

Strength Workout

During the months of November and December do two days of strength training per week. For those who have limited equipment use day 2 twice per week. If possible, do exercises in pairs.

MB = medicine ball, SB = stability ball, DB = dumbbells, BB = barbell, BW = body weight

Day 1: *(Use this program if you have a gym or equipment available)*

Target Muscle Group		Week 1	Week 2	Week 3	Week 4
<i>Quads - (2x-leg push)</i>	Leg Press or Squat	3x8(70)	1x8(70) 3x5(80)	1x8(70) 3x5(85)	1x8(70) 3x3(90)
<i>Back - (Rows)</i>	Rows (1x arm db or bent over or cable row)	3x8(70)	1x8(70) 3x5(80)	1x8(70) 3x5(85)	1x8(70) 3x3(90)
<i>Chest - (Push)</i>	Incline BB Bench Press	3x8(70)	1x8(70) 3x5(80)	1x8(70) 3x5(85)	1x8(70) 3x3(90)
<i>Glute/Hams (Hip Extension)</i>	Back Extensions	2x10	3x10	3x10	3x12
<i>Shoulders/Back</i>	BB Upright Row	2x8(60)	3x8(70)	1x8(70) 2x8(75)	1x8(70) 2x5(80)
<i>Arms-(Triceps)</i>	Dips (bench or bar)	2x10-12	3x10-12	3x12-15	2x15
<i>Torso - (Flex/Extension)</i>	SB Crunch - hold up position for 5", then down slowly. Draw belly button in.	2x10-15	2x10-15	2x10-15	2x10-15
<i>Torso - (Stabilization)</i>	Plank - Elbows on floor, lateral plank (L/R)	2x30-45"	2x30-45"	2x30-45"	2x30-45"
<i>Lateral</i>	SB Lateral Crunch (L/R)	2x12	2x15	2x15	2x15

Day 2: *(Use this program if you have limited equipment)*

Target Muscle Group		Week 1	Week 2	Week 3	Week 4
<i>Quads - (1x-leg push)</i>	Split Squat- BW, DB or BB	2x8	3x8	3x8	3x8
<i>Back - (Pulls)</i>	Pull-up or modified pull, or 1x arm DB row	3x8(70)	1x8(70) 3x5(80)	1x8(70) 3x5(85)	1x8(70) 3x3(90)
<i>Chest - (Push)</i>	Push-ups-hands on SB (toes or knees on floor)	2x10-15	3x10-15	3x15-20	2x15-20
<i>Glute/Hams (Hip Extension)</i>	1x-leg straight leg deadlift	2x8/leg	3x8	3x8	2x8
<i>Shoulders/Back</i>	DB Upright Row	2x8(60)	3x8(70)	1x8(70) 2x8(75)	1x8(70) 2x5(80)
<i>Arms-(Triceps)</i>	Dips (bench or bar)	2x10-12	3x10-12	3x12-15	2x15
<i>Torso - (Flex/Extension)</i>	SB Crunch - hold up position for 5", then down slowly. Draw belly button in.	2x10-15	2x10-15	2x10-15	2x10-15
<i>Torso - (Stabilization)</i>	Plank - Elbows on floor, lateral plank (L/R)	2x30-45"	2x30-45"	2x30-45"	2x30-45"
<i>Lateral</i>	SB Lateral Crunch (L/R)	2x12	2x15	2x15	2x15