SU Throws Lifting

Winter Break 3

Monday (Chest/Bis/Tris)	Reps/Weight	Reps/	Reps/	Reps/	Reps/	Reps/	Reps/					
Flat Bench (90% Max)	10/Warm Up	8/Warm Up	3/	3/	3/	3/	3/					
Incline DB Bench	8/	8/	8/	8/								
DB Curl (1 warm up, 3 work)	12/	12/	12/	12/								
Barbell Curls	8/	8/	8/									
Bench Dips	20/	15/	12									
Kickbacks	6/	6/	6/									
Plate Pinch	Fail/	Fail/	Fail/									
V-Ups	30/	30/	30/									
Reach Throughs	30/	30/	30/									
Tuesday (Legs/Glutes)												
Full Squat (85% Approx. Max)	10/Warm Up	8/Warmup	5/	5/	5/	5/	5/					
Jump Squats (50% Max)	5/	5/	5/	5/	5/	Emphasis should be on upward drive and explosiveness						
Leg Extensions (each leg)	20/	20/	20/									
Leg Curls	12/	12/	12/									
Calf Raises (leg press)	30/	30/	30/									
Side Bends (ea. side)	30/	30/										
Full Body Crunch	30/	30/										
Wednesday (Shoulders/Back/Grip)	Reps/Weight	Reps/	Reps/	Reps/	Reps/	Reps/	Reps/					
Seated Military Press	10/Warm Up	8/Warm Up	3/	3/	3/	3/	3/					
Rack Pull	5/Warm Up	5/Warm Up	5/	5/	5/	5/	5/					
Shoulder Shrugs	15/	15/	15/									
Lateral Raises (single arm)	15 ea/	15 ea/	15 ea/									
Lat Pulldowns	12/	12/	12/									
Body Weight Hangs	Fail/	Fail/										
Forearms (extension and flexion)	25/	25/	25/									
Full Body Crunches	30/	30/										
Bicycle Abs	30/	30/										