



Chest & Back



Date/Week						
Super Set -Chest Press 3X10 -Reverse Fly 3X10	_____	_____	_____	_____	_____	_____
Super Set -Chest Fly 3X10 -Rows 3X10	_____	_____	_____	_____	_____	_____
Single Set -Push Up 3X30sec.	_____	_____	_____	_____	_____	_____
CORE -Reaching Sit up 3X30 sec. -Side Reaches 3X30sec.	_____	_____	_____	_____	_____	_____



Legs LIIFT 50/50



Date/Week						
Super Set -Front Load Squat 3X10 -Deadlift 3X10	_____	_____	_____	_____	_____	_____
Super Set -Goblet Sumo Squat 3X10 -Calf Raises 3X10	_____	_____	_____	_____	_____	_____
HIIT -Soccer Run 3X30sec. -Square Squats 3X30sec.	_____	_____	_____	_____	_____	_____
CORE -Side Plank 3X30sec. each side	_____	_____	_____	_____	_____	_____



Shoulders/Arms/LIIFT



Date/Week						
Super Set -Shoulders Press 3X10 -Catchers 3X30sec	_____	_____	_____	_____	_____	_____
Super Set -Biceps Curl 3X10 -Squat Jumps 3X30sec.	_____	_____	_____	_____	_____	_____
Super Set -Triceps Kickback 3X10 -Wide Montain 3X30sec.	_____	_____	_____	_____	_____	_____
CORE -Prayer Crunches 3X30sec. -Windshield Whipper 3X30sec.	_____	_____	_____	_____	_____	_____