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|                |       | WE     | EK 1      |         | WE     | EK 2 |      | WE     | EK 3 |      | WE     | EK 4     |       | WE     | EK 5     |      | WE     | EK 6  |          |
|----------------|-------|--------|-----------|---------|--------|------|------|--------|------|------|--------|----------|-------|--------|----------|------|--------|-------|----------|
| DAY 1          |       | Date:  |           |         | Date:  |      |      | Date:  |      |      | Date:  |          |       | Date:  |          |      | Date:  |       |          |
| EXERCISE       | Seat  | Weight | Goal      | Reps    | Weight | Goal | Reps | Weight | Goal | Reps | Weight | Goal     | Reps  | Weight | Goal     | Reps | Weight | Goal  | Rep      |
| Back Squat     |       |        | 6         |         |        | 6    |      |        | 6    |      |        | 5        |       |        | 5        |      |        | 5     |          |
| Front Squat    |       |        | 5         |         |        | 5    |      |        | 5    |      |        | 5        |       |        | 5        |      |        | 5     |          |
| Leg Press      |       |        |           |         |        | 5    |      |        | 5    |      |        |          |       |        | 5        |      |        |       |          |
|                |       |        | l         |         |        |      |      | JSIF.  |      |      |        | <u> </u> |       |        | <u> </u> | 1    |        | 1     |          |
| RDL            |       |        | 6         |         |        | 6    |      |        | 6    |      |        | 6        |       |        | 6        |      |        | 6     |          |
| Hamstring curl | CBB.  |        | 6         |         |        | 6    |      |        | 6    |      | W///   | 6        | 20,55 | 4      | 6        |      | 7.17   | 6     |          |
| Glute Ham      | 152   | 2/1/2  | $\lambda$ | 7       | 21     | 6    |      |        | 6    |      | 1606   |          |       | 59     | 6        |      | 1      | 10.00 |          |
| Lunge          |       |        | 8         | and for |        | 8    | 1    |        | 8    |      | 54     | 8        | 4     |        | 8        |      |        | 8     | _        |
| Split Squat    | 16 01 |        | 8         |         |        | 8    |      |        | 8    |      |        | 8        |       |        | 6        |      |        | 6     | $\vdash$ |
| Leg Ext/Curl   |       |        |           |         | DV T   |      |      |        | 6    | 15.2 | 7 8    | 6        | 1.    | Wyd \  | 6        |      |        |       |          |
|                |       |        |           |         |        |      |      |        |      |      |        |          |       |        |          |      |        |       |          |
| Adduction      |       |        | 10        |         |        | 10   |      | -NIO   | 10   |      |        | 10       |       |        | 10       |      |        | 10    |          |
| ss/w Abduction |       |        | 10        |         |        | 10   |      |        | 10   |      |        | 10       |       |        | 10       |      |        | 10    | <u> </u> |
| Seated Calf    |       |        | 15        |         |        | 15   |      |        | 15   |      |        | 12       |       |        | 10       | ı    |        | 10    | Г        |
|                |       |        | 10        |         |        | 12   |      |        | 12   |      |        | 10       |       |        | 10       |      |        | 10    |          |
| Abs            | 1     |        | l         |         |        | ı    | 1    |        |      |      |        | l        |       |        | 1        | 1    |        | 1     | _        |
| Ankle          |       |        |           |         |        |      |      |        |      |      |        |          |       |        |          |      |        |       | $\vdash$ |
| Low Back       |       |        |           |         |        |      |      |        |      |      |        |          |       |        |          |      |        |       | <b>†</b> |

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|                  |            | WEI      | EK 1 |      | WE     | EK 2  |      | WE     | EK 3  |      | WE     | EK 4  |       | WE      | EK 5 |      | WE     | EEK 6    |    |
|------------------|------------|----------|------|------|--------|-------|------|--------|-------|------|--------|-------|-------|---------|------|------|--------|----------|----|
| <b>′</b> 2       |            | Date:    |      |      | Date:  |       |      | Date:  |       |      | Date:  |       |       | Date:   |      |      | Date:  |          |    |
| EXERCISE         | Seat       | Weight   | Goal | Reps | Weight | Goal  | Reps | Weight | Goal  | Reps | Weight | Goal  | Reps  | Weight  | Goal | Reps | Weight | Goal     | Re |
| BB Bench         |            |          | 10   |      |        | 10    |      |        | 10    |      |        | 10    |       |         | 8    |      |        | 8        | П  |
| DB Bench         |            |          | 8    |      |        | 8     |      |        | 8     |      |        | 8     |       |         | 8    |      |        | 8        | П  |
| Machine Bench    | -          |          |      |      |        | 8     |      |        | 8     |      |        |       |       |         | 8    |      |        |          | F  |
|                  |            |          |      |      |        |       |      |        |       |      |        |       |       |         |      |      |        |          | _  |
| Hammer Row       |            |          | 8    |      |        | 8     |      |        | 8     |      |        | 8     |       |         | 8    |      |        | 8        |    |
