

Gamers Exercise Descriptions

Lower Body Lifts

--**Leg Press**---Performed on a leg press machine. Feet are parallel to each other with your toes pointed out slightly. Your back should be fully supported. Lower the weight by bending your knees until your thighs touch your chest. Push up with your feet flat against the platform until your legs are back to their beginning position.

--**DB Squat**---Hold a dumbbell in each hand and with your arms hanging by your side squat down to the point where your thighs are almost parallel to the ground. Keep your head up back straight. DO NOT BEND AT THE WAIST. Raise back up to your starting position.

--**Split Squats**---Holding dumbbells, place one foot on a bench behind you and stride out in a lunge position. Slowly squat down to the point of having your lead leg parallel to the ground. Repeat motion using opposite leg after “x” number of repetitions are completed with the initial leg. DO NOT let your knee go past your toes when you squat down.

--**Wall Squat**---Place physio ball between your lower back and a wall. Slowly lower yourself in a squat position until your thighs are parallel to the ground.

--**Leg Extension**---Performed on a machine. Sitting in an upright position, with your back supported and your feet about shoulder width apart, raise your legs to where they are close to parallel with the ground. Return to starting position.

--**Hip Abd/Add**---For your hip abductors and adductors. These are basically your inner and outer thighs. These can be performed on a machine as well as with bands. Place the bands around your ankles and pull with the outside of your ankle away from your other leg (abductors). Work the adductors by pulling the band the band with the inside of your ankle towards your other leg.

--**Calves**---There are a variety of methods to work the calves. Machines are available in the sitting or standing position. The weight is either distributed over your knees (seated) or your shoulders (standing). Simply flex your calves to raise yourself up. Standing upright with a pair of dumbbells and raising up onto your toes is another method.

--**Step Ups**---Holding dumbbells and standing in front of a bench or box, step up onto the apparatus of your choice and then lower yourself. Repeat by alternating legs.

--**Lunge**---Holding dumbbells by your side stride out to the ball of your landing foot and lower your back leg to where your knee is just off the ground. On your stride DO NOT let your knee go past your toes. Push yourself back up and alternate legs.

--**Side Lunges**--- Holding a dumbbell in each hand, with your arms hanging by your side, lunge to your right, until your thigh is almost parallel to the ground. Push back to your starting position and repeat with your opposite leg. **DO NOT BEND AT THE WAIST!**

--**45 w/RB**---Place a band around your ankles and take giant steps at 45 degree angles, for 10 steps in one direction and then walk backwards repeating the motion.

--**Shuffle w/RB**---Place a band around your ankles and shuffle one direction and then back.

--**Bridge on PB**---Lying on your back, place both feet on a physio ball. Your shoulders and upper back are on supporting you on the floor as you raise your hips and torso off the ground to the point where you are parallel to the ground.

--**Leg Curls on PB**---Lying on your back, with both feet on a Physio Ball, raise your hips until they in line with your torso and your feet. (Not Slouched) Your arms can be either, out to your side(beginner), lying by your side, (intermediate), or held in the air(advanced). From the starting point of your choice, pull the ball towards you with your heels. Then return the ball to its starting point.

--**S. Leg Curls on PB**---Same set up as Leg Curls on PB. Hold one leg up where it is not touching the ball and pull the ball towards your body with the heel of your foot that is in contact with the ball.

--**S. Leg Pickups**---Place a small medicine ball in front on your feet, then bend over balancing on one leg and letting the other leg come off the ground behind you. Pick up the medicine ball as you raise up then slowly lower yourself and touch the ground with the ball.

Upper Body Lifts

--**DB Bench Press**---Lying on a bench, with your back and head fully supported, a dumbbell in each hand, your arms extended above you, and your feet flat on the ground, lower the dumbbells until your triceps(the back of your upper arm) are parallel to the ground. **DO NOT GO PAST PARALLEL!**

--**Push ups**---With your hands slightly closer than shoulder width apart, palms down on the ground and your legs straight out behind you, press yourself up until your arms are not quite fully extended. Return to your starting position . Do not let your body touch the ground.

--**Lat Pulldowns**---Sitting at a cable machine or similar apparatus, place your hands on the bar , palms forward. Lean back slightly, so that when you pull the weight to the top of your chest, the bar clears your chin. **DO NOT ROCK BACK.** Return to starting position.

--**Lat Pulldowns (Under-Hand)**---Same set up as Lat Pulldowns, only grab the bar using an under-hand grip(with your palms facing you).

--**Mid Rows**---These can be performed either on a row machine or with dumbbells. On the machine, sitting upright, grab the handles or straps with a neutral grip (palms facing each other) and row or pull your elbows back by your rib cage. **DO NOT ROCK BACK.** With dumbbells get in a supported position, either leaning into a bench, or dumbbell rack. Hold a dumbbell in one hand and support yourself with the other. Row or pull your elbow back to your rib cage. Return to starting position.

--**Reverse Flies**--- Seated on the end of a flat bench and holding a dumbbell in each hand bend at the waist and place the dumbbells under your legs. Keeping your head down, raise the dumbbells laterally, until your forearms are parallel to the ground.

--**Bicep Curls**---These can be done with dumbbells, an Easy Curl bar, straight bar or a machine. The lift can be done holding the bar with your palms up, down, or facing each other. Keeping your back straight raise the weight up until your palms are facing your body.

--**Triceps**---These can also be worked in a variety of ways and with a variety of devices.

A. **Tricep Press**---Standing facing a cable machine grab the bar either palms down or facing up. Keep you elbows by your side, and press the weight down until your arm is almost straight.

B. **Over Head Dumbbell Press**---Seated on a bench with your back supported behind you, hold one Dumbbell with both hands. Lower the weight behind your head until your forearms are parallel to the ground, then press them back to their starting position.

C. **Kick Backs**--- Hold a dumbbell in one hand and support your self in a forward lean position with the other arm. With your elbow bent, and palm facing you, press the weight up and back until your arm is straight.

--**Forearms**---A variety of exercises are available here.

A. **Wrist curls with a straight bar.** Holding a straight bar with palms up, and arms straight down in front of you, curl the weight towards your body.

