

Name:						
<u>Monday</u>						
	Set 1	Set 2	Set 3	Set 4	Set 5	
	Reps:12rm	Reps:10rm	Reps 8rm	Reps: 6rm	Reps: 4rm	
Barbell Bench Press						
Incline DB Bench Press						
Push Ups						
Dips						
Dumbbell Bench Press						
Bicep Barbell Curl						
Dumbbell Hammer Curl						
E-Z Bar Curl						
	Set 1	Set 2	Set 3	Set 4	Set 5	
<u>Tuesday</u>	Reps:12rm	Reps: 10rm	Reps: 8rm	Reps: 6rm	Reps:4rm	
<u>Dynamic Warm-Up</u>						
Squat						
DB Lunge						
Deadlift						
DB Step Ups						
Calf Raises						
<u>Wednesday</u>						
<u>Dynamic warm-Up</u>						
Hiit Training 30 mins						
Agility Ladder						
Box Jumps						
Hurdles						
Medicine Ball Squat Press						
Quick Feet						
Alternating Lunges						

ABS 300 Reps						
	Set 1	Set 2	Set 3	Set 4	Set 5	
Thursday	Reps: 12rm	Reps: 10rm	Reps: 8rm	Reps: 6rm	Reps: 4rm	
Pull Ups						
Barbell Row						
Lat Pulldown						
DB Row						
Tricep Push Down						
Close Grip Bench Press						
Diamond Push Ups						
Barbell Curl						
Friday	Set 1	Set 2	Set 3	Set 4		
	Reps: 12rm	Reps: 10rm	Reps:8rm	Reps:6rm	Reps: 4rm	
Front Squat						
Shoulder Press						
Reverse Lunge						
DB Side Raise						
Barbell Upright Row						
Box Jumps With Weight						
DB Side Lunge						
Hang Clean						
STRETCH EVERYDAY!!!!						