| TRX Inverted Row |            |          | 8    |      |        | 8     |      |        | 8     |      |        | 8 max |       |         | 8    |      |        | 8        | ┸  |
| Recline Row      | C.56       |          |      |      |        | 8 max |      |        | 8 max |      | N. A   | 75    | 7 A45 | CS-0-4/ | 8    | -    | Z 17 I | -        | L  |
| DB Incline       |            | 2060     | 10   | A I  | 61/4   | 10    |      |        | 10    | l cu | 200    | 10    |       | 20      | 10   | п    | - 1-1  | 10       | Т  |
| BB Incline       | X(2,3) (.) | 3 1 1    | 10   |      | 3 6    | 10    |      |        | 10    | 1 1  | Y 1    | 10    | 1 87  | Day 11/ | 8    |      | 1 1    | 8        | Т  |
| Machine Incline  | 122        | $MM^{-}$ |      | 4    |        | 8     |      |        | 8     |      | 1      |       | (A)   | 87.1.3  | 8    | 4    | N 2.   | - mineri | L  |
| Chin-ups         |            |          | max  | ed/  |        | max   |      |        | max   |      |        | max   |       | - 3V    | max  | U-   |        | max      | Т  |
| Pulldown         | /52/       |          | max  |      |        | max   |      |        | max   |      | 1 8    | V     | 141   | rige \  | max  |      | 1 67   |          | L  |
| Push-ups         |            |          | 15   | 1    |        | 15    |      |        | 15    |      |        | 12    | 1     |         | 12   | 1    |        | 12       | Т  |
| •                |            |          | 10   |      | i e    | 12    |      | · NV   | 12    |      |        | 10    |       |         | 10   |      |        | 10       | T  |
|                  |            |          |      |      |        | 10    |      |        | 10    |      |        |       |       |         | 10   |      |        |          | I  |
| Abs              | T          |          |      | l    |        | l     |      |        |       |      |        |       |       |         | l l  |      |        | I        | Т  |
| Ankle            |            |          |      |      | 1      |       |      |        |       |      |        |       |       |         | 1    |      |        | 1        | Т  |
| Low Back         |            |          |      |      |        |       |      |        |       |      |        |       |       |         |      |      |        |          | Т  |

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|                   |         | WE     | EK 1 |      | WE     | EK 2 |      | WE     | EK 3 |      | WE      | EK 4 |        | WE       | EK 5 |      | WE      | EK 6    |    |
|-------------------|---------|--------|------|------|--------|------|------|--------|------|------|---------|------|--------|----------|------|------|---------|---------|----|
| 3                 |         | Date:  |      |      | Date:  |      |      | Date:  |      |      | Date:   |      |        | Date:    |      |      | Date:   |         |    |
| EXERCISE          | Seat    | Weight | Goal | Reps | Weight | Goal | Reps | Weight | Goal | Reps | Weight  | Goal | Reps   | Weight   | Goal | Reps | Weight  | Goal    | Re |
| Back Squat        | T       |        | 6    |      |        | 6    |      |        | 6    |      |         | 5    |        |          | 5    |      |         | 5       | Г  |
| Front Squat       |         |        | 5    |      |        | 5    |      |        | 5    |      |         | 5    |        |          | 5    |      |         | 5       | Г  |
| Leg Press         | +       |        |      |      |        | 5    |      |        | 5    |      |         |      |        |          | 5    |      |         |         | F  |
|                   |         |        |      |      |        |      |      |        |      |      |         |      |        |          |      |      |         |         | Ξ  |
| RDL               |         |        | 6    |      |        | 6    |      |        | 6    |      |         | 6    |        |          | 6    |      |         | 6       | L  |
| Hamstring Curl    |         |        | 6    |      |        | 6    |      |        | 6    |      |         | 6    |        |          | 6    |      |         | 6       | Ļ  |
| Glute Ham         | 5000    |        |      |      | 100    | 6    |      |        | 6    |      | - N. 7  | DX I | 17.200 | Mercen 1 | 6    |      | Z. 17 I |         | L  |
| Lunge             | E 3     | 41/6/  | 8    | 74   | 101/6  | 8    |      |        | 8    | lo   | On to I | 8    |        | 75       | 8    | 'n   |         | 8       | Γ  |
| Split Squat       | 11:38 / | 17/    | 8    |      |        | 8    |      |        | 8    |      | 1       | 8    | V. B   | 1        | 6    | 1    | Y.      | 6       |    |
| Leg Ext/Curl      | 98/     |        | +1   | 44   |        | H    |      |        | 6    |      |         | 6    | C)     | 677      | 6    | 9    | 100     | -mbatta | L  |
| Hammer/TRX Row    |         |        | max  | 3//  |        | max  |      |        | max  |      |         | max  |        |          | max  | Ų-   | 1 3     | max     | Г  |
| Pulldown/Chin-Ups | 198/    |        | max  | Щ    |        | max  |      |        | max  |      | 1       | 1    | 100    | Wille    | max  |      |         |         | Ī  |
| DB Shoulder Press | T       |        | 10   | Ι Ι  |        | 10   |      |        | 10   |      |         | 10   |        |          | 10   |      |         | 10      | Г  |
| BB Shoulder Press |         |        | 10   |      |        | 10   |      |        | 10   |      |         | 10   |        |          | 8    |      |         | 8       | Γ  |
|                   |         |        |      |      |        | 8    |      |        | 8    |      |         |      |        |          | 8    |      |         |         | L  |
| Abs               |         |        |      |      |        | 1    |      |        |      |      |         | 1    |        |          |      |      |         |         | Т  |