B. **Wrist curls with a bar and weight on a rope.** Holding the handle, slowly uncurl the weight until the rope is fully extended, then rewind the rope and weight around the handle by curling your hands.

C. **Dumbbell Curls.** With your forearm supported by a table or bench hold a dumbbell in one hand curl the weight toward your body. Three variations can be done here. one is with the palm up, two is with the palm down and three is by pronating and supinating (rolling the weight over and back) the hand.

D. **Rice Bucket.** Half fill a 5 gallon bucket with rice. Work your way to the bottom of the bucket by “crawling “ through the rice with your fingers. Pull your arm out and repeat.

--**Posterior Deltoids**---Same as reverse flies

--**Incline Posterior Deltoids**---Same as reverse flies but you are face down on an incline bench.

--**Trap Pulldowns**---Same as Lat Pull downs, only you lay back to the point where your upper body is almost parallel to the floor

--**Cable Pulls**---Facing a cable machine, with a slight forward lean, grab a straight bar at head height. Keeping your arms straight, pull the bar down and toward your thighs.

Warm-Ups	
Knee to Chest	Toe Touches
Heel to Butt	R over L-L over R
Frankenstein	Quad R-L
Lunge w/Twist	Calves
Sumo Walk	
	Arm Circles
Arm Side-Side	Arm Up-Down
Arm Low-High	Window
Torso Rotation	Hugs
Leg Spread M-R-L	Arm Across R-L
Squat Down	Elbow Back R-L
Lean to R-L	Reach F-U-R-L
Face Right Hip Flexor	High Knees
Straight Leg (Calf)	Butt Kicks
Arm Around	Power Skips
Drop Hip	Shuffle
	Shuffle w/Punch
SWITCH	Carioca
	Back Pedal
	Sprints

Conditioning	
440	110 yd – 220 yd – 330 yd – 440 yd – 330 yd – 220 yd - 110 yd (110 yd recovery)
400	Run a lap around the field and walk 1/4 of the field
Pole Ladder	Pole - 1 Pole -1.5 Pole - 2.0 Poles - 1.5 Pole -1 Pole - _ Pole (1/2 pole recovery)
Double Poles	Down and Back in 75sec
Sprint Poles	1/4 Pole Sprint -1/4 Pole Walk - 1/4 Pole Sprint - 1/4 Pole Walk
Build-Ups	20-yd jog, 20-yd sprint, 20-yd jog, 20-yd back pedal back, walk back
Half-Moon	60-80 yd Striders with the Angle - 20 yd Back Pedal - Walk
Curves	Running on edge of infield grass
Shuttle Runs	Sprints 50-yd down and back 3 times
Pole-Pole	Stride across grass left-to-right field; _ jog, _ walk recovery

Abdominals

EXERCISE	TIME
Hand to toe	30 sec
Oblique Crunch	30 sec each side
Butt ups	30 sec
Scissors	30 sec each side
Legs 6 inches off ground and hold	1 min
Turtle Crunch	1 min
Bicycles	1 min
Regular Crunches	30 sec
Middle hold crunches	30 sec
side crunches	30 sec each side

r

Week 1			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Cardio 45 Min. (Machine)	
Leg Press	3 x 10	DB Bench Press	2 x15
DB Squat	2 x 12	Push-Ups	2 x15
Leg Extension	2 x 12	Lat Pulldown	2 x15
Leg Curl	3 x 10	Mid Rows	2 x15
S. Leg Curl	3 x 10	Reverse Flys	2 x15
Abd/Add	2 x 12	Biceps (2 Exercises)	2 x15
Calves	3 x 15	Triceps (2 Exercises)	2 x15
Abs		Forearms (4 exercises)	2 x Burn
Day 2		Day 5	
Conditioning : Cardio 25 Min. (Machine)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x15	Leg Press	3 x 10
Push-Ups	2 x15	DB Squat	2 x 12
Lat Pulldown	2 x15	Leg Extension	2 x 12
Mid Rows	2 x15	Leg Curl	3 x 10
Reverse Flys	2 x15	S. Leg Curl	3 x 10
Biceps (2 Exercises)	2 x15	Abd/Add	2 x 12
Triceps (2 Exercises)	2 x15	Calves	3 x 15
Forearms (4 exercises)	2 x Burn		
Day 3		Day 6	
Conditioning : Recovery		Conditioning : Cardio 20-25 Min. (Outside)	
Wall Squat	2 x 12	Abs	
Step Ups	2 x 12		
Lunges	2 x 12		
45 w/RB	2 x (3-4)		
Shuffle w/RB	2 x (3-4)		
Leg Curls on PB	2 x 12		
S. Leg Curls on PB	2 x 12		
Calves	2 x 12		

Agility Ladder Drills	
<u>Forward Movement</u>	<u>Lateral Movements</u>
1 Foot Per	1 Foot Per
2 Feet Per	2 Feet Per
In-In-Out-Out	In-In-Out-Out
Ski Jumps	Split Jumps
Ikki Shuffle	Jabs
1 Foot Hops	Cross Jabs
2 Feet Hops	1 Foot Hops
180 Degree Twist	2 Feet Hops
	180 Degree Twist

Week 2			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Cardio 45 Min. (Machine)	
Leg Press	3 x 10	DB Bench Press	2 x15
DB Squat	2 x 12	Push-Ups	2 x15
Leg Extension	2 x 12	Lat Pulldown	2 x15
Leg Curl	3 x 10	Mid Rows	2 x15
S. Leg Curl	3 x 10	Reverse Flys	2 x15
Abd/Add	2 x 12	Biceps (2 Exercises)	2 x15
Calves	3 x 15	Triceps (2 Exercises)	2 x15
Abs		Forearms (4 exercises)	2 x Burn
Day 2		Day 5	
Conditioning : Cardio 25 Min. (Machine)		Conditioning : Cardio 25 Min. (Machine)	
DB Bench Press	2 x15	Leg Press	3 x 10
Push-Ups	2 x15	DB Squat	2 x 12
Lat Pulldown	2 x15	Leg Extension	2 x 12
Mid Rows	2 x15	Leg Curl	3 x 10
Reverse Flys	2 x15	S. Leg Curl	3 x 10
Biceps (2 Exercises)	2 x15	Abd/Add	2 x 12
Triceps (2 Exercises)	2 x15	Calves	3 x 15
Forearms (4 exercises)	2 x Burn		
Day 3		Day 6	
Conditioning : Recovery		Conditioning : Cardio 20-25 Min. (Outside)	
Wall Squat	2 x 12	Abs	
Step Ups	2 x 12		
Lunges	2 x 12		
45 w/RB	2 x (3-4)		
Shuffle w/RB	2 x (3-4)		
Leg Curls on PB	2 x 12		
S. Leg Curls on PB	2 x 12		
Calves	2 x 12		
Abs			

