

**LIFTING GROUP:****NAME:****CLASS:**

MONDAY									
TIME PER SET & TOTAL TIME	<i>EXERCISES</i>	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
Station 1 2:30 PER SET 10 MIN TOTAL	SQUAT 10 HEAVY SWINGS	6		6		5		5	
		6		6		5		5	
		6		6		5		5	
		6@75%		6@78%		5@82%		5@85%	
Station 2 2:30 PER SET 10 MIN TOTAL	STRAIGHT LEG DEAD LIFT RUSSIAN TWISTS x 20 (L/R = 1)	10		10		8		8	
		10		10		8		8	
		10		10		8		8	
		10		10		8		8	
Station 3 2:30 PER SET 10 MIN TOTAL	UPRIGHT ROWS PLATED TURKISH GETUPs	10	10	10	10	8	8	8	8
		10	10	10	10	8	8	8	8
		10	10	10	10	8	8	8	8
		10	10	10	10	8	8	8	8
Station 4 2:30 PER SET 10 MIN TOTAL	DB POWER SCOOPS DB SHRUGS	5	10	5	10	5	10	5	10
		5	10	5	10	5	10	5	10
		5	10	5	10	5	10	5	10
		5	10	5	10	5	10	5	10

TUESDAY									
TIME PER SET & TOTAL TIME	<i>EXERCISES</i>	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
Station 1 2:30 PER SET 10 MIN TOTAL	Bench 5 SQUAT JUMPS	6		6		5		5	
		6		6		5		5	
		6		6		5		5	
		6@75%		6@78%		5@82%		5@85%	
Station 2 2:30 PER SET 10 MIN TOTAL	DB ROWS ALTERNATING SWINGS	10	10	10	10	8	10	8	10
		10	10	10	10	8	10	8	10
		10	10	10	10	8	10	8	10
		10	10	10	10	8	10	8	10
Station 3 2:30 PER SET 10 MIN TOTAL	WEIGHTED PULLUPS SKY POINTERS	3	10	3	10	4	8	4	8
		3	10	3	10	4	8	4	8
		3	10	3	10	4	8	4	8
		3	10	3	10	4	8	4	8
Station 4 2:30 PER SET 10 MIN TOTAL	BENCH PISTOLS DB CURL & PRESS	5	10	5	10	7	8	7	8
		5	10	5	10	7	8	7	8
		5	10	5	10	7	8	7	8
		5	10	5	10	7	8	7	8

**LIFTING GROUP:****NAME:****CLASS:**

THURSDAY					
TIME PER SET & TOTAL TIME	<i>EXERCISES</i>	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Station 1 2:30 PER SET 10 MIN TOTAL	LUNGES SMITH PRESS x10	6ea 10	6ea 10	6ea 10	6ea 10
		6ea 10	6ea 10	6ea 10	6ea 10
		6ea 10	6ea 10	6ea 10	6ea 10
		6ea 10	6ea 10	6ea 10	6ea 10
Station 2 2:30 PER SET 10 MIN TOTAL	HANG POWER CLEAN CLAPPING PUSHUPS x5	5	5	3	3
		5	5	3	3
		5	5	3	3
		5	5	3	3
Station 3 2:30 PER SET 10 MIN TOTAL	WEIGHTED CHINUPS REVERSE BAR CURLS	5 10	5 10	6 8	6 8
		5 10	5 10	6 8	6 8
		5 10	5 10	6 8	6 8
		5 10	5 10	6 8	6 8
Station 4 2:30 PER SET 10 MIN TOTAL	DB OVERHEAD TRICEP EXT. TUCK JUMPS x5	10	10	10	10
		10	10	10	10
		10	10	10	10
		10	10	10	10

FRIDAY					
TIME PER SET & TOTAL TIME	<i>EXERCISES</i>	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Station 1 2:30 PER SET 10 MIN TOTAL	FRONT SQUAT 10 SWINGS	6	6	5	5
		6	6	5	5
		6	6	5	5
		6	6	5	5
Station 2 2:30 PER SET 10 MIN TOTAL	DB CHEST FLYES MED BALL SLING SHOT	10	10	8	8
		10	10	8	8
		10	10	8	8
		10	10	8	8
Station 3 2:30 PER SET 10 MIN TOTAL	PUSH PRESS RUSSIAN HOPS x 7 each leg	10	10	8	8
		10	10	8	8
		10	10	8	8
		10	10	8	8
Station 4 2:30 PER SET 10 MIN TOTAL	DB BENCH SINGLE ARM TYI SHOULDER CIRCUIT x7	10	10	8	8
		10	10	8	8
		10	10	8	8
		10	10	8	8