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NAME _____

WEEK ONE: 1-RM WEEK

	DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
MUST COMPLETE	SQUAT	_____ X 5	_____ X 3	_____ X 1
	STRAIGHT-LEG DEADLIFT	_____ X 10	_____ X 10	_____ X 10
	BENCH PRESS	_____ X 5	_____ X 3	_____ X 1
	UPRIGHT ROW	_____ X 10	_____ X 10	_____ X 10
	SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
	ARMS	DB BICEP CURLS 3X10 _____		
	CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20) - Circle choice LEG LIFT & HOLD , PLANKS (3 X 45 SECONDS for EACH)		

	DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
MUST COMPLETE	LUNGE (DB OR PLATE)	_____ X 10	_____ X 10	_____ X 10
	DEADLIFT	_____ X 5	_____ X 3	_____ X 1
	INCLINE BENCH	_____ X 5	_____ X 3	_____ X 1
	LAT PULL DOWN	_____ X 10	_____ X 10	_____ X 10
	SHOULDERS	DB MILITARY PRESS 3X10 _____		
	ARMS	TRICEP DIPS/SKULL CRUSHERS 3X10 _____		
	CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____ MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

	DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
MUST COMPLETE	FRONT SQUAT	_____ X 10	_____ X 10	_____ X 10
	POWER CLEAN	_____ X 5	_____ X 3	_____ X 1
	FLAT/DECLINE BENCH PRESS	_____ X 5	_____ X 3	_____ X 1
	DB/BAR/SEATED ROW	_____ X 10	_____ X 10	_____ X 10
	SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
	ARMS	INCLINE BICEP CURLS 3x10 _____		
	CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____ CHOOSE YOUR FAVORITE: _____		

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NAME _____

WEEK TWO

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 10	_____ X 8	_____ X 6
STRAIGHT-LEG DEADLIFT	_____ X 8	_____ X 8	_____ X 8
DB BENCH PRESS	_____ X 10	_____ X 8	_____ X 6
UPRIGHT ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	BARBELL BICEP/PREACHER CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20) - Circle choice FLUTTER KICKS AND BICYCLE CRUNCHES (3 X 20 for EACH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
BOX JUMPS (HEIGHT)	_____ X 8	_____ X 8	_____ X 8
DEADLIFT	_____ X 10	_____ X 8	_____ X 6
INCLINE BENCH	_____ X 10	_____ X 8	_____ X 6
LAT PULL DOWN	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	STRAIGHT BAR MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
OVERHEAD SQUAT	_____ X 10	_____ X 10	_____ X 10
POWER CLEAN	_____ X 10	_____ X 6	_____ X 6
FLAT/DECLINE BENCH PRESS	_____ X 10	_____ X 8	_____ X 6
DB/BAR/SEATED ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	TRICEP EXTENSIONS 3X5 _____		
	HAMMER BICEP CURLS 3X5 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____ CHOOSE YOUR FAVORITE: _____		

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NAME _____

WEEK THREE

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 5	_____ X 5	_____ X 5
STRAIGHT-LEG DEADLIFT	_____ X 5	_____ X 5	_____ X 5
DB BENCH PRESS	_____ X 5	_____ X 5	_____ X 5
UPRIGHT ROW	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	DB BICEP CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20), CRUNCHES AND BACK BRIDGE THRUSTS (3 X 20 for EACH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
LUNGE (DB OR PLATE)	_____ X 5	_____ X 5	_____ X 5
DEADLIFT	_____ X 5	_____ X 5	_____ X 5
INCLINE BENCH	_____ X 5	_____ X 5	_____ X 5
LAT PULL DOWN	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
FRONT SQUAT	_____ X 5	_____ X 5	_____ X 5
POWER CLEAN	_____ X 5	_____ X 5	_____ X 5
FLAT/DECLINE BENCH PRESS	_____ X 5	_____ X 5	_____ X 5
DB/BAR/SEATED ROW	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	DB INCLINE BICEP CURLS 3X8 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____		
	CHOOSE YOUR FAVORITE: _____ RUN ON THE TRACK: _____ LAPS IN _____ MIN		

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NAME _____

WEEK FOUR

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 12	_____ X 10	_____ X 8
STRAIGHT-LEG DEADLIFT	_____ X 8	_____ X 8	_____ X 8
DB BENCH PRESS	_____ X 12	_____ X 10	_____ X 8
UPRIGHT ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	BARBELL BICEP/PREACHER CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20), LEG KICKBACKS AND REVERSE CRUNCHES (3 X 20 for BOTH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
BOX JUMPS (HEIGHT)	_____ X 8	_____ X 8	_____ X 8
DEADLIFT	_____ X 12	_____ X 10	_____ X 8
INCLINE BENCH	_____ X 12	_____ X 10	_____ X 8
LAT PULL DOWN	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	STRAIGHT BAR MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
OVERHEAD SQUAT	_____ X 8	_____ X 8	_____ X 8
POWER CLEAN	_____ X 12	_____ X 10	_____ X 8
FLAT/DECLINE BENCH PRESS	_____ X 12	_____ X 10	_____ X 8
DB/BAR/SEATED ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	HAMMER BICEP CURLS 3X10 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____		
	CHOOSE YOUR FAVORITE: _____		