Week 3			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	2 x15
DB Squat	3 x 10	Push-Ups	2 x15
Step Ups	3 x 10	Lat Pulldown	2 x15
Side Lunges	3 x 10	Mid Rows	2 x15
Bridge on PB	3 x 10	Reverse Flys	2 x15
Leg Curl on PB	3 x 10	Biceps (2 Exercises)	2 x15
S. Leg Curl on PB	3 x 10	Triceps (2 Exercises)	2 x15
Abd/Add	3 x 10	Forearms (4 exercises)	2 x Burn
Calves	3 x 15		
Abs			
Day 2		Day 5	
Conditioning : Cardio 25 Min. (Machine)		Conditioning : Cardio 25 Min. (Machine)	
Lat Pulldown	3 x 10	Leg Press	3 x 10
Lat Pulldown (Under-Hand)	3 x 10	DB Squat	3 x 10
Mid Rows	3 x 10	Step Ups	3 x 10
Reverse Flys	3 x 10	Side Lunges	3 x 10
Biceps (2 Exercises)	2 x 15	Bridge on PB	3 x 10
Forearms (4 exercises)	3 x Burn	Leg Curl on PB	3 x 10
		S. Leg Curl on PB	3 x 10
		Abd/Add	3 x 10
		Calves	3 x 15
Day 3		Day 6	
Conditioning : Recovery		Conditioning : Cardio 20-25 Min. (Outside)	
DB Bench Press	3 x 10	Abs	
Push-Ups	3 x 10		
Triceps (3 Exercises)	3 x 10		
Wall Squat	3 x 10		
Step Ups	3 x 10		
Lunges	3 x 10		
45 w/RB	3 x (3-4)		
Shuffle w/RB	3 x (3-4)		
Leg Curls on PB	3 x 10		
S. Leg Curls on PB	3 x 10		
Calves	3 x 15		
Abs			

Week 4			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Interval Training	
Leg Press	3 x 10	Leg Press	3 x 10
DB Squat	3 x 10	DB Squat	3 x 10
Step Ups	3 x 10	Step Ups	3 x 10
Side Lunges	3 x 10	Side Lunges	3 x 10
Bridge on PB	3 x 10	Bridge on PB	3 x 10
Leg Curl on PB	3 x 10	Leg Curl on PB	3 x 10
S. Leg Curl on PB	3 x 10	S. Leg Curl on PB	3 x 10
Abd/Add	3 x 10	Abd/Add	3 x 10
Calves	3 x 15	Calves	3 x 15
Abs			
Day 2		Day 5	
Conditioning : Cardio 25 Min. (Machine)		Conditioning : Cardio 25 Min. (Machine)	
Lat Pulldown	3 x 10	DB Bench Press	2 x15
Lat Pulldown (Under-Hand)	3 x 10	Push-Ups	2 x15
Mid Rows	3 x 10	Lat Pulldown	2 x15
Reverse Flys	3 x 10	Mid Rows	2 x15
Biceps (2 Exercises)	2 x 15	Reverse Flys	2 x15
Forearms (4 exercises)	3 x Burn	Biceps (2 Exercises)	2 x15
		Triceps (2 Exercises)	2 x15
		Forearms (4 exercises)	2 x Burn
Day 3		Day 6	
Conditioning : Recovery		Conditioning : Cardio 20-25 Min. (Outside)	
DB Bench Press	3 x 10	Abs	
Push-Ups	3 x 10		
Triceps (3 Exercises)	3 x 10		
Wall Squat	3 x 10		
Step Ups	3 x 10		
Lunges	3 x 10		
45 w/RB	3 x (3-4)		
Shuffle w/RB	3 x (3-4)		
Leg Curls on PB	3 x 10		
S. Leg Curls on PB	3 x 10		
Calves	3 x 15		
Abs			

Week 5			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Recovery	
Leg Press	3 x 10	Leg Press	3 x 10
DB Squat	3 x 10	DB Squat	3 x 10
Step Ups	3 x 10	Step Ups	3 x 10
Side Lunges	3 x 10	Side Lunges	3 x 10
Bridge on PB	3 x 10	Bridge on PB	3 x 10
Leg Curl on PB	3 x 10	Leg Curl on PB	3 x 10
S. Leg Curl on PB	3 x 10	S. Leg Curl on PB	3 x 10
Abd/Add	3 x 10	Abd/Add	3 x 10
Calves	3 x 15	Calves	3 x 15
Abs			
Day 2		Day 5	
Conditioning : Recovery		Conditioning : Cardio 45 Min. (Machine)	
Lat Pulldown	3 x 10	Bench Press	3 x 10
Lat Pulldown (Under-Hand)	3 x 10	Push-Ups	3 x 10
Mid Rows	3 x 10	Lat Pulldown	3 x 10
Reverse Flys	3 x 10	Mid Rows	3 x 10
Biceps (2 Exercises)	2 x 15	Reverse Flys	3 x 10
Forearms (4 exercises)	3 x Burn	Biceps (2 Exercises)	2 x 15
		Triceps (3 Exercises)	3 x 10
		Forearms (4 exercises)	3 x Burn
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Recovery	
Abs		Abs	

