

NAME: _____



Training Phase: Active Rest

Summer Program

1-1

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Front Squat	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Leg Extension	15 x	15 x				
Hamstring Curl	15 x	15 x				
Side Lunge	15 x	15 x				
DB Bench Press - 90*	15 x	15 x				
Lat Pull Down	15 x	15 x				
Seated Row	15 x	15 x				
Forearms - See Program	15 x	15 x				
Team Abs & 1 Back						

1-2

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Romanian Dead Lift	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Front Lunge	15 x	15 x				
Step Ups	15 x	15 x				
Calf Raises	15 x	15 x				
Pull-Ups	15 x	15 x				
3 Way Shoulders	15 x	15 x				
Bicep Curl	15 x	15 x				
Tricep Extension	15 x	15 x				
Rotator Cuff	15 Each Exercise					
Team Abs & 1 Back						

2-3

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Leg Press	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Leg Extension	15 x	15 x				
Glute Ham Raise	15 x	15 x				
Calf Raises	15 x	15 x				
DB Bench Press - 90*	15 x	15 x				
Lat Pull Down	15 x	15 x				
Seated Row	15 x	15 x				
Forearms	15 x	15 x				
Team Abs & 1 Back						

NAME: _____



Training Phase: Active Rest

Summer Program

2-4

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Front Squat	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Leg Extension	15 x	15 x				
Hamstring Curl	15 x	15 x				
Side Lunge	15 x	15 x				
DB Bench Press - 90*	15 x	15 x				
Lat Pull Down	15 x	15 x				
Seated Row	15 x	15 x				
Forearms - See Program	15 x	15 x				
Team Abs & 1 Back						

3-5

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Romanian Dead Lift	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Front Lunge	15 x	15 x				
Step Ups	15 x	15 x				
Calf Raises	15 x	15 x				
Pull-Ups	15 x	15 x				
3 Way Shoulders	15 x	15 x				
Bicep Curl	15 x	15 x				
Tricep Extension	15 x	15 x				
Rotator Cuff	15 Each Exercise					
Team Abs & 1 Back						

3-6

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Leg Press	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Leg Extension	15 x	15 x				
Glute Ham Raise	15 x	15 x				
Calf Raises	15 x	15 x				
DB Bench Press - 90*	15 x	15 x				
Lat Pull Down	15 x	15 x				
Seated Row	15 x	15 x				
Forearms	15 x	15 x				
Team Abs & 1 Back						

NAME: _____



Training Phase: Active Rest

Summer Program

4-7

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Front Squat	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Leg Extension	15 x	15 x				
Hamstring Curl	15 x	15 x				
Side Lunge	15 x	15 x				
DB Bench Press - 90*	15 x	15 x				
Lat Pull Down	15 x	15 x				
Seated Row	15 x	15 x				
Forearms - See Program	15 x	15 x				
Team Abs & 1 Back						

4-8

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Romanian Dead Lift	15 x	15 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p> <p>* As we progress through the summer the intensity of the programs will increase to prepare you to train for another successful season.</p>			
Front Lunge	15 x	15 x				
Step Ups	15 x	15 x				
Calf Raises	15 x	15 x				
Pull-Ups	15 x	15 x				
3 Way Shoulders	15 x	15 x				
Bicep Curl	15 x	15 x				
Tricep Extension	15 x	15 x				
Rotator Cuff	15 Each Exercise					
Team Abs & 1 Back						

4-9

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			<p>* Circuit 1 - Lower Body Circuit</p> <p>* Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.</p> <p>* Circuit 2 - Upper Body Circuit</p> <p>* Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.</p> <p>← See Below</p>			
BW Squat	10 x BW	10 x BW				
Squat Jumps	10 x BW	10 x BW				
Split Lunge Jumps	10 x BW	10 x BW				
Side Lunge	10 x BW	10 x BW				
Calf Raises	10 x BW	10 x BW				
Circuit 2						
Push-Ups	10 x BW	10 x BW				
DB Bench - 90*	10 x	10 x				
Seated Row	10 x	10 x				
Lat Pull Down	10 x	10 x				
Shoulder Circuit	15 x BW	15 x BW				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Active Rest

