Dumb Bell Incline (_____ x10)(_____ x10)

Dips (BWT x 8)(BWT x 8)

Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up – Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (60% _____ x5)(65% _____ x5)(70% _____ x5)(70% _____ x5)

Bent Over Rows (_____ x8)(_____ x8)(_____ x8)

Shoulder Complex (side/front/back)(_____ x8)(_____ x8)

Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)

Barbell Curls (_____ x12)(_____ x12)(_____ x12)

Pull-ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up – Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)

Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)

Incline Bench Press (55% _____ x10)(55% _____ x10)(60% _____ x8)(60% _____ x8)

Dumb Bell Bench (_____ x10)(_____ x10)

Close Grip Bench (_____ x12)(_____ x12)(_____ x12)

Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up – 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(50% _____ x3)(50% _____ x3)(50% _____ x3)(50% _____ x3)

Inverted Rows (_____ x8)(_____ x8)(_____ x8)

Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)

Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm

Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)

Chin-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #2

Monday

Warm-up – Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (55% _____ x10)(55% _____ x10)(60% _____ x8)(65% _____ x7)
Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)
Bench Press (55% _____ x10)(60% _____ x8)(65% _____ x7)(65% _____ x7)
Dumb Bell Incline (_____ x10)(_____ x10)
Dips (BWT x 8)(BWT x 8)
Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up – Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (60% _____ x5)(65% _____ x5)(70% _____ x5)(72% _____ x5)
Bent Over Rows (_____ x8)(_____ x8)(_____ x8)
Shoulder Complex (side/front/back)(_____ x8)(_____ x8)
Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)
Barbell Curls (_____ x12)(_____ x12)(_____ x12)
Pull –ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up – Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)
Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)
Incline Bench Press (55% _____ x10)(60% _____ x8)(65% _____ x7)(65% _____ x7)
Dumb Bell Bench (_____ x10)(_____ x10)
Close Grip Bench (_____ x12)(_____ x12)(_____ x12)
Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up – 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(50% _____ x3)(50% _____ x3)(55% _____ x3)(55% _____ x3)
Inverted Rows (_____ x8)(_____ x8)(_____ x8)
Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)
Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm
Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)
Chin-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #3

Monday

Warm-up -- Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (60% _____ x8)(65% _____ x7)(72% _____ x6)(72% _____ x6)
Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)
Bench Press (50% _____ x8)(60% _____ x8)(70% _____ x6)(75% _____ x5)
Dumb Bell Incline (_____ x10)(_____ x10)
Dips (BWT x 8)(BWT x 8)
Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up -- Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (60% _____ x8)(70% _____ x6)(72% _____ x5)(75% _____ x5)
Bent Over Rows (_____ x8)(_____ x8)(_____ x8)
Shoulder Complex (side/front/back)(_____ x8)(_____ x8)
Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)
Barbell Curls (_____ x12)(_____ x12)(_____ x12)
Pull-ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up -- Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)
Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)
Incline Bench Press (55% _____ x10)(60% _____ x8)(65% _____ x6)(68% _____ x6)
Dumb Bell Bench (_____ x10)(_____ x10)
Close Grip Bench (_____ x12)(_____ x12)(_____ x12)
Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up -- 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(50% _____ x3)(55% _____ x3)(58% _____ x3)(58% _____ x3)
Inverted Rows (_____ x8)(_____ x8)(_____ x8)
Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)
Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm
Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)
Chin-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #4

Monday

Warm-up -- Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (60% ____ x8)(70% ____ x6)(75% ____ x5)(80% ____ x4)
Dumb Bell Step Ups (____ x6)(____ x6)(____ x6)
Bench Press (60% ____ x8)(70% ____ x6)(80% ____ x4)(85% ____ x3)
Dumb Bell Incline (____ x10)(____ x10)
Dips (BWT x 8)(BWT x 8)
Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up -- Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (65% ____ x6)(70% ____ x5)(75% ____ x5)(80% ____ x4)
Bent Over Rows (____ x8)(____ x8)(____ x8)
Shoulder Complex (side/front/back)(____ x8)(____ x8)
Barbell Shrugs (____ x12)(____ x12)(____ x12)
Barbell Curls (____ x12)(____ x12)(____ x12)
Pull-ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up -- Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (____ x10)(____ x10)
Straight Bar Lunges (____ x5 each leg)(____ x5 each leg)(____ x5 each leg)
Incline Bench Press (55% ____ x8)(60% ____ x6)(65% ____ x5)(72% ____ x4)
Dumb Bell Bench (____ x10)(____ x10)
Close Grip Bench (____ x12)(____ x12)(____ x12)
Good Mornings *Light Weight* (____ x8)(____ x8)

Friday

Warm-up -- 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(50% ____ x3)(55% ____ x3)(58% ____ x3)(62% ____ x2)
Inverted Rows (____ x8)(____ x8)(____ x8)
Dumbbell Shrugs (____ x10)(____ x10)(____ x8)
Dumbbell Curls (____ x10)(____ x10)(____ x10) each arm
Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)
Chin-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #5