Week 6			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	3 x 10
DB Squat	3 x 10	Push-Ups	3 x 10
Step Ups	3 x 10	Triceps (3 Exercises)	3 x 10
Side Lunges	3 x 10		
Bridge on PB	3 x 10		
Leg Curl on PB	3 x 10		
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Abs			
Day 2		Day 5	
Conditioning : Interval Training		Conditioning : Recovery	
Lat Pulldown	3 x 10	Leg Press	4 x 12-10-8-6
Lat Pulldown (Under-Hand)	3 x 10	S. Leg Squat	4 x 12-10-8-6
Mid Rows	3 x 10	DB Squat	4 x 12-10-8-6
Reverse Flys	3 x 10	Split Squat	3 x 10
Biceps (2 Exercises)	2 x 15	Side Lunges	3 x 10
Forearms (4 exercises)	3 x Burn	S. Leg Pick-Ups	3 x 10
		Leg Curls	3 x 12-10-8
		S. Leg Curls	3 x 12-10-8
		Abd/Add	3 x 10
		Calves	3 x 20
Day 3		Day 6	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
Agility Ladders	5 Min	DB Bench Press	2 x15
Agility Cones	5 Min	Push-Ups	2 x15
Tuck Jumps	2 x 20 Sec	Lat Pulldown	2 x15
Hydens	2 x 20 Sec	Mid Rows	2 x15
Split Jumps	2 x 20 Sec	Reverse Flys	2 x15
Mountain Climber	2 x 20 Sec	Biceps (2 Exercises)	2 x15
S. Leg Pick Ups	2 x 12	Triceps (2 Exercises)	2 x15
Pick Ups w/balls	2 x 40	Forearms (4 exercises)	2 x Burn
Abs		Abs	

Week 7			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	3 x 10
DB Squat	3 x 10	Push-Ups	3 x 10
Step Ups	3 x 10	Triceps (3 Exercises)	3 x 10
Side Lunges	3 x 10		
Bridge on PB	3 x 10		
Leg Curl on PB	3 x 10		
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Abs			
Day 2		Day 5	
Conditioning : Interval Training		Conditioning : Recovery	
Lat Pulldown	3 x 10	Leg Press	4 x 12-10-8-6
Lat Pulldown (Under-Hand)	3 x 10	S. Leg Squat	4 x 12-10-8-6
Mid Rows	3 x 10	DB Squat	4 x 12-10-8-6
Reverse Flys	3 x 10	Split Squat	3 x 10
Biceps (2 Exercises)	2 x 15	Side Lunges	3 x 10
Forearms (4 exercises)	3 x Burn	S. Leg Pick-Ups	3 x 10
		Leg Curls	3 x 12-10-8
		S. Leg Curls	3 x 12-10-8
		Abd/Add	3 x 10
		Calves	3 x 20
Day 3		Day 6	
Conditioning : Cardio 25-30 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
Ladder/Mini-Hurdles	10 Min.	DB Bench Press	2 x15
Wall Squat	2 x 15	Push-Ups	2 x15
Step Ups	2 x 15	Lat Pulldown	2 x15
Lunges	2 x 15	Mid Rows	2 x15
45 w/RB	2 x (3-4)	Reverse Flys	2 x15
Shuffle w/RB	2 x (3-4)	Biceps (2 Exercises)	2 x15
Leg Curls on PB	2 x 15	Triceps (2 Exercises)	2 x15
S. Leg Curls on PB	2 x 15	Forearms (4 exercises)	2 x Burn
Calves	2 x 15	Abs	
Abs			

Week 8			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	3 x 10
DB Squat	3 x 10	Push-Ups	3 x 10
Step Ups	3 x 10	Triceps (3 Exercises)	3 x 10
Side Lunges	3 x 10		
Bridge on PB	3 x 10		
Leg Curl on PB	3 x 10		
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Abs			
Day 2		Day 5	
Conditioning : Interval Training		Conditioning : Recovery	
Lat Pulldown	3 x 10	Leg Press	4 x 12-10-8-6
Lat Pulldown (Under-Hand)	3 x 10	S. Leg Squat	4 x 12-10-8-6
Mid Rows	3 x 10	DB Squat	4 x 12-10-8-6
Reverse Flys	3 x 10	Split Squat	3 x 10
Biceps (2 Exercises)	2 x 15	Side Lunges	3 x 10
Forearms (4 exercises)	3 x Burn	S. Leg Pick-Ups	3 x 10
		Leg Curls	3 x 12-10-8
		S. Leg Curls	3 x 12-10-8
		Abd/Add	3 x 10
		Calves	3 x 20
Day 3		Day 6	
Conditioning : Cardio 25-30 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
Agility Ladders	5 Min	DB Bench Press	2 x15
Agility Cones	5 Min	Push-Ups	2 x15
Tuck Jumps	2 x 20 Sec	Lat Pulldown	2 x15
Hydens	2 x 20 Sec	Mid Rows	2 x15
Split Jumps	2 x 20 Sec	Reverse Flys	2 x15
Mountain Climber	2 x 20 Sec	Biceps (2 Exercises)	2 x15
S. Leg Pick Ups	2 x 12	Triceps (2 Exercises)	2 x15
Pick Ups w/balls	2 x 40	Forearms (4 exercises)	2 x Burn
Abs		Abs	

Week 9			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	3 x 10
DB Squat	3 x 10	Push-Ups	3 x 10
Step Ups	3 x 10	Triceps (3 Exercises)	3 x 10
Side Lunges	3 x 10		
Bridge on PB	3 x 10		
Leg Curl on PB	3 x 10		
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Abs			
Day 2		Day 5	
Conditioning : Interval Training		Conditioning : Recovery	
Lat Pulldown	3 x 10	Leg Press	4 x 12-10-8-6
Lat Pulldown (Under-Hand)	3 x 10	S. Leg Squat	4 x 12-10-8-6
Mid Rows	3 x 10	DB Squat	4 x 12-10-8-6
Reverse Flys	3 x 10	Split Squat	3 x 10
Biceps (2 Exercises)	2 x 15	Side Lunges	3 x 10
Forearms (4 exercises)	3 x Burn	S. Leg Pick-Ups	3 x 10
		Leg Curls	3 x 12-10-8
		S. Leg Curls	3 x 12-10-8
		Abd/Add	3 x 10
		Calves	3 x 20
Day 3		Day 6	
Conditioning : Cardio 25-30 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
Ladder/Mini-Hurdles	10 Min.	DB Bench Press	2 x15
Wall Squat	2 x 15	Push-Ups	2 x15
Step Ups	2 x 15	Lat Pulldown	2 x15
Lunges	2 x 15	Mid Rows	2 x15
45 w/RB	2 x (3-4)	Reverse Flys	2 x15
Shuffle w/RB	2 x (3-4)	Biceps (2 Exercises)	2 x15
Leg Curls on PB	2 x 15	Triceps (2 Exercises)	2 x15
S. Leg Curls on PB	2 x 15	Forearms (4 exercises)	2 x Burn
Calves	2 x 15	Abs	
Abs			

