



Deadlift Pt 1

Stand feet shoulder width apart
Hands should be slightly wider than shoulder width
Squat down with chest up , head forward, back flat or slightly arched
Lift bar by extending the hips and knees keeping the bar close to the shins
use glutes to pull through the movement
pretend you are trying to push the floor away from you.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Squat

Grab bar with closed pronated grip
Step under bar and position feet
Place bar on upper back and shoulders
chest up and head out
lift bar and step out 2 steps
allow hips and knees to flex while keeping back flat
knees should be aligned with feet

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Lunges - Dumbbells

Standing in readiness position with weight down at sides.
Step forward with one foot (longer than normal stride).
Keeping head up and back straight, lower body straight down until back knee almost touches the floor. Front knee should not bend past 90°. Return to starting position with control. Repeat.

To improve single leg strength and stability.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Supine Bridge Leg Curl

Lying on back with heels on ball and knees straight. Arms 45° at sides with palms up for stability. Press heels into ball to bridge pelvis and low back up off floor (keep shoulder blades on floor). Maintaining bridge position, perform hamstring curls by pulling ball in toward buttocks.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Plyometric Running

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Toe Raises

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Swiss Ball Crunch

Lie back with ball supporting low back. Place fingertips behind head to support neck. Crunch your body forward raising shoulder blades off ball. Lower back down, but avoid shoulder blades touching the ball.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



transverse chop

Keeping abdominals tight and back straight. Twist from your trunk while pulling through with your arms. Repeat

To strengthen the core and improve thoracic mobility.

Notes:

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Corkscrew

With med ball, extend left leg back while twisting trunk to the right. Raise left leg with knee up and twist trunk to the left. Return to starting position. Repeat with opposite leg. Maintain neutral spine through entire movement.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Push Press

Grasp bar with closed pronated grip slightly wider than shoulder width
 Feet should be shoulder width apart
 Bar should be on top of anterior deltoids and clavicle
 Flex knees and hips to bring bar downward (dip), do not exceed a quarter squat.
 Drive bar overhead extending the hips , knees and then elbows.
 re-flex the hips and knees to catch the bar at the top of the movement

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Good Morning

Grasp bar with closed, pronated grip
 Place bar in a balanced position on the upper back and shoulders
 hold chest and head up, feet shoulder width
 allow hips to flex slowly, buttocks should move back
 maintain flat back and high elbows keeping knees flexed
 continue downward until torso is almost parallel to floor
 raise bar by extending hips into starting position

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Lateral Step Ups

Step up with one foot and then the other foot. The last foot to step up is the one the steps down first.. Repeat

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



1 Arm ball press

Start with shoulders and head resting on ball, with feet on floor keeping neutral spine with abs braced. Hold a dumbbell in 1 hand and press upward, then back down, repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Incline Press

Place feet in stable place under thighs flat on floor. With a slightly wider than shoulder width grip, lower bar under control to upper chest, and return to starting position. Bring bar to top of the chest.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Push-ups

Start on hands and toes, keeping back flat. lower body to floor and push up to starting position. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Power Shrug

keep feet shoulder width apart
grip bar shoulder width
elevate shoulders by contracting traps in explosive manner

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

High Pull

Place feet shoulder width apart
keep pelvis neutral
keep bar as close to body as possible, shoulders over the bar and elbows extended as long as possible
when the lower body joints reach full extension rapidly shrug the shoulders upward with elbows fully extended
continue to pull with the arms as high and as long as possible.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Step Back Twists

Stand with med ball held out straight out in front of you. Take step back while twisting torso to the opposite side of the drop back leg. Return and repeat.

To strengthen the core and improve thoracic rotation.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Lumbar Extension 1/2

Lying on stomach, use elbows/forearms to raise upper body up off floor keeping pelvis in contact with floor. Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Front Squat pt 1

Step under bar with feet parallel and shoulder width apart grasp bar with closed , pronated grip and place on top of anterior deltoids and clavicle
keep chest and head up
keep back flat and allow hips and knees to slowly flex until thighs are parallel with floor
raise the bar by keeping back flat and allow hips and knees to extend

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cable Chest Press

Start holding handles of cables in both hands with back facing the machine. Keep elbows bent and arms out to the sides. Bring cables to front of the body and together, contracting the pecs and return to start

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Close Grip Bench Press

Hold barbell with close grip, about 8 inches apart. Keeping arms close to your sides, lower bar until it touches your chest. Return to starting position concentrating on using your triceps to push.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Side Raise

Hold dumbbell in hand with overh grip and palm facing in. Raise dumbell out to the side until arm is parallel with the floor. do not lock the elbow.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Bent Over Fly

Stand bent forward with dumbbells in each hand
Bring dumbbells out to the side, keeping elbows bent. Then
return to start

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and
keep back flat.
Slowly extend one leg behind while at the same time
extending opposite arm out in front until parallel with floor.
Keep trunk square and stable.
Return arm and leg to floor and alternate.

To improve core strength and spinal stability.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Side Bridge - Forearm

Lying on side with legs out straight (feet staggered)
keeping, hip and shoulder in line.
Support upper body on forearm, placing elbow directly
under shoulder.
Raise hip up off floor brace core maintain a neutral spine
and hold.

Avoid rotating forward or backward.

To improve core strength.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31