Summer Program

5-10

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Back Squat	12 x	12 x	12 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p>		
Leg Extension	12 x	12 x	12 x			
Hamstring Curl	12 x	12 x	12 x			
Calf Raises	12 x	12 x	12 x			
DB Bench Press - 90*	12 x	12 x	12 x			
Lat Pull Down	12 x	12 x	12 x			
Seated Row	12 x	12 x	12 x			
Forearms	12 x	12 x	12 x			
Team Abs & 1 Back						

5-11

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Romanian Dead Lift	12 x	12 x	12 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p>		
Front Lunge	12 x	12 x	12 x			
Step Ups	12 x	12 x	12 x			
Calf Raises	12 x	12 x	12 x			
Pull-Ups	12 x	12 x	12 x			
3 Way Shoulders	12 x	12 x	12 x			
Bicep Curl	12 x	12 x	12 x			
Tricep Extension	12 x	12 x	12 x			
Rotator Cuff	15 Each Exercise					
Team Abs & 1 Back						

5-12

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			<p>* Circuit 1 - Lower Body Circuit</p> <p>* Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.</p> <p>* Circuit 2 - Upper Body Circuit</p> <p>* Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.</p>			
BW Squat	10 x BW	10 x BW				
Squat Jumps	10 x BW	10 x BW				
Split Lunge Jumps	10 x BW	10 x BW				
Side Lunge	10 x BW	10 x BW				
Calf Raises	10 x BW	10 x BW				
Circuit 2						
Push-Ups	10 x BW	10 x BW				
DB Bench - 90*	10 x	10 x				
Seated Row	10 x	10 x				
Lat Pull Down	10 x	10 x				
3 Way Shoulders	10 x BW	10 x BW				
Team Abs & 1 Back						

NAME: _____



Training Phase: Active Rest

Summer Program

6-13

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Back Squat	10 x	10 x	10 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p>		
Leg Extension	10 x	10 x	10 x			
Hamstring Curl	10 x	10 x	10 x			
Calf Raises	10 x	10 x	10 x			
DB Bench Press - 90*	10 x	10 x	10 x			
Lat Pull Down	10 x	10 x	10 x			
Seated Row	10 x	10 x	10 x			
Forearms	10 x	10 x	10 x			
Team Abs & 1 Back						

6-14

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Romanian Dead Lift	10 x	10 x	10 x	<p>* This is a time to allow your body to recover from a long season.</p> <p>* It is imparative you follow the program and rest to help your body recover to prevent injury come next season</p>		
Front Lunge	10 x	10 x	10 x			
Step Ups	10 x	10 x	10 x			
Calf Raises	10 x	10 x	10 x			
Pull-Ups	10 x	10 x	10 x			
3 Way Shoulders	10 x	10 x	10 x			
Bicep Curl	10 x	10 x	10 x			
Tricep Extension	10 x	10 x	10 x			
Rotator Cuff	15 Each Exercise					
Team Abs & 1 Back						

6-15

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			<p>* Circuit 1 - Lower Body Circuit</p> <p>* Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.</p> <p>* Circuit 2 - Upper Body Circuit</p> <p>* Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.</p> <p>← See Below</p>			
BW Squat	15 x BW	15 x BW				
Squat Jumps	15 x BW	15 x BW				
Split Lunge Jumps	15 x BW	15 x BW				
Side Lunge	15 x BW	15 x BW				
Calf Raises	15 x BW	15 x BW				
Circuit 2						
Push-Ups	15 x BW	15 x BW				
DB Bench - 90*	15 x	15 x				
Seated Row	15 x	15 x				
Lat Pull Down	15 x	15 x				
Shoulder Circuit	15 x BW	15 x BW				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Active Rest

Summer Program

7-16

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			* Circuit 1 - Lower Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest. * Circuit 2 - Upper Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest. ← See Below			
BW Squat	15 x BW	15 x BW				
Squat Jumps	15 x BW	15 x BW				
Split Lunge Jumps	15 x BW	15 x BW				
Side Lunge	15 x BW	15 x BW				
Calf Raises	15 x BW	15 x BW				
Circuit 2						
Push-Ups	15 x BW	15 x BW				
DB Bench - 90*	15 x	15 x				
Seated Row	15 x	15 x				
Lat Pull Down	15 x	15 x				
Shoulder Circuit	15 x BW	15 x BW				
Team Abs & 1 Back						

