

Monday-3 sets 6-8reps 90 sec. rest, work opposing muscle group at rest

Chest-

Bench Press

Incline Bench

Decline bench

Chest Press with dumbbells

BACK-

Lat pull down

Seated Row

Barbell Bent over row

20 Min Cardio minimum

TUESDAY- 3 sets 20 reps 90 sec. rest

PLYOMETRICS-

Lateral Jumps

Jump Squats

Box or Stair Jumps

Core-

Incline sit up

Stability ball crunch with twist (obliques)

Reverse crunch

Bent knee good mornings

Hyperextension

20 min. Cardio minimum

Wednesday- 2 or 3 mile run with (3)30 sec. pick ups during run

Thursday- 3 sets, 6-8 reps

Legs-

Power Clean or Snatch (alt. weekly)

Back Squats

Leg ext.

Leg curl

Calf raises

Shoulders-

Barbell shoulder press

Lateral raises

Rear lateral raise

20min cardio minimum

Friday-3 sets, 6-8 reps 90 sec. rest work opposing muscle group at rest

Biceps-

Preacher curl w/barbell

Alt. curl w/dumbbells

Hammer curls

Overhand grip Reverse curl (forearms)

Triceps-

Push down

Kick back

Overhead extension

Dips/push ups (elbows in)

Core

Weighted crunch

Leg raises

Jack knives

Hyperextensions

Supermans

20 min. of cardio minimum