

Dry-Land / Weight Lifting Workouts

Each workout given to you should be completed for a period of 3 weeks, alternating between Day A and Day B. The warm-up should never be altered, but the weighted exercise will. For the first two weeks of each period, complete each exercise set 3 times, with 12 to 14 reps. For the final week, complete each set 5 times, with 4 to 6 reps, and considerably more weight. You may rest between exercise sets, but do not allow for more 20 seconds to elapse between exercises. This will raise your heart rate and enable you to not only build strength, but also muscle endurance. Be safe, and have fun!

Day A

Warm-up: Complete 3 times. Cycle through quickly, with little rest.

10 X Power Squat Jumps

30 sec. Plank

10 X Leg Raises

8 X Spiderman Push-Ups

Set One:

Lat Pull-downs

Weighted Rows

Raised Leg Lunges

Back Fly

Set Two:

Weighted Squats

Bicep Curls

First set: Type A

Second: Type B

Third: Type C

Bench Press

*Week three –

Fourth : Pick between Type B or C

Fifth: Type A

Day B

Warm-up: Complete 3 times. Cycle through quickly, with little rest.

10 X 180° Squat Jumps

40 X Russian Twists

8 X Spiderman Push-Ups

16 X Slalom Jumps

Set One:

Shoulder Press

1 min. Wall Sit

Triceps Extension

Bicep Curls

First set: Type A

*Week three –

Second: Type B

Fourth : Pick between Type B or C

Third: Type C

Fifth: Type A

Set Two: You are only doing one weighted exercise in this set, so really push that Bench!

15 X V-Ups

Bench Press