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NAME _____

WEEK FIVE: 1-RM WEEK

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 5	_____ X 3	_____ X 1
STRAIGHT-LEG DEADLIFT	_____ X 10	_____ X 10	_____ X 10
BENCH PRESS	_____ X 5	_____ X 3	_____ X 1
UPRIGHT ROW	_____ X 10	_____ X 10	_____ X 10
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	DB BICEP CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20), SIT UPS AND PENGUINS (3 X 45 for EACH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
LUNGE (DB OR PLATE)	_____ X 10	_____ X 10	_____ X 12
DEADLIFT	_____ X 5	_____ X 3	_____ X 1
INCLINE BENCH	_____ X 5	_____ X 3	_____ X 1
LAT PULL DOWN	_____ X 10	_____ X 10	_____ X 12
SHOULDERS	DB MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
FRONT SQUAT	_____ X 10	_____ X 10	_____ X 12
POWER CLEAN	_____ X 5	_____ X 3	_____ X 1
FLAT/DECLINE BENCH PRESS	_____ X 5	_____ X 3	_____ X 1
DB/BAR/SEATED ROW	_____ X 10	_____ X 10	_____ X 12
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	INCLINE BICEP CURLS 3X5 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____		
	CHOOSE YOUR FAVORITE: _____		
	RUN ON THE TRACK: _____ LAPS IN _____ MIN		

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NAME _____

WEEK SIX: HIGH REPS

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 12	_____ X 12	_____ X 12
STRAIGHT-LEG DEADLIFT	_____ X 10	_____ X 10	_____ X 10
DB BENCH PRESS	_____ X 10	_____ X 10	_____ X 10
UPRIGHT ROW	_____ X 12	_____ X 12	_____ X 12
SHOULDERS	DB LATERAL ARM RAISES 3X15 _____		
ARMS	BARBELL BICEP/PREACHER CURLS 3X5 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20), LEG LIFT & HOLD , PLANKS (3 X 45 SECONDS for BOTH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
BOX JUMPS (HEIGHT)	_____ X 12	_____ X 12	_____ X 12
DEADLIFT	_____ X 10	_____ X 10	_____ X 10
INCLINE BENCH	_____ X 10	_____ X 10	_____ X 10
LAT PULL DOWN	_____ X 12	_____ X 12	_____ X 12
SHOULDERS	STRAIGHT BAR MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
OVERHEAD SQUAT	_____ X 12	_____ X 12	_____ X 12
POWER CLEAN	_____ X 10	_____ X 10	_____ X 10
FLAT/DECLINE BENCH PRESS	_____ X 10	_____ X 10	_____ X 10
DB/BAR/SEATED ROW	_____ X 12	_____ X 12	_____ X 12
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	HAMMER BICEP CURLS 3X5 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____		
	CHOOSE YOUR FAVORITE: _____		
	RUN ON THE TRACK: _____ LAPS IN _____ MIN		

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NAME _____

WEEK SEVEN

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 3	_____ X 3	_____ X 3
STRAIGHT-LEG DEADLIFT	_____ X 5	_____ X 5	_____ X 5
DB BENCH PRESS	_____ X 3	_____ X 3	_____ X 3
UPRIGHT ROW	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB LATERAL RAISES 3X10 _____		
ARMS	DB BICEP CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20) - Circle choice FLUTTER KICKS AND BICYCLE CRUNCHES (3 X 20 for EACH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
LUNGE (DB OR PLATE)	_____ X 10	_____ X 8	_____ X 6
DEADLIFT	_____ X 3	_____ X 3	_____ X 3
INCLINE BENCH	_____ X 3	_____ X 3	_____ X 3
LAT PULL DOWN	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
FRONT SQUAT	_____ X 5	_____ X 5	_____ X 5
POWER CLEAN	_____ X 3	_____ X 3	_____ X 3
FLAT/DECLINE BENCH PRESS	_____ X 3	_____ X 3	_____ X 3
DB/BAR/SEATED ROW	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	INCLINE BICEP CURLS 3X10 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____		
	CHOOSE YOUR FAVORITE: RUN ON THE TRACK: _____ LAPS IN _____ MIN		