| Ankle             |         |        |      |      |        |      |      |        |      |      |         |      |        |          |      |      |         |         | Γ  |
|                   | $\neg$  |        |      |      |        |      |      |        |      |      |         |      |        |          |      |      |         |         | г  |

# FRESHMAN Name:\_\_\_\_\_

|                | _    | WE     | EK 1     |      | WE     | EK 2     |      | WE     | EK 3     |      | WE        | EK 4     |          | WE      | EK 5     |         | WE     | EK 6     |        |
|----------------|------|--------|----------|------|--------|----------|------|--------|----------|------|-----------|----------|----------|---------|----------|---------|--------|----------|--------|
| AY 1           |      | Date:  |          |      | Date:  |          |      | Date:  |          |      | Date:     |          |          | Date:   |          |         | Date:  |          |        |
| EXERCISE       | Seat | Weight | Goal     | Reps | Weight | Goal     | Reps | Weight | Goal     | Reps | Weight    | Goal     | Reps     | Weight  | Goal     | Reps    | Weight | Goal     | Rep    |
| Back Squat     |      |        | 12       |      |        | 12       |      |        | 12       |      |           | 12       |          |         | 12       |         |        | 10       |        |
| Front Squat    |      |        |          |      |        | 12       |      |        | 12       |      |           | 10       |          |         | 10       |         |        | 10       |        |
|                |      |        |          |      |        |          |      |        | 12       |      |           | 8        |          |         | 10       |         |        |          |        |
| RDL            |      |        | 10       | l 1  |        | 10       |      |        | 10       |      |           | 10       | 1        | 1       | 10       |         |        | 10       |        |
| ''             |      |        |          |      |        | 10       |      |        | 10       |      |           | 8        |          |         | 8        |         |        | 8        | t      |
|                |      |        |          |      |        |          |      |        | 8        |      |           |          |          |         | 8        |         |        |          |        |
| DB Bench       |      |        | 8        |      |        | 8        |      |        | 8        |      |           | 8        |          |         | 8        |         |        | 6        | Т      |
|                | 2    |        | 7 0      |      |        | 8        |      |        | 8        |      |           | 6        | 3        |         | 6        |         | 7 77   | 6        |        |
|                | 5 /  |        | Н        |      |        |          |      |        | 8        | 4    | - 1 1 · A | 6        | WW.      | S10 3 A | 6        |         |        | 6        |        |
| Hammer Row     |      | 3 ( )  | 10       |      | 3 4    | 10       |      |        | 10       |      |           | 10       | 78       |         | 10       | -       | 1 -7   | 10       |        |
|                |      |        |          |      | V V    | 10       |      |        | 10       |      | 100       | 8        | 1/4      | 9301    | 10       | (M) " \ | 1.0    | 8        | ــــــ |
|                | 7    | TA Ke  |          | 9    | -4/4   | 111      | H    | -      | 10 max   |      | - 1 i     | 8 max    | / /      |         | 8        | +       | 1      | 1        |        |
| Post Delt      |      | \- \   | 10       | 2.11 | \ \\   | 10       |      |        | 10       |      | 100       | 10       |          | 7 4 1   | 10       |         | 100    | 10       |        |
| Sheet 1 / Con- | 41.7 | H = V  |          | 711  | n/     | 10       |      |        | 10       | 4-1  | 2/ 1/9    | 10       |          | 10.00   | 10       |         | 6 200  | 10       |        |
| 977            | V    |        |          |      | إلىالا |          |      |        | 10       | - V  | / 10      | /        |          | 34      | 10       | my of   | 10     | 9-1-9    | _      |
| Abduction      |      |        | 12       |      |        | 12       |      |        | 12       |      |           | 12       |          |         | 10       |         |        | 10       | Т      |
|                | _    |        |          |      |        | 10       |      | LVIA.  | 10       |      |           |          |          | l       | 10       |         |        |          | Щ      |
| Adduction      |      |        | 12       |      |        | 12       |      |        | 12       |      |           | 12       |          |         | 10       |         |        | 10       | П      |
|                |      |        | <u> </u> |      |        | 10       |      |        | 10       |      |           |          |          | l       | 10       |         |        | <u> </u> |        |
| Abs            |      |        |          |      |        |          |      |        |          |      |           |          |          |         |          |         |        |          | П      |
| Ankle          |      |        | <u> </u> |      |        | <u> </u> |      |        | <u> </u> |      |           | <u> </u> | <u> </u> |         | <u> </u> | 1       |        | <u> </u> | ₩      |
| Low Back       | _    |        |          |      |        |          |      |        |          |      |           |          |          |         |          |         |        |          |        |
| Notes/Extra    |      |        |          |      |        |          |      |        |          |      |           |          |          |         |          |         |        |          |        |