7-17

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
				* Light Day		
Back Squat	10 x	10 x	10 x			
Reverse Lunge	10 x	10 x	10 x			
Romanian Dead Lift	10 x	10 x	10 x			
Pull Ups	10 x	10 x	10 x			
Band Pull Aparts	10 x	10 x	10 x			
Curls/Tricep Ext - Super Set	10 x	10 x	10 x			
Forearms	15 Each Exercise					
Rotator Cuff	15 Each Exercise					

7-18

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			* Circuit 1 - Lower Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest. * Circuit 2 - Upper Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.			
Leg Extension	15 x	15 x				
Hamstring Curl	15 x	15 x				
Forward Lunge	15 x BW	15 x BW				
Quick Step Ups - Same Leg	15 x BW	15 x BW				
Calf Raises	15 x BW	15 x BW				
Circuit 2						
Push-Ups	15 x BW	15 x BW				
Alternate DB Bench - 90*	15 x	15 x				
Single Arm Seated Row	15 x	15 x				
Lat Pull Down	15 x	15 x				
3 Way Shoulders	15 x BW	15 x BW				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Active Rest

Summer Program

8-19

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			* Circuit 1 - Lower Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest. * Circuit 2 - Upper Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest. ← See Below			
BW Squat	15 x BW	15 x BW				
Squat Jumps	15 x BW	15 x BW				
Split Lunge Jumps	15 x BW	15 x BW				
Side Lunge	15 x BW	15 x BW				
Calf Raises	15 x BW	15 x BW				
Circuit 2						
Push-Ups	15 x BW	15 x BW				
DB Bench - 90*	15 x	15 x				
Seated Row	15 x	15 x				
Lat Pull Down	15 x	15 x				
Shoulder Circuit	15 x BW	15 x BW				
Team Abs & 1 Back						

8-20

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
				* Light Day		
Back Squat	10 x	10 x	10 x			
Reverse Lunge	10 x	10 x	10 x			
Romanian Dead Lift	10 x	10 x	10 x			
Pull Ups	10 x	10 x	10 x			
Resisted Push-Ups	10 x	10 x	10 x			
Curls/Tricep Ext - Super Set	10 x	10 x	10 x			
Forearms	15 Each Exercise					
Rotator Cuff	15 Each Exercise					

8-21

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit 1			* Circuit 1 - Lower Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest. * Circuit 2 - Upper Body Circuit * Progress through entire 1st & 2nd sets without stopping. Perform all set 1 exercises then move on to set 2 with no rest.			
Leg Extension	15 x	15 x				
Hamstring Curl	15 x	15 x				
Forward Lunge	15 x BW	15 x BW				
Quick Step Ups - Same Leg	15 x BW	15 x BW				
Calf Raises	15 x BW	15 x BW				
Circuit 2						
Push-Ups	15 x BW	15 x BW				
Alternate DB Bench - 90*	15 x	15 x				
Single Arm Seated Row	15 x	15 x				
Lat Pull Down	15 x	15 x				
3 Way Shoulders	15 x BW	15 x BW				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Transition

Summer Program

9-1

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit Training		* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 1 Circuit				
Squat	≥ 95					
Push-Ups	BW					
Squat Jumps	BW					
DB Bench - 90*	45					
Split Lunge Jumps	BW					
Seated Row	90					
Side Lunge	BW					
Lat Pull Down	90					
Wall Sits	BW					
Shoulder Circuit	2 Sets of 15					
Team Abs & 1 Back						

9-2

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Leg Press	10 x	10 x	10 x	* Light Day		
Romanian Dead Lift	10 x	10 x	10 x			
Hip Extension	10 x	10 x	10 x			
Pull Ups	10 x	10 x	10 x			
Resisted Push-Ups	10 x	10 x	10 x			
Curls/Tricep Ext - Super Set	10 x	10 x	10 x			
Forearms	15 Each Exercise					
Rotator Cuff	15 Each Exercise					

9-3

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Leg Extension	25	25	* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 1.5 Circuits			
Push-Ups	BW	BW				
Back Ext./ Ham. Curl	BW	BW				
Alternate DB Bench - 90*	40	40				
Forward Lunge	BW	BW				
Seated Row	90	90				
Quick Step Ups - Same Leg	BW					
Lat Pull Down	90					
Calf Raises	135					
3 Way Shoulders	5					
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Transition

Summer Program

10-4

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit Training			* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 1.5 Circuits			
Squat	≥ 95	≥ 95				
Push-Ups	BW	BW				
Squat Jumps	BW	BW				
DB Bench - 90*	45	45				
Split Lunge Jumps	BW	BW				
Seated Row	90	90				
Side Lunge	BW	BW				
Lat Pull Down	90	90				
Wall Sits	BW	BW				
Shoulder Circuit	15	15				
Team Abs & 1 Back						