Week 10			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Recovery	
Leg Press	3 x 10	Leg Press	3 x 10
DB Squat	3 x 10	DB Squat	3 x 10
Step Ups	3 x 10	Step Ups	3 x 10
Side Lunges	3 x 10	Side Lunges	3 x 10
Bridge on PB	3 x 10	Bridge on PB	3 x 10
Leg Curl on PB	3 x 10	Leg Curl on PB	3 x 10
S. Leg Curl on PB	3 x 10	S. Leg Curl on PB	3 x 10
Abd/Add	3 x 10	Abd/Add	3 x 10
Calves	3 x 15	Calves	3 x 15
Abs			
Day 2		Day 5	
Conditioning : Recovery		Conditioning : Cardio 45 Min. (Machine)	
Lat Pulldown	3 x 10	Bench Press	3 x 10
Lat Pulldown (Under-Hand)	3 x 10	Push-Ups	3 x 10
Mid Rows	3 x 10	Lat Pulldown	3 x 10
Reverse Flys	3 x 10	Mid Rows	3 x 10
Biceps (2 Exercises)	2 x 15	Reverse Flys	3 x 10
Forearms (4 exercises)	3 x Burn	Biceps (2 Exercises)	2 x 15
		Triceps (3 Exercises)	3 x 10
		Forearms (4 exercises)	3 x Burn
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Recovery	
Abs			

Week of 11			
Day 1		Day 4	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x 15	Agility Ladders	5 Min
Push-Ups	2 x 15	Agility Cones	5 Min
Lat Pulldown	2 x 15	Tuck Jumps	2 x 20 Sec
Mid Rows	2 x 15	Hydens	2 x 20 Sec
Reverse Flys	2 x 15	Split Jumps	2 x 20 Sec
Biceps (2 Exercises)	2 x 15	Mountain Climber	2 x 20 Sec
Triceps (2 Exercises)	2 x 15	S. Leg Pick Ups	2 x 12
Forearms (4 exercises)	2 x Burn	Pick Ups w/balls	2 x 40
Abs			
Day 2		Day 5	
Conditioning : Sprints		Conditioning : Cardio 35-40 Min. (Outside)	
Leg Press	3 x 10	DB Bench Press	2 x 15
DB Squat	3 x 10	Push-Ups	2 x 15
Step Ups	3 x 10	Lat Pulldown	2 x 15
Side Lunges	3 x 10	Mid Rows	2 x 15
Bridge on PB	3 x 10	Reverse Flys	2 x 15
Leg Curl on PB	3 x 10	Biceps (2 Exercises)	2 x 15
S. Leg Curl on PB	3 x 10	Triceps (2 Exercises)	2 x 15
Abd/Add	3 x 10	Forearms (4 exercises)	2 x Burn
Calves	3 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Interval Training	
Posterior Deltoids	2 x 15	Leg Press	4 x 10-8-6-5
Single Arm Mid Rows	2 x 15	S. Leg Squat	4 x 10-8-6-5
Incline Posterior Deltoid	2 x 15	DB Squat	4 x 10-8-6-5
Trap Pulldown	2 x 15	Side Lunges	3 x 12
Abs		S. Leg Pick-Ups	3 x 12
		Leg Curls	4 x 12-10-8-6
		S. Leg Curls	4 x 12-10-8-6
		Abd/Add	3 x 12
		Calves	3 x 20
		Abs	

Week of 12			
Day 1		Day 4	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x 15	Agility Ladders	5 Min
Push-Ups	2 x 15	Agility Cones	5 Min
Lat Pulldown	2 x 15	Tuck Jumps	2 x 20 Sec
Mid Rows	2 x 15	Hydens	2 x 20 Sec
Reverse Flys	2 x 15	Split Jumps	2 x 20 Sec
Biceps (2 Exercises)	2 x 15	Mountain Climber	2 x 20 Sec
Triceps (2 Exercises)	2 x 15	S. Leg Pick Ups	2 x 12
Forearms (4 exercises)	2 x Burn	Pick Ups w/balls	2 x 40
Abs			
Day 2		Day 5	
Conditioning : Sprints		Conditioning : Cardio 35-40 Min. (Outside)	
Leg Press	3 x 10	DB Bench Press	2 x 15
DB Squat	3 x 10	Push-Ups	2 x 15
Step Ups	3 x 10	Lat Pulldown	2 x 15
Side Lunges	3 x 10	Mid Rows	2 x 15
Bridge on PB	3 x 10	Reverse Flys	2 x 15
Leg Curl on PB	3 x 10	Biceps (2 Exercises)	2 x 15
S. Leg Curl on PB	3 x 10	Triceps (2 Exercises)	2 x 15
Abd/Add	3 x 10	Forearms (4 exercises)	2 x Burn
Calves	3 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Interval Training	
Posterior Deltoids	2 x 15	Leg Press	4 x 10-8-6-5
Single Arm Mid Rows	2 x 15	S. Leg Squat	4 x 10-8-6-5
Incline Posterior Deltoid	2 x 15	DB Squat	4 x 10-8-6-5
Trap Pulldown	2 x 15	Side Lunges	3 x 12
Abs		S. Leg Pick-Ups	3 x 12
		Leg Curls	4 x 12-10-8-6
		S. Leg Curls	4 x 12-10-8-6
		Abd/Add	3 x 12
		Calves	3 x 20
		Abs	