# FRESHMAN Name:\_\_\_\_\_

|                     |       | WE     | EK 1          |      | WE     | EK 2     |      |             | EK 3   |        | WE       | EK 4   |          | WE        | EK 5 |       | WE     | EK 6     |    |
|---------------------|-------|--------|---------------|------|--------|----------|------|-------------|--------|--------|----------|--|----------|-----------|------|-------|--------|----------|----|
| Y 2                 |       | Date:  |               |      | Date:  |          |      | Date:       |        |        | Date:    |  |          | Date:     |      |       | Date:  |          |    |
| EXERCISE            | Seat  | Weight | Goal          | Reps | Weight | Goal     | Reps | Weight      | Goal   | Reps   | Weight   | Goal   | Reps     | Weight    | Goal | Reps  | Weight | Goal     | Re |
| Goblet Squat        |       |        | 10            |      |        | 10       |      |             | 10     |        |          | 10   |          |           | 10   |       |        | 8        |    |
|                     |       |        |               |      |        | 10       |      |             | 10     |        |          | 8  |          |           | 8    |       |        | 8        |    |
|                     | _     |        |               |      |        |          |      |             | 8      |        |          |  |          |           | 8    |       |        |          | ↓  |
|                     |       |        |               |      |        |          |      |             |        |        |          |  |          |           |      |       |        |          | ㅗ  |
| 3-Way TRX Hamstring | T     |        | 8             |      |        | 8        |      |             | 8      |        |          | 8  | 1        |           | 8    | 1     |        | 8        | Т  |
| o may makinamating  | 1     |        | Ť             |      |        | 8        |      | - 1 - 2 / 1 | 8      |        |          | 6  |          |           | 6    |       |        | 6        | 十  |
|                     |       |        |               |      |        |          | N/P  |             | 6      |        |          |  |          |           | 6    |       |        |          |    |
| DD Chaulder Dress   | 1     |        | 1 10          | 1    |        | 10       |      | - 1         | 10     |        |          | 10   | 1        |           | 10   | ı     |        | 10       | _  |
| DB Shoulder Press   |       |        | 10            |      |        | 10       |      |             | 10     | 1      | V) - 7   | 10   | - C      |           | 10   |       |        | 10       | ┿  |
|                     | 10    |        | $\rightarrow$ |      | X      | 10       |      |             | 10     | -/-    | 111/     | 8  | CY7      | SECTION A | 8    |       |        | 8        | ┿  |
|                     |       | OK A   |               |      | 13 V 9 |          |      | _           | 10     | 7 1900 |          | (100)  |          | 377       | 0    |       |        |          | _  |
| Pulldown            | 000   |        | 10            |      | V V    | 10       |      |             | 10     |        | 1 13     | 10   | 1/6      | M4 17     | 10   | 00    |        | 10       | Т  |
| Chin-ups            | 3 5   | 11/1/6 | 1/4           | 44   |        | 10       |      |             | 10     |        | 1) / 1/2 | 8  | - V53    | 4044      | 8    | 11111 | 3 75   | 8        |    |
|                     |       | _      | II.           | Ш    | -/     | III SE   |      |             | 10 Max |        | 444      | 8 max  | /45      |           | 8    | η.    |        |          | ㅗ  |
| Push-ups            |       |        | 15            |      |        | 15       |      |             | 15     | 4      |          | 15   |          | 1000      | 15   |       | 3 50   | 12       | Т  |
|                     | V- 24 |        | 1.0           |      |        | 15       |      |             | 15     |        | / 8      | 12   |          | 77        | 12   | 77    | 8)     | 10       | t  |
|                     |       |        |               |      |        |          |      |             | 12     | 7      |          |  |          |           | 10   |       |        |          |    |
| Renegade Row        | 1     |        | 10            | 1    |        | 10       |      | r NG        | 10     |        |          | 10   | 1        |           | 10   | 1     |        | 8        | _  |
| Tieriegade Tiow     | +     |        | 10            |      |        | 10       |      |             | 10     |        |          | 8  | 1        |           | 8    | 1     |        | 8        | 十  |
|                     |       |        |               |      |        | 10       |      |             | 10     |        |          | Ŭ  |          |           | 8    |       |        | Ŭ        | t  |
|                     |       | _      |               |      |        |          |      |             |        |        |          |  |          | _         |      |       |        |          | _  |
| 3-Way Weighted Calf |       |        | 10e           |      |        | 10e      |      |             | 10e    |        |          | 10e  |          |           | 10E  |       |        | 10E      | L  |
| 45 degree back      | Т     |        | 15            |      |        | 15       |      |             | 15     |        |          | 15   | 1        |           | 15   |       |        | 15       | Т  |
|                     |       |        |               |      |        |          |      |             |        |        |          |  |          |           |      |       |        |          |    |
| Abs                 |       |        |               |      |        |          |      |             |        |        |          |  |          |           |      |       |        |          | Į  |