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NAME _____

WEEK EIGHT

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 10	_____ X 8	_____ X 6
STRAIGHT-LEG DEADLIFT	_____ X 5	_____ X 5	_____ X 5
BENCH PRESS	_____ X 10	_____ X 8	_____ X 6
UPRIGHT ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	BARBELL BICEP/PREACHER CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20), CRUNCHES AND BACK BRIDGE THRUSTS (3 X 20 for EACH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
BOX JUMPS (HEIGHT)	_____ X 10	_____ X 10	_____ X 10
DEADLIFT	_____ X 8	_____ X 6	_____ X 4
INCLINE BENCH	_____ X 8	_____ X 6	_____ X 4
LAT PULL DOWN	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	STRAIGHT BAR MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____ MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
OVERHEAD SQUAT	_____ X 12	_____ X 10	_____ X 8
POWER CLEAN	_____ X 10	_____ X 8	_____ X 6
FLAT/DECLINE BENCH PRESS	_____ X 10	_____ X 8	_____ X 6
DB/BAR/SEATED ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	HAMMER BICEP CURLS 3X10 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____ CHOOSE YOUR FAVORITE: _____ RUN ON THE TRACK: _____ LAPS IN _____ MIN		

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NAME _____

WEEK NINE

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 5	_____ X 5	_____ X 5
STRAIGHT-LEG DEADLIFT	_____ X 8	_____ X 8	_____ X 8
DB BENCH PRESS	_____ X 5	_____ X 5	_____ X 5
UPRIGHT ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	DB BICEP CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES BW OR WEIGHTS (3 X 20), LEG KICKBACKS AND REVERSE CRUNCHES (3 X 20 for BOTH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
LUNGE (DB OR PLATE)	_____ X 8	_____ X 8	_____ X 8
DEADLIFT	_____ X 5	_____ X 5	_____ X 5
INCLINE BENCH	_____ X 5	_____ X 5	_____ X 5
LAT PULL DOWN	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB MILITARY PRESS 3X8 _____		
ARMS	TRICEP DIPS/SKULL CRUSHERS 3X12 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____ MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
FRONT SQUAT	_____ X 8	_____ X 8	_____ X 8
POWER CLEAN	_____ X 5	_____ X 5	_____ X 5
FLAT/DECLINE BENCH PRESS	_____ X 5	_____ X 5	_____ X 5
DB/BAR/SEATED ROW	_____ X 8	_____ X 8	_____ X 8
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	DB INCLINE BICEP CURLS 3X10 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____ CHOOSE YOUR FAVORITE: _____ RUN ON THE TRACK: _____ LAPS IN _____ MIN		

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NAME _____

WEEK TEN: 1-RM WEEK

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
SQUAT	_____ X 5	_____ X 3	_____ X 1
STRAIGHT-LEG DEADLIFT	_____ X 5	_____ X 5	_____ X 5
BENCH PRESS	_____ X 5	_____ X 3	_____ X 1
UPRIGHT ROW	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB LATERAL ARM RAISES 3X10 _____		
ARMS	BARBELL BICEP/PREACHER CURLS 3X10 _____		
CORE/AUXILLARY Complete ALL	CALF RAISES <u>BW OR WEIGHTS</u> (3 X 20), SIT UPS AND PENGUINS (3 X 45 for EACH)		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
BOX JUMPS (HEIGHT)	_____ X 5	_____ X 5	_____ X 5
DEADLIFT	_____ X 5	_____ X 3	_____ X 1
INCLINE BENCH	_____ X 5	_____ X 3	_____ X 1
LAT PULL DOWN	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	STRAIGHT BAR MILITARY PRESS 3X10 _____		
ARMS	TRICEP DIPS/ SKULL CRUSHERS 3X10 _____		
CORE/AUXILLARY	PARTNER MEDICINE BALL SIT UPS 1X20 _____		
	MEDICINE BALL RUSSIAN TWISTS 2X20 _____		

DATE:	SET 1 WEIGHT & REPS	SET 2 WEIGHT & REPS	SET 3 WEIGHT & REPS
OVERHEAD SQUAT	_____ X 5	_____ X 5	_____ X 5
POWER CLEAN	_____ X 5	_____ X 3	_____ X 1
FLAT/DECLINE BENCH PRESS	_____ X 5	_____ X 3	_____ X 1
DB/BAR/SEATED ROW	_____ X 5	_____ X 5	_____ X 5
SHOULDERS	DB FRONT ARM RAISES 3X10 _____		
ARMS	HAMMER BICEP CURLS 3X10 _____		
CORE/AUXILLARY	3X20, 5X10, OR 4 X 1 MINUTE _____		
	CHOOSE YOUR FAVORITE: _____		