

WEEK 1-2: 3x12/3x15 WEEK 3-4: 3x 108/3x 12 WEEK 5-6: 3x 8/3x10 WEEK 7-8: 3x 5/3x 8 *Assistance lifts below line				STRENGTH & CONDITIONING Weight Training Class INTRO PROGRAM						goals 1. 2. 3. 4.					
DAY/DATE		WEIGHT		DAY/DATE		WEIGHT		DAY/DATE		WEIGHT					
WARM-UP & TECHNIQUE				WARM-UP & BAR WORK				WARM-UP & BAR WORK							
UPRIGHT ROW				BENCH PRESS				UPRIGHT ROW							
SQUAT <i>*work on depth</i>				WIDE GRIP LAT PULLS (front)				LEG PRESS HIP SLED OR SQUAT							
STANDING SHOULDER PRESS				INCLINE DB BENCH				BENCH PRESS							
LUNGES				DB BENCH PRESS				SPLIT SQUAT							
LEG EXTENSIONS				REVERSE GRIP LAT PULLS				DB SHOULDER PRESS							
LEG CURLS				TRICEP PUSHDOWN				LEG CURLS							
CALVES				BICEPS 2 KINDS				TRICEPS & BICEPS							
ABS 100 REPS				ABS 100 REPS				ABS 100 REPS							
STRETCH & WARM DOWN				STRETCH & WARM DOWN				STRETCH & WARM DOWN							