| Ankle               | 1-    |        | <u> </u>      |      |        | <u> </u> |      |             | -      |        |          | <del>                                     </del> | <b>_</b> |           | -    | 1     |        | <b>!</b> | +  |
| Low Back            | -     |        | i .           |      |        |          |      |             |        |        |          | <u> </u>   | 1        |           |      | J     |        | 1        | _  |
| Notes/Extra         |       |        |               |      |        |          |      |             |        |        |          |  |          |           |      |       |        |          |    |
| 1 totoo, Extra      | 1     |        |               |      |        |          |      |             |        |        |          |  |          |           |      |       |        |          |    |

# DISTANCE Name:\_\_\_\_\_

|     | WE      | EK 1          |                           | WE  | EK 2  |  | WE            | EK 3   |                                 | WE  | EK 4  |   | WE   | EK 5   |  | WE   | EK 6   |  |
|-----|---------|---------------|---------------------------|---|---|--|---------------|--|---------------------------------|---|---|---|--|--|--|--|--|--|
|     | Date:   |               |                           | Date:   |   |  | Date:         |  |                                 | Date:   |   |   | Date:  |  |  | Date:  |  |  |
| eat | Weight  | Goal          | Reps                      | Weight  | Goal  | Reps   | Weight        | Goal   | Reps                            | Weight  | Goal  | Reps  | Weight   | Goal   | Reps   | Weight   | Goal   | Rep  |
|     |         | 12            |                           |   | 12  |  |               | 12   |                                 |   | 12  |   |  | 12   |  |  | 10   |  |
| T   |         |               |                           |   | 12  |  |               | 12   |                                 |   | 10  |   |  | 10   |  |  | 8  |  |
|     |         |               |                           |   |   |  |               | 12   |                                 |   | 8   |   |  | 8  |  |  |  |  |
|     |         |               |                           |   |   |  |               |  |                                 |   |   |   |  |  |  |  |  |  |
|     |         |               |                           |   | 1.0   |  |               |  | _                               |   |   |   |  |  |  |  |  |  |
|     |         | 10            |                           |   |   |  |               |  |                                 |   |   |   |  |  |  |  |  | -  |
| -   |         | _             |                           |   | 10  |  |               |  |                                 |   |   | 25.50   |  |  |  |  | 8  | -  |
| 1   |         | $\rightarrow$ |                           |   |   |  |               | 8  |                                 |   | 8   |   | CGG CA   | 8  |  |  | 111  | Ь.   |
| 3 1 |         | 8             |                           |   | - 8   |  |               | 8  |                                 |   | 8   | 7 8   | Had had  | 8  |  |  | 8  |  |
| 3 / | 1/ 1/4  | 4/1           | 43 D                      | 4//   |   |  |               |  |                                 | 77 178  |   | No.   |  |  |  | 10   |  |  |
| 71  | V 100 V | 1/1/          |                           | V   |   |  |               |  |                                 | 1 4 4   |   |   | 1 3 1/2  |  |  |  |  | H  |
| 3// | n. /    |               | 711                       |   |   |  |               |  | \$5.7                           | . 2) 8  | 1/1   | 1.  | wind \   | · 6  | na (Carlor)  | \$ 8°E   |  | •  |
|     |         | 10            |                           |   | 10  |  |               | 10   | 7                               |   | 10  |   |  | 10   |  |  | 10   |  |
|     |         |               |                           |   | 10  |  |               | 10   |                                 |   | 8   |   |  |  |  |  | 8  |  |
|     |         |               |                           |   |   |  | LNV.          | 10 max   |                                 |   | 8 max   |   |  | 8  |  |  |  |  |
|     |         |               |                           |   | 1   |  |               |  |                                 |   |   |   |  |  |  |  |  | _  |
| _   |         | 10            | -                         |   |   |  |               |  |                                 |   |   |   |  |  |  |  |  | ₩  |
| -   |         | -             |                           |   | 10  |  |               |  |                                 |   | 10  |   |  |  |  |  | 8  | ₩  |
|     |         |               |                           |   |   |  |               | 10   |                                 |   |   |   |  | 8  |  |  |  | <u> </u>   |
|     |         |               |                           |   | 1   |  |               |  |                                 |   |   |   |  |  |  |  |  | Г  |
|     |         |               |                           |   |   |  |               |  |                                 |   |   |   |  |  |  |  |  |  |
|     |         |               |                           |   | +   | -  |               |  |                                 |   |   |   |  |  | 1  |  |  | 1  |