Week of 13			
Day 1		Day 4	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x 15	Ladder/Mini-Hurdles	15 Min.
Push-Ups	2 x 15	Wall Squat	2 x 15
Lat Pulldown	2 x 15	Step Ups	2 x 15
Mid Rows	2 x 15	Lunges	2 x 15
Reverse Flys	2 x 15	45 w/RB	2 x (3-4)
Biceps (2 Exercises)	2 x 15	Shuffle w/RB	2 x (3-4)
Triceps (2 Exercises)	2 x 15	Leg Curls on PB	2 x 15
Forearms (4 exercises)	2 x Burn	S. Leg Curls on PB	2 x 15
Abs		Calves	2 x 15
Day 2		Day 5	
Conditioning : Sprints		Conditioning : Cardio 30-35 Min. (Outside)	
Leg Press	3 x 10	DB Bench Press	2 x 15
<i>w/Tuck Jumps</i>	3 x 8	Push-Ups	2 x 15
Split Squat	3 x 10	Lat Pulldown	2 x 15
<i>w/Split Jumps</i>	3 x 6	Mid Rows	2 x 15
Side Lunges	3 x 10	Reverse Flys	2 x 15
<i>w/Hydens</i>	3 x 10	Biceps (2 Exercises)	2 x 15
Bridge on PB	3 x 10	Triceps (2 Exercises)	2 x 15
Leg Curl on PB	3 x 10	Forearms (4 exercises)	2 x Burn
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Interval Training	
Lat Pulldown	2 x 15	Leg Press	4 x 10-8-6-5
Lat Pulldown (Under Hand)	2 x 15	S. Leg Squat	4 x 10-8-6-5
Lat Pulldown (Straight Arm)	2 x 15	DB Squat	4 x 10-8-6-5
Cable Pulls (Straight Arm)	2 x 15	Side Lunges	3 x 12
Abs		S. Leg Pick-Ups	3 x 12
		Leg Curls	4 x 12-10-8-6
		S. Leg Curls	4 x 12-10-8-6
		Abd/Add	3 x 12
		Calves	3 x 20
		Abs	

Week 14

Day 1		Day 4	
<u>Conditioning : Cardio 20-25 Min. (Outside)</u>		<u>Conditioning : Cardio 45 Min. (Machine)</u>	
DB Bench Press	2 x 15	Ladder/Mini-Hurdles	15 Min.
Push-Ups	2 x 15	Wall Squat	2 x 15
Lat Pulldown	2 x 15	Step Ups	2 x 15
Mid Rows	2 x 15	Lunges	2 x 15
Reverse Flys	2 x 15	45 w/RB	2 x (3-4)
Biceps (2 Exercises)	2 x 15	Shuffle w/RB	2 x (3-4)
Triceps (2 Exercises)	2 x 15	Leg Curls on PB	2 x 15
Forearms (4 exercises)	2 x Burn	S. Leg Curls on PB	2 x 15
Abs		Calves	2 x 15
Day 2		Day 5	
<u>Conditioning : Sprints</u>		<u>Conditioning : Cardio 30-35 Min. (Outside)</u>	
Leg Press	3 x 10	DB Bench Press	2 x 15
<i>w/Tuck Jumps</i>	3 x 8	Push-Ups	2 x 15
Split Squat	3 x 10	Lat Pulldown	2 x 15
<i>w/Split Jumps</i>	3 x 6	Mid Rows	2 x 15
Side Lunges	3 x 10	Reverse Flys	2 x 15
<i>w/Hydens</i>	3 x 10	Biceps (2 Exercises)	2 x 15
Bridge on PB	3 x 10	Triceps (2 Exercises)	2 x 15
Leg Curl on PB	3 x 10	Forearms (4 exercises)	2 x Burn
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Day 3		Day 6	
<u>Conditioning : Interval Training</u>		<u>Conditioning : Interval Training</u>	
Posterior Deltoids	2 x 15	Leg Press	4 x 10-8-6-5
Single Arm Mid Rows	2 x 15	S. Leg Squat	4 x 10-8-6-5
Incline Posterior Deltoid	2 x 15	DB Squat	4 x 10-8-6-5
Trap Pulldown	2 x 15	Side Lunges	3 x 12
Abs		S. Leg Pick-Ups	3 x 12
		Leg Curls	4 x 12-10-8-6
		S. Leg Curls	4 x 12-10-8-6
		Abd/Add	3 x 12
		Calves	3 x 20
		Abs	

Week 15

Day 1		Day 4	
<u>Conditioning : Cardio 20-25 Min. (Outside)</u>		<u>Conditioning : Cardio 45 Min. (Machine)</u>	
DB Bench Press	2 x 15	Ladder/Mini-Hurdles	15 Min.
Push-Ups	2 x 15	Wall Squat	2 x 15
Lat Pulldown	2 x 15	Step Ups	2 x 15
Mid Rows	2 x 15	Lunges	2 x 15
Reverse Flys	2 x 15	45 w/RB	2 x (3-4)
Biceps (2 Exercises)	2 x 15	Shuffle w/RB	2 x (3-4)
Triceps (2 Exercises)	2 x 15	Leg Curls on PB	2 x 15
Forearms (4 exercises)	2 x Burn	S. Leg Curls on PB	2 x 15
Abs		Calves	2 x 15
Day 2		Day 5	
<u>Conditioning : Sprints</u>		<u>Conditioning : Cardio 30-35 Min. (Outside)</u>	
Leg Press	3 x 10	DB Bench Press	2 x 15
<i>w/Tuck Jumps</i>	3 x 8	Push-Ups	2 x 15
Split Squat	3 x 10	Lat Pulldown	2 x 15
<i>w/Split Jumps</i>	3 x 6	Mid Rows	2 x 15
Side Lunges	3 x 10	Reverse Flys	2 x 15
<i>w/Hydens</i>	3 x 10	Biceps (2 Exercises)	2 x 15
Bridge on PB	3 x 10	Triceps (2 Exercises)	2 x 15
Leg Curl on PB	3 x 10	Forearms (4 exercises)	2 x Burn
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Day 3		Day 6	
<u>Conditioning : Interval Training</u>		<u>Conditioning : Interval Training</u>	
Lat Pulldown	2 x 15	Leg Press	4 x 10-8-6-5
Lat Pulldown (Under Hand)	2 x 15	S. Leg Squat	4 x 10-8-6-5
Lat Pulldown (Straight Arm)	2 x 15	DB Squat	4 x 10-8-6-5
Cable Pulls (Straight Arm)	2 x 15	Side Lunges	3 x 12
Abs		S. Leg Pick-Ups	3 x 12
		Leg Curls	4 x 12-10-8-6
		S. Leg Curls	4 x 12-10-8-6
		Abd/Add	3 x 12
		Calves	3 x 20
		Abs	