10-5

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
				* Light Day		
Leg Press	10 x	10 x	10 x			
Romanian Dead Lift	10 x	10 x	10 x			
Calf Raises	10 x	10 x	10 x			
Pull Ups	10 x	10 x	10 x			
Resisted Push-Ups	10 x	10 x	10 x			
Curls/Tricep Ext - Super Set	10 x	10 x	10 x			
Forearms	15 Each Exercise					
Rotator Cuff	15 Each Exercise					

10-6

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
			* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 2 Circuits			
Leg Extension	25	25				
Push-Ups	BW	BW				
Back Ext./ Ham. Curl	BW	BW				
Alternate DB Bench - 90*	40	40				
Forward Lunge	BW	BW				
Seated Row	90	90				
Quick Step Ups - Same Leg	BW	BW				
Lat Pull Down	90	90				
Calf Raises	135	135				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Transition

Summer Program

11-7

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit Training			* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 1.5 Circuits			
Squat	≥ 95	≥ 95				
Push-Ups	BW	BW				
Squat Jumps	BW	BW				
DB Bench - 90*	45	45				
Split Lunge Jumps	BW	BW				
Seated Row	90	90				
Side Lunge	BW	BW				
Lat Pull Down	90	90				
Wall Sits	BW	BW				
Shoulder Circuit	15	15				
Team Abs & 1 Back						

11-8

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
				* Light Day		
Leg Press	10 x	10 x	10 x			
Romanian Dead Lift	10 x	10 x	10 x			
Calf Raises	10 x	10 x	10 x			
Pull Ups	10 x	10 x	10 x			
Resisted Push-Ups	10 x	10 x	10 x			
Curls/Tricep Ext - Super Set	10 x	10 x	10 x			
Forearms	15 Each Exercise					
Rotator Cuff	15 Each Exercise					

11-9

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
			* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 2 Circuits			
Leg Extension	25	25				
Push-Ups	BW	BW				
Back Ext./ Ham. Curl	BW	BW				
Alternate DB Bench - 90*	40	40				
Forward Lunge	BW	BW				
Seated Row	90	90				
Quick Step Ups - Same Leg	BW	BW				
Lat Pull Down	90	90				
Calf Raises	135	135				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*

NAME: _____



Training Phase: Transition

Summer Program

12-10

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
Circuit Training			* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 1.5 Circuits			
Squat	≥ 95	≥ 95				
Push-Ups	BW	BW				
Squat Jumps	BW	BW				
DB Bench - 90*	45	45				
Split Lunge Jumps	BW	BW				
Seated Row	90	90				
Side Lunge	BW	BW				
Lat Pull Down	90	90				
Wall Sits	BW	BW				
Shoulder Circuit	15	15				
Team Abs & 1 Back						

12-11

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
				* Light Day		
Leg Press	10 x	10 x	10 x			
Romanian Dead Lift	10 x	10 x	10 x			
Calf Raises	10 x	10 x	10 x			
Pull Ups	10 x	10 x	10 x			
Resisted Push-Ups	10 x	10 x	10 x			
Curls/Tricep Ext - Super Set	10 x	10 x	10 x			
Forearms	15 Each Exercise					
Rotator Cuff	15 Each Exercise					

12-12

Date:	SET 1	SET 2	SET 3	SET 4	SET 5	SET 6
EXERCISE	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT	REPS X WT
			* Circuit Training: * Perform Each Exercise For 1 Minute * During The 1 Minute Training Try To Gets As Many Reps As Possible * Rest for 25 Seconds Before Beginning The Next Exercise * 2 Circuits			
Leg Extension	25	25				
Push-Ups	BW	BW				
Back Ext./ Ham. Curl	BW	BW				
Alternate DB Bench - 90*	40	40				
Forward Lunge	BW	BW				
Seated Row	90	90				
Quick Step Ups - Same Leg	BW	BW				
Lat Pull Down	90	90				
Calf Raises	135	135				
Team Abs & 1 Back						

Shoulder Circuit - 15 Side Raise, Rotate, Clap Over Head - 15 Front Raises - 15 Scapular Pinch - 15 Int./Ext. Rotation 90*