|     | _       | Date:         | Date: Weight Goal 12 10 8 | Date:  eat Weight Goal Reps  12  10  10  10  10 | Date: Date: eat Weight Goal Reps Weight  12  10  10  10  10  10  10  10  10  10 | Date:         Date:           eat         Weight         Goal         Reps         Weight         Goal           12         12         12         12           10         10         10           10         10         10           10         10         10           10         10         10           10         10         10           10         10         10 | Date:   Date: | Date:   Date | Date:   Date:   Date:     Date: | Date:         Date:         Date:           eat         Weight         Goal         Reps         Weight         Goal         Reps         Weight         Goal         Reps           12 | Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Weight         Goal         Reps         Weight         Goal         Reps         Weight         Height         Reps         Weight         Goal         Reps         Weight         Height         Heigh | Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Rep | Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Weight         Goal         Reps         Weight         Goal         Reps           12         12         12         12         12         10           10         10         10         10         8           8         8         8         8         8           8         8         8         6           10         10         10         10         10           10         10         10         8         8           8         8         8         6         6 | Date:         Date: <th< td=""><td>Date:         Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Reps</td><td>Date:         Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Heps         Heps<!--</td--><td>Date:         Date:         <th< td=""><td>  Date:   Date</td></th<></td></td></th<> | Date:         Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Reps | Date:         Date:         Date:         Date:         Date:           eat         Weight         Goal         Reps         Heps         Heps </td <td>Date:         Date:         <th< td=""><td>  Date:   Date</td></th<></td> | Date:         Date: <th< td=""><td>  Date:   Date</td></th<> | Date:   Date |

#### DISTANCE Name:\_\_\_\_\_

|                        |      | WE     | EEK 1         |      | WE      | EK 2     |           | WE     | EK 3   |          | WE      | EK 4     |        | WE     | EK 5     |           | WE      | EK 6     |           |
|------------------------|------|--------|---------------|------|---------|----------|-----------|--------|--------|----------|---------|----------|--------|--------|----------|-----------|---------|----------|-----------|
| AY 2                   |      | Date:  |               |      | Date:   |          |           | Date:  |        |          | Date:   |          |        | Date:  |          |           | Date:   |          |           |
| EXERCISE               | Seat | Weight | Goal          | Reps | Weight  | Goal     | Reps      | Weight | Goal   | Reps     | Weight  | Goal     | Reps   | Weight | Goal     | Reps      | Weight  | Goal     | Reps      |
| 3-Way Lunge            |      |        | 10            |      |         | 10       |           |        | 10     |          |         | 10       |        |        | 10       |           |         | 10       |           |
| Hammer Ab/Adduction    |      |        |               |      |         | 10       |           |        | 10     |          |         | 8        |        |        | 8        |           |         | 8        |           |
| Walking Lunge          |      |        |               |      |         |          |           |        | 10     |          |         | 8        |        |        | 8        |           |         |          | ₩         |
|                        |      |        | 1             |      |         | <u> </u> |           |        |        | <u> </u> |         |          |        |        |          | ļ.        |         | <u> </u> | —         |
| TRX Leg Curl           |      |        | 8             |      |         | 8        |           |        | 8      |          |         | 8        |        |        | 8        |           |         | 8        | Т         |
| RDL x 10               |      |        |               |      |         | 8        |           |        | 8      |          |         | 6        |        |        | 6        |           |         | 6        |           |
|                        |      |        |               |      |         |          |           | JUIK'Y | 8      |          |         |          |        |        | 6        |           |         |          |           |
| DB Shoulder Press      |      | 1      | 10            |      | _       | 10       |           |        | 10     |          | 1       | 10       |        | 1      | 10       | 1         |         | 10       | _         |
| BB Shoulder Press      |      | 7.1    | 10            |      | - 7.1   | 10       |           |        | 10     | 179      | W 1 7 7 | 8        | ON USA |        | 8        |           | 7-7-7   | 8        | +-        |
| Machine Shoulder Press | 3    |        | $\rightarrow$ |      | 1       | 10       |           |        | 10     | /        | -4-4    | 0        | AND A  | 370W   | 8        | -         |         | 0        | +-        |
| Machine Shoulder Fless | 3 1  | 0.767  |               |      | ( ) / L |          |           |        | 10     | Jose     | Lan L   |          |        |        | 0        |           | - 1-1   |          |           |
| Pulldown               | 3 1  |        | 10            |      |         | 10       |           |        | 10     |          | X A     | 10       | 1. 17  | 100 m  | 10       |           | 1 1     | 10       | Т         |
| Chin-ups               | 2    |        |               |      |         | 10       |           |        | 10     |          | 1/1/3   | 8        | 1 (4)  | 53.1.3 | 8        | J         | 10 0    | 8        | Ī         |
| 93 4 175 / 174 9       | Ġ.   | -W Y   |               | 77   | 4//     | 46       |           |        | 10 max |          | 1 1     | 8 max    | 21/2   | 1 100  | 8        | 1         | 10      | - 346    |           |
