



November 13th, 2023

Monday

4:00 - 4:05 jog around the school as a team to warm up.

CORE LIFT - SQUAT	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	10 Reps	8-10 Reps	8 Reps	8 Reps
NOTES: 1.5 - 2 minute break/rest between sets. If you're new; make sure a coach is watching your form.						
AUXILIARY LIFTS	Legs		Shoulders		Cardio/Core (Start by 5:10)	
	One Minute Between Sets		One Minute Between Sets		One Minute Between Sets	
	Banded Leg Curls	4 sets of 8 - 10	Seated Military Press	4 sets 8 -10	Dead Bug	3 sets of 45 seconds
	Pit Shark	4 sets of 8 -10	Shrugs	4 sets of 6-8	Pogo Jums (for height)	3 sets of 15 (each leg)
	Wall Sits (Knees at 90°)	3 sets of 45 Seconds	Lateral Raises	4 sets of 10	Stretch	5 Minutes
	Calf Raises	3 Sets of 10-15				

Tuesday

3:55-4pm: Jog around the school as a team to warm up.

CORE LIFT - BENCH	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	10 Reps	8 Reps	8 Reps	8-10 Reps
NOTES: 1.5 - 2 minute break/rest between sets. If you're new; make sure a coach is watching your form.						
AUXILIARY LIFTS	Chest		Triceps		Cardio/Core (Start by 5:10)	
	One Minute Between Sets		One Minute Between Sets		One Minute Between Sets	
	Flat Dumbbell Press	3 sets of 8 - 10	Skull Crusher	2 sets of 8 reps	Sit Ups	3 sets of 15
	Incline Dumbbell Press	3 sets of 8 -10	Close Grip Skill Crusher	1 set to failure	Planks	3 sets of 45 seconds
	Flat Dumbbell Fly	4 sets of 8 -10	Dips on Bench	3 set of 8-10	Stretch	5 Minutes

Wednesday

No formal practice. Great night to get 30-45 minutes of cardio in.

Athletic Performance students, plan to do the athletic performance workout on Wednesdays.

Thursday

3:55-4pm: Jog around the school as a team to warm up.

CORE LIFT - DEADLIFT	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
		10-12 Reps	8-10 Reps	8 Reps	8 Reps	6-8 Reps
NOTES: 1.5 - 2 minute break/rest between sets. If you're new; make sure a coach is watching your form.						
AUXILIARY LIFTS	Misc.		Back		Cardio/Core (Start by 5:10)	
	One Minute Between Sets		One Minute Between Sets		One Minute Between Sets	
	Farmers Walk	4 sets of 15 yards	Wide grip pull down	4 sets of 10	Box Jumps	3 Sets of 10
	Sumo Leg Deadlift (using the Landmine)	3 sets of 10	Narrow grip pull down (reverse grip)	4 sets of 10	10 Yard Sprints	4 Sets
			Gorilla Rows	4 sets of 10	20 Yard Sprints	4 Sets
					Bounders (20 yards)	4 Sets

Friday

No formal practice and no coaches will be in the weight room. Optional Workout.

CORE LIFTS	Bench		Squat			
		4 Sets of 8-12		4 Sets of 8-12 Reps		
NOTES: 1.5 - 2 minute break/rest between sets. For bench: work on pausing, slow and controlled. For squat: work on depth, slow speed, working on the stretch.						
AUXILIARY LIFTS	Chest		Triceps		Cardio/Core (Start by 5:10)	
	One Minute Between Sets		One Minute Between Sets		One Minute Between Sets	
	Flat Dumbbell Press	3 sets of 8 -12	Skull Crushers	3 set of 8-10	Glute Bridge	3 sets of 15
	Flat Fly	3 sets of 8 -12	Close Grip Skull Crusher	1 set to Failure	Russian Twist	3 sets of 30
			**Make sure to have a spotter!		Supermans	3 Sets of 15
			Hamstring Curl	3 set of 8-10	Stretch	5 Minutes

*Laying on floor, using bands.