Week of 16			
Day 1		Day 4	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x 15	Ladder/Mini-Hurdles	15 Min.
Push-Ups	2 x 15	Wall Squat	2 x 15
Lat Pulldown	2 x 15	Step Ups	2 x 15
Mid Rows	2 x 15	Lunges	2 x 15
Reverse Flys	2 x 15	45 w/RB	2 x (3-4)
Biceps (2 Exercises)	2 x 15	Shuffle w/RB	2 x (3-4)
Triceps (2 Exercises)	2 x 15	Leg Curls on PB	2 x 15
Forearms (4 exercises)	2 x Burn	S. Leg Curls on PB	2 x 15
Abs		Calves	2 x 15
Day 2		Day 5	
Conditioning : Sprints		Conditioning : Cardio 30-35 Min. (Outside)	
Leg Press	3 x 10	DB Bench Press	2 x 15
<i>w/Tuck Jumps</i>	3 x 8	Push-Ups	2 x 15
Split Squat	3 x 10	Lat Pulldown	2 x 15
<i>w/Split Jumps</i>	3 x 6	Mid Rows	2 x 15
Side Lunges	3 x 10	Reverse Flys	2 x 15
<i>w/Hydens</i>	3 x 10	Biceps (2 Exercises)	2 x 15
Bridge on PB	3 x 10	Triceps (2 Exercises)	2 x 15
Leg Curl on PB	3 x 10	Forearms (4 exercises)	2 x Burn
S. Leg Curl on PB	3 x 10		
Abd/Add	3 x 10		
Calves	3 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Interval Training	
Posterior Deltoids	2 x 15	Leg Press	4 x 10-8-6-5
Single Arm Mid Rows	2 x 15	S. Leg Squat	4 x 10-8-6-5
Incline Posterior Deltoid	2 x 15	DB Squat	4 x 10-8-6-5
Trap Pulldown	2 x 15	Side Lunges	3 x 12
Abs		S. Leg Pick-Ups	3 x 12
		Leg Curls	4 x 12-10-8-6
		S. Leg Curls	4 x 12-10-8-6
		Abd/Add	3 x 12
		Calves	3 x 20
		Abs	

Week 17			
Day 1		Day 4	
Conditioning : Cardio 45 Min. (Machine)		Conditioning : Recovery	
Leg Press	3 x 10	Leg Press	3 x 10
DB Squat	3 x 10	DB Squat	3 x 10
Step Ups	3 x 10	Step Ups	3 x 10
Side Lunges	3 x 10	Side Lunges	3 x 10
Bridge on PB	3 x 10	Bridge on PB	3 x 10
Leg Curl on PB	3 x 10	Leg Curl on PB	3 x 10
S. Leg Curl on PB	3 x 10	S. Leg Curl on PB	3 x 10
Abd/Add	3 x 10	Abd/Add	3 x 10
Calves	3 x 15	Calves	3 x 15
Abs			
Day 2		Day 5	
Conditioning : Recovery		Conditioning : Cardio 45 Min. (Machine)	
Lat Pulldown	3 x 10	Bench Press	3 x 10
Lat Pulldown (Under-Hand)	3 x 10	Push-Ups	3 x 10
Mid Rows	3 x 10	Lat Pulldown	3 x 10
Reverse Flys	3 x 10	Mid Rows	3 x 10
Biceps (2 Exercises)	2 x 15	Reverse Flys	3 x 10
Forearms (4 exercises)	3 x Burn	Biceps (2 Exercises)	2 x 15
		Triceps (3 Exercises)	3 x 10
		Forearms (4 exercises)	3 x Burn
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Recovery	
Abs		Abs	

Week 18			
Day 1		Day 4	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x15	Agility Ladders	5 Min
Push-Ups	2 x15	Agility Cones	5 Min
Lat Pulldown	2 x15	Tuck Jumps	2 x 20 Sec
Mid Rows	2 x15	Hydens	2 x 20 Sec
Reverse Flys	2 x15	Split Jumps	2 x 20 Sec
Biceps (2 Exercises)	2 x15	Mountain Climber	2 x 20 Sec
Triceps (2 Exercises)	2 x15	S. Leg Pick Ups	2 x 12
Forearms (4 exercises)	2 x Burn	Pick Ups w/balls	2 x 40
Abs			
Day 2		Day 5	
Conditioning : Sprints		Conditioning : Cardio 30-35 Min. (Outside)	
Ladder/Mini-Hurdles	20 Min.	DB Bench Press	2 x15
Wall Squat	2 x 15	Push-Ups	2 x15
Step Ups	2 x 15	Lat Pulldown	2 x15
Lunges	2 x 15	Mid Rows	2 x15
45 w/RB	2 x (3-4)	Reverse Flys	2 x15
Shuffle w/RB	2 x (3-4)	Biceps (2 Exercises)	2 x15
Leg Curls on PB	2 x 15	Triceps (2 Exercises)	2 x15
S. Leg Curls on PB	2 x 15	Forearms (4 exercises)	2 x Burn
Calves	2 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Interval Training	
Posterior Deltoids	2 x 15	Ladder/Mini-Hurdles	20 Min.
Single Arm Mid Rows	2 x 15	Wall Squat	2 x 15
Incline Posterior Deltoid	2 x 15	Step Ups	2 x 15
Trap Pulldown	2 x 15	Lunges	2 x 15
Abs		45 w/RB	2 x (3-4)
		Shuffle w/RB	2 x (3-4)
		Leg Curls on PB	2 x 15
		S. Leg Curls on PB	2 x 15
		Calves	2 x 15
		Abs	