| Push-ups               |      | 1.     | 15            | 4    |         | 15       |           |        | 15     |          | 4 4     | 15       |        | 3 V    | 15       |           |         | 12       | т—        |
| i usii-ups             | -4-  | H. /   | 13            |      |         | 15       |           |        | 15     |          | 77 1 78 | 12       |        |        | 12       |           | 1 1 100 | 10       | +-        |
|                        |      |        |               |      |         | 13       |           |        | 12     | 77       |         | 12       |        | 749    | 10       | $\square$ |         | 10       | $\dagger$ |
|                        |      |        |               |      |         |          | $\lambda$ |        |        |          |         |          |        |        |          |           |         |          |           |
| Renegade Row           |      |        | 10            |      |         | 10       |           |        | 10     |          |         | 10       |        |        | 10       |           |         | 10       |           |
|                        |      |        | 1             |      |         | 10       |           |        | 10     |          |         | 8        |        |        | 8        |           |         | 8        | _         |
|                        |      |        |               |      |         |          |           |        | 10     |          |         |          |        |        | 8        |           |         |          |           |
| 3-Way Weighted Calf    |      |        | 10e           |      |         | 10e      |           |        | 10e    |          |         | 10e      |        |        | 10E      |           |         | 10E      | Ţ         |
| 45 Degree Back         |      |        | 15            |      |         | 15       |           | ĭ      | 15     |          |         | 15       |        |        | 15       |           |         | 15       | Т         |
|                        |      |        |               |      |         |          |           |        |        |          |         |          |        |        |          |           |         |          |           |
| Abs                    |      |        |               |      |         |          |           |        |        |          |         |          |        |        |          |           |         |          |           |
| Ankle                  |      |        |               |      |         |          |           |        |        |          |         |          |        |        |          |           |         |          |           |
| Low Back               |      |        |               |      |         | <u> </u> |           |        |        | l        |         | <u> </u> |        |        | <u> </u> | <u> </u>  |         | <u> </u> | <u> —</u> |
| Notes/Extra            |      |        |               |      |         |          |           |        |        |          |         |          |        |        |          |           |         |          |           |

|                  |          | WE     | EK 1          |       | WE                 | EK 2 |      | WE     | EK 3 |      | WE     | EK 4     |          | WE       | EK 5 |       | WE     | EK 6     |          |
|------------------|----------|--------|---------------|-------|--------------------|------|------|--------|------|------|--------|----------|----------|----------|------|-------|--------|----------|----------|
| DAY 1            |          | Date:  |               |       | Date:              |      |      | Date:  |      |      | Date:  |          |          | Date:    |      |       | Date:  |          |          |
| EXERCISE         | Seat     | Weight | Goal          | Reps  | Weight             | Goal | Reps | Weight | Goal | Reps | Weight | Goal     | Reps     | Weight   | Goal | Reps  | Weight | Goal     | Reps     |
| Clean Pull ss w/ |          |        | 3             |       |                    | 3    |      |        | 3    |      |        | 3        |          |          | 3    |       |        | 3        |          |
| MB Thruster      |          |        | 3             |       |                    | 3    |      |        | 3    |      |        | 3        |          |          | 3    |       |        | 3        |          |
|                  |          |        |               |       |                    |      |      |        | 3    |      |        |          |          |          | 3    |       |        |          |          |
| Back Squat       |          |        | 6             |       |                    | 6    |      | AIEL   | 6    |      |        | 5        |          |          | 5    |       |        | 5        |          |
| Front Squat      |          |        | 5             |       |                    | 5    | 5    |        | 5    |      |        | 5        |          |          | 5    |       |        | 5        |          |
| Leg Press        | 3        |        | 7.0           |       |                    | 5    |      |        | 5    | 1/3  |        | m        | 258      | Market 1 | 5    |       | 7.17   |          |          |
|                  | 3 /      |        | $\rightarrow$ |       |                    |      |      |        | A =  |      |        | 74       |          |          | 1    | Je    | 13 2   | 13       | _        |
| RDL              | 3/       | 1 /10  | 6             | 19 h  | $\Delta / \Lambda$ | 6    |      |        | 6    |      | . 77   | 6        | NY:      | 101      | 6    | TUT   | 1 3    | 6        |          |
| Hamstring curl   | 41       | 1. 1.  | 6             | 5 ] [ | 100                | 6    |      |        | 6    |      | 1.4    | 6        |          | 4        | 6    |       | V      | 6        |          |