Monday

Warm-up – Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (60% _____ x8)(60% _____ x8)(70% _____ x6)(70% _____ x6)
Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)
Bench Press (60% _____ x8)(60% _____ x8)(70% _____ x6)(70% _____ x6)
Dumb Bell Incline (_____ x10)(_____ x10)
Dips (BWT x 8)(BWT x 8)
Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up – Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (60% _____ x5)(70% _____ x5)(75% _____ x3)(75% _____ x3)
Bent Over Rows (_____ x8)(_____ x8)(_____ x8)
Shoulder Complex (side/front/back)(_____ x8)(_____ x8)
Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)
Barbell Curls (_____ x12)(_____ x12)(_____ x12)
Pull-ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up – Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)
Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)
Incline Bench Press (55% _____ x8)(60% _____ x6)(60% _____ x6)(60% _____ x6)
Dumb Bell Bench (_____ x10)(_____ x10)
Close Grip Bench (_____ x12)(_____ x12)(_____ x12)
Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up – 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(50% _____ x3)(55% _____ x3)(58% _____ x3)
Inverted Rows (_____ x8)(_____ x8)(_____ x8)
Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)
Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm
Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)
Chin-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #6

Monday

Warm-up – Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (55% _____ x10)(60% _____ x8)(75% _____ x6)(80% _____ x4)

Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)

Bench Press (55% _____ x10)(60% _____ x8)(75% _____ x5)(85% _____ x3)

Dumb Bell Incline (_____ x10)(_____ x10)

Dips (BWT x 8)(BWT x 8)

Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up – Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (60% _____ x6)(70% _____ x6)(80% _____ x4)(85% _____ x3)

Bent Over Rows (_____ x8)(_____ x8)(_____ x8)

Shoulder Complex (side/front/back)(_____ x8)(_____ x8)

Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)

Barbell Curls (_____ x12)(_____ x12)(_____ x12)

Pull-ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up – Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)

Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)

Incline Bench Press (55% _____ x10)(65% _____ x7)(75% _____ x5)(80% _____ x4)

Dumb Bell Bench (_____ x10)(_____ x10)

Close Grip Bench (_____ x12)(_____ x12)(_____ x12)

Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up – 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(55% _____ x3)(58% _____ x3)(62% _____ x2)(62% _____ x2)

Inverted Rows (_____ x8)(_____ x8)(_____ x8)

Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)

Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm

Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)

Chain-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #7

Monday

Warm-up – Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (65% _____ x8)(85% _____ x3)(90% _____ x2)(95% _____ x1)

Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)

Bench Press (70% _____ x6)(85% _____ x3)(95% _____ x1)(95% _____ x1)

Dumb Bell Incline (_____ x10)(_____ x10)

Dips (BWT x 8)(BWT x 8)

Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up – Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (70% _____ x6)(80% _____ x4)(90% _____ x2)(95% _____ x1)

Bent Over Rows (_____ x8)(_____ x8)(_____ x8)

Shoulder Complex (side/front/back)(_____ x8)(_____ x8)(_____ x8)

Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)

Barbell Curls (_____ x12)(_____ x12)(_____ x12)

Pull –ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up – Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)

Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)

Incline Bench Press (60% _____ x8)(75% _____ x5)(80% _____ x4)(85% _____ x3)

Dumb Bell Bench (_____ x10)(_____ x10)

Close Grip Bench (_____ x12)(_____ x12)(_____ x12)

Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up – 50 Jumping Jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(55% _____ x3)(58% _____ x3)(62% _____ x2)(62% _____ x2)

Inverted Rows (_____ x8)(_____ x8)(_____ x8)

Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)

Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm

Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)

Chin–ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)

Week #8

Monday

Warm-up – Jog two lengths, Two Sprints, Skip a two lengths 10 Push-ups, Shoulder Rolls

Squats (80% _____ x4)(88% _____ x2)(95% _____ x1)(98% _____ x1)

Dumb Bell Step Ups (_____ x6)(_____ x6)(_____ x6)

Bench Press (85% _____ x4)(92% _____ x2)(95% _____ x1)(98% _____ x1)

Dumb Bell Incline (_____ x10)(_____ x10)

Dips (BWT x 8)(BWT x 8)

Medicine Ball Push-up (BWT x 8)(BWT x 8)

Tuesday

Warm-up – Jog two lengths, Cart Wheels Across gym, Lunges, Karaoke

Power Cleans (88% _____ x3)(92% _____ x2)(95% _____ x1)(98% _____ x1)

Bent Over Rows (_____ x8)(_____ x8)(_____ x8)

Shoulder Complex (side/front/back)(_____ x8)(_____ x8)

Barbell Shrugs (_____ x12)(_____ x12)(_____ x12)

Barbell Curls (_____ x12)(_____ x12)(_____ x12)

Pull –ups (BWT x 4)(BWT x 4)(BWT x 4)(BWT x 4)

Thursday

Warm-up – Jog two lengths, Standing Broad Jumps Across gym, Vertical Jump at Wall, Push-ups

Front Squat (_____ x10)(_____ x10)

Straight Bar Lunges (_____ x5 each leg)(_____ x5 each leg)(_____ x5 each leg)

Incline Bench Press (65% _____ x7)(75% _____ x5)(80% _____ x4)(85% _____ x3)

Dumb Bell Bench (_____ x10)(_____ x10)

Close Grip Bench (_____ x12)(_____ x12)(_____ x12)

Good Mornings *Light Weight* (_____ x8)(_____ x8)

Friday

Warm-up – 50 Jumping jacks, Shoulder rolls, Lunges with a twist across gym

Hang Clean Push Press(58% _____ x4)(62% _____ x2)(62% _____ x2)(62% _____ x2)

Inverted Rows (_____ x8)(_____ x8)(_____ x8)

Dumbbell Shrugs (_____ x10)(_____ x10)(_____ x8)

Dumbbell Curls (_____ x10)(_____ x10)(_____ x10) each arm

Reverse Hyperextensions (BWT x 12)(BWT x 12)(BWT x 12)

Chin-ups (BWT x 8)(BWT x 8)(BWT x 8)(BWT x 8)