Week 19			
Day 1		Day 4	
Conditioning : Sprints		Conditioning : Sprints	
DB Bench Press	2 x15	Ladder/Mini-Hurdles	20 Min.
Push-Ups	2 x15	Wall Squat	2 x 15
Lat Pulldown	2 x15	Step Ups	2 x 15
Mid Rows	2 x15	Lunges	2 x 15
Reverse Flys	2 x15	45 w/RB	2 x (3-4)
Biceps (2 Exercises)	2 x15	Shuffle w/RB	2 x (3-4)
Triceps (2 Exercises)	2 x15	Leg Curls on PB	2 x 15
Forearms (4 exercises)	2 x Burn	S. Leg Curls on PB	2 x 15
Abs		Calves	2 x 15
Day 2		Day 5	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	2 x15
DB Squat	3 x 10	Push-Ups	2 x15
Step Ups	3 x 10	Lat Pulldown	2 x15
Side Lunges	3 x 10	Mid Rows	2 x15
Bridge on PB	3 x 10	Reverse Flys	2 x15
Leg Curl on PB	3 x 10	Biceps (2 Exercises)	2 x15
S. Leg Curl on PB	3 x 10	Triceps (2 Exercises)	2 x15
Abd/Add	3 x 10	Forearms (4 exercises)	2 x Burn
Calves	3 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Cardio 35-40 Min. (Outside)	
Lat Pulldown	2 x 15	Leg Press	3 x 10
Lat Pulldown (Under Hand)	2 x 15	S. Leg Squat	3 x 10
Lat Pulldown (Straight Arm)	2 x 15	DB Squat	3 x 10
Cable Pulls (Straight Arm)	2 x 15	Side Lunges	3 x 10
Abs		S. Leg Pick-Ups	3 x 10
		Leg Curls	3 x 10
		S. Leg Curls	3 x 10
		Abd/Add	3 x 10
		Calves	3 x 15
		Abs	

Week 20			
Day 1		Day 4	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Cardio 45 Min. (Machine)	
DB Bench Press	2 x15	Agility Ladders	5 Min
Push-Ups	2 x15	Agility Cones	5 Min
Lat Pulldown	2 x15	Tuck Jumps	2 x 20 Sec
Mid Rows	2 x15	Hydens	2 x 20 Sec
Reverse Flys	2 x15	Split Jumps	2 x 20 Sec
Biceps (2 Exercises)	2 x15	Mountain Climber	2 x 20 Sec
Triceps (2 Exercises)	2 x15	S. Leg Pick Ups	2 x 12
Forearms (4 exercises)	2 x Burn	Pick Ups w/balls	2 x 40
Abs			
Day 2		Day 5	
Conditioning : Sprints		Conditioning : Cardio 30-35 Min. (Outside)	
Ladder/Mini-Hurdles	20 Min.	DB Bench Press	2 x15
Wall Squat	2 x 15	Push-Ups	2 x15
Step Ups	2 x 15	Lat Pulldown	2 x15
Lunges	2 x 15	Mid Rows	2 x15
45 w/RB	2 x (3-4)	Reverse Flys	2 x15
Shuffle w/RB	2 x (3-4)	Biceps (2 Exercises)	2 x15
Leg Curls on PB	2 x 15	Triceps (2 Exercises)	2 x15
S. Leg Curls on PB	2 x 15	Forearms (4 exercises)	2 x Burn
Calves	2 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Interval Training	
Posterior Deltoids	2 x 15	Ladder/Mini-Hurdles	20 Min.
Single Arm Mid Rows	2 x 15	Wall Squat	2 x 15
Incline Posterior Deltoid	2 x 15	Step Ups	2 x 15
Trap Pulldown	2 x 15	Lunges	2 x 15
Abs		45 w/RB	2 x (3-4)
		Shuffle w/RB	2 x (3-4)
		Leg Curls on PB	2 x 15
		S. Leg Curls on PB	2 x 15
		Calves	2 x 15
		Abs	

Week 21			
Day 1		Day 4	
Conditioning : Sprints		Conditioning : Sprints	
DB Bench Press	2 x15	Ladder/Mini-Hurdles	20 Min.
Push-Ups	2 x15	Wall Squat	2 x 15
Lat Pulldown	2 x15	Step Ups	2 x 15
Mid Rows	2 x15	Lunges	2 x 15
Reverse Flys	2 x15	45 w/RB	2 x (3-4)
Biceps (2 Exercises)	2 x15	Shuffle w/RB	2 x (3-4)
Triceps (2 Exercises)	2 x15	Leg Curls on PB	2 x 15
Forearms (4 exercises)	2 x Burn	S. Leg Curls on PB	2 x 15
Abs		Calves	2 x 15
Day 2		Day 5	
Conditioning : Cardio 20-25 Min. (Outside)		Conditioning : Interval Training	
Leg Press	3 x 10	DB Bench Press	2 x15
DB Squat	3 x 10	Push-Ups	2 x15
Step Ups	3 x 10	Lat Pulldown	2 x15
Side Lunges	3 x 10	Mid Rows	2 x15
Bridge on PB	3 x 10	Reverse Flys	2 x15
Leg Curl on PB	3 x 10	Biceps (2 Exercises)	2 x15
S. Leg Curl on PB	3 x 10	Triceps (2 Exercises)	2 x15
Abd/Add	3 x 10	Forearms (4 exercises)	2 x Burn
Calves	3 x 15		
Day 3		Day 6	
Conditioning : Interval Training		Conditioning : Cardio 35-40 Min. (Outside)	
Lat Pulldown	2 x 15	Leg Press	3 x 10
Lat Pulldown (Under Hand)	2 x 15	S. Leg Squat	3 x 10
Lat Pulldown (Straight Arm)	2 x 15	DB Squat	3 x 10
Cable Pulls (Straight Arm)	2 x 15	Side Lunges	3 x 10
Abs		S. Leg Pick-Ups	3 x 10
		Leg Curls	3 x 10
		S. Leg Curls	3 x 10
		Abd/Add	3 x 10
		Calves	3 x 15
		Abs	