IN-SEASON WEIGHT LIFTING PROGRAM

Sets & Reps

March	2 x 15
April	3 x 10
May	3 x 8.6.6
June	3 x 10
July	2 x 12

Monday
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Total Body Lift
Chose 1 Exercise
Leg Press
Wall Squat
Squat
Chose 1 Exercise
Step Up/Lunge Back
Single Leg Squat
Split Squat
Chose 1 Exercise
Dumbbell Squat
Side Lunges
Chose 2 Exercises
Leg Curls
Single Leg Curls
Bridges
Back Extension
Chose 1 Exercise
Shrugs
Up-Right Row
Chose 2 Exercises
Bench Press
Incline Press
Flys
Push Ups
Push Ups w/Bose
Push Ups w/M-Ball
Chose 3 Exercises
Lat Pulldown
Lat Pulldown (Under-Hand)
Trap Pulldown
Mid Rows
Dumbbell Rows
Reverse Flys
Chin Ups
Chose 2 Exercises Hummer Curl
Bicep Curls
Single Arm
Manuals
Chose 2 Exercises
Tricep Pulldown
Tricep Pushdown
Single Arm
Manuals

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Cardio	Scap	
Cardio		
	Cardio	
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	Wednesday
	Total Body Lift
	Chose 1 Exercise
Leg Pre	
Wall So	
Squat	, www
Squar	Chose 1 Exercise
Step Ui	p/Lunge Back
	Leg Squat
Split So	
S P 22 S S	Chose 1 Exercise
Dumbb	ell Squat
Side Lu	
	Chose 2 Exercises
Leg Cu	
	Leg Curls
Bridges	
	xtension
	Chose 1 Exercise
Shrugs	
	tht Row
	Chose 2 Exercises
Bench 1	Press
Incline	Press
Flys	
Push U	ps
Push U	ps w/Bose
Push U	ps w/M-Ball
	Chose 3 Exercises
Lat Pul	ldown
Lat Pul	ldown (Under-Hand)
iiran Pi	ulldown
Mid Ro	
Mid Ro Dumbb	ell Rows
Mid Ro	e Flys
Mid Ro Dumbb Reverse Chin U	pell Rows pe Flys ps Chose 2 Exercises
Mid Ro Dumbb Reverse Chin U	pell Rows pe Flys ps Chose 2 Exercises er Curl
Mid Ro Dumbb Reverse Chin U Humme Bicep O	pell Rows e Flys ps Chose 2 Exercises er Curl Curls
Mid Ro Dumbb Reverse Chin U Humme Bicep C	pell Rows pe Flys ps Chose 2 Exercises per Curl Curls Arm
Mid Ro Dumbb Reverse Chin U Humme Bicep (pell Rows pe Flys ps Chose 2 Exercises per Curl Curls Arm
Mid Ro Dumbb Reverse Chin U Humme Bicep C Single Manual	pell Rows pe Flys ps Chose 2 Exercises per Curl Curls Arm ls Chose 2 Exercises
Mid Rc Dumbb Reverse Chin U Humme Bicep C Single Manual	pell Rows pe Flys ps Chose 2 Exercises per Curl Curls Arm ls Chose 2 Exercises Pulldown
Mid Rc Dumbb Reverse Chin U Humme Bicep C Single Manual	pell Rows pe Flys ps Chose 2 Exercises per Curl Curls Arm ls Chose 2 Exercises Pulldown Pushdown
Mid Rc Dumbb Reverse Chin U Humme Bicep (Single A Manual Tricep Tricep	pell Rows pe Flys ps Chose 2 Exercises per Curl Curls Arm ls Chose 2 Exercises Pulldown Pushdown Arm

<u>Thursday</u>
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Cardio