

		4:00 4.05	Monday	om to warm :		
	18/our 11	-	og around the school as a te	•	Ath Cat	Fall C-4
CORE LIFT -	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
COLLAT	10-12 Reps	10 Reps	8-10 Reps	8 Reps	8 Reps	
SQUAT		NOTES: 1.5 - 2 minute	break/rest between sets. If	ou're new; make sure a c	oach is watching your forn	1.
	Legs		Shoulders		Cardio/Core (Start by 5:10)	
AUXILIARY LIFTS	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)
XILIA		3 sets of 45 Seconds	Lateral Raises	4 sets of 10	Stretch	5 Minutes
\supset	Calf Raises	3 Sets of 10-15				
⋖						
			Tuesday			
		3:55-4pm: J	og around the school as a te	am to warm up.		
CORE LIFT -	Warm Up	1st Set	2nd Set	3rd Set	4th Set	5th Set
CORL LII I -	10-12 Reps	10 Reps	8 Reps	8 Reps	8-10 Reps	
BENCH			break/rest between sets. If	•		<u> </u>
		Chest				
>		e Between Sets	Triceps One Minute Between Sets		Cardio/Core (Start by 5:10) One Minute Between Sets	
ά, C	Flat Dumbbell Press	3 sets of 8 - 10	Skull Crusher	2 sets of 8 reps	Sit Ups	3 sets of 15
<u> </u>	Incline Dumbbell Press	3 sets of 8 - 10	Close Grip Skill Crusher	1 set to failure	Planks	3 sets of 45 seconds
XILIA	Flat Dumbell Fly	4 sets of 8 -10	Dips on Bench	3 set of 8-10	Stretch	5 Minutes
~ -	riae Barriberi Fry	+ 3CLS 01 0 10	Dips on Benen	3 300 01 0 10	Streten	5 Williates
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AUXILIARY LIFTS						
AU						
AU)			Wednesday			
AU>		No formal practi	Wednesday	minutes of cardio in		
AU>	Ath		ce. Great night to get 30-45		adnesdays	
AU>	Ath	No formal practi sletic Performance students	ce. Great night to get 30-45		ednesdays.	
AU>	Ath		ce. Great night to get 30-45 , plan to do the athletic per		ednesdays.	
AU	Ath	letic Performance students	ce. Great night to get 30-45 , plan to do the athletic per Thursday	formance workout on We	ednesdays.	
		letic Performance students 3:55-4pm: J	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te	formance workout on We		Eth Can
CORE LIFT -	Warm Up	letic Performance students 3:55-4pm: July 1st Set	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a to 2nd Set	formance workout on We earn to warm up. 3rd Set	4th Set	5th Set
CORE LIFT -		3:55-4pm: Journal of Section 18:00 Section 1	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te 2nd Set 8 Reps	tam to warm up. 3rd Set 8 Reps	4th Set 6-8 Reps	
	Warm Up 10-12 Reps	3:55-4pm: Jo 1st Set 8-10 Reps NOTES: 1.5 - 2 minute	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If	ram to warm up. 3rd Set 8 Reps you're new; make sure a c	4th Set 6-8 Reps oach is watching your form	n.
CORE LIFT - DEADLIFT	Warm Up 10-12 Reps	3:55-4pm: Jo 1st Set 8-10 Reps NOTES: 1.5 - 2 minute	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If	tam to warm up. 3rd Set 8 Reps you're new; make sure a cock	4th Set 6-8 Reps coach is watching your form Cardio/Co	n. re (Start by 5:10)
CORE LIFT - DEADLIFT	Warm Up 10-12 Reps One Minut	3:55-4pm: Journal of Street Services Se	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If Bi One Minute	tam to warm up. 3rd Set 8 Reps you're new; make sure a cock Between Sets	4th Set 6-8 Reps coach is watching your form Cardio/Co	n. re (Start by 5:10) ite Between Sets
CORE LIFT - DEADLIFT	Warm Up 10-12 Reps One Minut Farmers Walk	3:55-4pm: Jo 1st Set 8-10 Reps NOTES: 1.5 - 2 minute	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If One Minute Wide grip pull down	tam to warm up. 3rd Set 8 Reps you're new; make sure a cock	4th Set 6-8 Reps coach is watching your form Cardio/Co One Minu Box Jumps	n. re (Start by 5:10) Ite Between Sets 3 Sets of 10
CORE LIFT - DEADLIFT	Warm Up 10-12 Reps One Minut Farmers Walk Sumo Leg Deadlift	3:55-4pm: Journal of Street Services Se	ce. Great night to get 30-45 , plan to do the athletic per Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If One Minute Wide grip pull down Narrow grip pull down	tam to warm up. 3rd Set 8 Reps you're new; make sure a cock Between Sets	4th Set 6-8 Reps coach is watching your form Cardio/Co One Minu Box Jumps 10 Yard Sprints	re (Start by 5:10) Ite Between Sets 3 Sets of 10 4 Sets
CORE LIFT - DEADLIFT	Warm Up 10-12 Reps One Minut Farmers Walk Sumo Leg Deadlift (using the Landmine)	3:55-4pm: Ja 1st Set 8-10 Reps NOTES: 1.5 - 2 minute Misc. Be Between Sets 4 sets of 15 yards 3 sets of 10	Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If One Minute Wide grip pull down (reverse grip)	ram to warm up. 3rd Set 8 Reps 20u're new; make sure a cock Between Sets 4 sets of 10 4 sets of 10	4th Set 6-8 Reps coach is watching your form Cardio/Co One Minu Box Jumps 10 Yard Sprints 20 Yard Sprints	re (Start by 5:10) Ite Between Sets 3 Sets of 10 4 Sets 4 Sets
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CORE LIFT - DEADLIFT	Warm Up 10-12 Reps One Minut Farmers Walk Sumo Leg Deadlift (using the Landmine) B 21's Hammer Curls	3:55-4pm: Jo 1st Set 8-10 Reps NOTES: 1.5 - 2 minute Misc. Be Between Sets 4 sets of 15 yards 3 sets of 10 iciceps 4 sets of 10 No formal practice and means	Thursday og around the school as a te 2nd Set 8 Reps break/rest between sets. If One Minute Wide grip pull down (reverse grip) Gorilla Rows Friday o coaches will be in the we	ram to warm up. 3rd Set 8 Reps rou're new; make sure a cock Between Sets 4 sets of 10 4 sets of 10 4 sets of 10 4 sets of 10 ght room. Optional Workuat	4th Set 6-8 Reps oach is watching your form Cardio/Co One Minu Box Jumps 10 Yard Sprints 20 Yard Sprints Bounders (20 yards)	re (Start by 5:10) Ite Between Sets 3 Sets of 10 4 Sets 4 Sets
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