| Glute Ham        | 3/4      |        |               |       |                    | 6    |      |        | 6    | 100  | 1 8    | 1        | 14.      | Gy e     | 6    | TO SE |        |          |          |
| Lunge            |          |        | 8             |       |                    | 8    | À    | - NIG  | 8    |      |        | 8        | l        |          | 8    |       |        | 8        |          |
| Split Squat      |          |        | 8             |       |                    | 8    |      |        | 8    |      |        | 8        |          |          | 6    |       |        | 6        |          |
| Leg Ext/Curl     |          |        |               |       |                    |      |      |        | 6    |      |        | 6        |          |          | 6    |       |        |          |          |
| Adduction        |          |        | 10            |       |                    | 10   |      |        | 10   |      |        | 10       | ı        |          | 10   |       |        | 10       |          |
| ss/w Abduction   |          |        | 10            |       |                    | 10   |      |        | 10   |      |        | 10       |          |          | 10   |       |        | 10       |          |
| Seated Calf      |          |        | 15            |       |                    | 15   |      |        | 15   |      |        | 12       | 1        |          | 10   | 1     |        | 10       |          |
| Seated Call      |          |        | 10            |       |                    | 12   |      |        | 12   |      |        | 10       |          |          | 10   |       |        | 10       |          |
|                  |          |        |               |       | 1                  |      |      |        |      |      |        |          |          |          |      |       |        |          |          |
| Abs              |          |        |               |       |                    |      |      |        |      |      |        |          |          |          |      |       |        |          |          |
| Ankle            |          |        |               |       |                    |      |      |        |      |      |        | <b> </b> |          |          |      |       |        | ļ        | <u> </u> |
| Low Back         | $\vdash$ |        | <u> </u>      |       |                    |      |      |        |      |      |        |          | <u> </u> |          | 1    |       |        | <u> </u> | Щ        |
| Notes/Extra      |          |        |               |       |                    |      |      |        |      |      |        |          |          |          |      |       |        |          |          |

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|                      |            | WE     | EK 1       |      | WEEK 2      |            |        | WEEK 3 |      |      | WEEK 4 |      |        | WEEK 5 |      |                 | WEEK 6 |      |          |
|----------------------|------------|--------|------------|------|-------------|------------|--------|--------|------|------|--------|------|--------|--------|------|-----------------|--------|------|----------|
| DAY 2                |            | Date:  |            |      | Date:       |            |        | Date:  |      |      | Date:  |      |        | Date:  |      |                 | Date:  |      |          |
| EXERCISE             | Seat       | Weight | Goal       | Reps | Weight      | Goal       | Reps   | Weight | Goal | Reps | Weight | Goal | Reps   | Weight | Goal | Reps            | Weight | Goal | Reps     |
| High Pull ss w/      |            |        | 3          |      |             | 3          |        |        | 3    |      |        | 3    |        |        | 3    |                 |        | 3    |          |
| Broad Jumps          |            |        | 3          |      |             | 3          |        |        | 3    |      |        | 3    |        |        | 3    |                 |        | 3    |          |
|                      |            |        |            |      |             | 3          |        |        | 3    |      |        |      |        |        | 3    |                 |        |      |          |
| BB Bench             |            |        | 10         |      |             | 10         | NB.    | J5/5/  | 10   |      |        | 10   |        |        | 8    |                 |        | 8    |          |
| DB Bench             |            |        | 8          |      |             | 8          |        |        | 8    |      |        | 8    |        |        | 8    |                 |        | 8    |          |
| Machine Bench        | 3          |        |            |      |             | 8          |        |        | 8    | 1/2  |        | 1970 | 27,529 |        | 8    |                 | 7.17   |      |          |
|                      | 3 /        | PK4    | A          | 4 1  |             |            |        | _      | A E  | -    | 201    |      |        | 22     | V de |                 | 10     |      |          |
| DB Incline           | <b>a</b> / |        | 10         | 10   |             | 10         |        |        | 10   |      |        | 10   | A      |        | 10   |                 |        | 10   |          |
| BB Incline           | 4/         | 1000   | 10         | 3.17 | . \ ' - \ \ | 10         |        |        | 10   |      | 1.71   | 10   |        | 431    | 8    | $U \rightarrow$ | 1 -    | 8    |          |
| Machine Incline      | 3/         |        |            |      |             | 8          |        |        | 8    | N    | 7 8    | 1    | 100    | wyo'   | 8    | 21/7            | 8 82   |      |          |
| Chia was             |            |        |            |      | _           |            | $\sim$ |        |      |      |        |      |        | _      | I    |                 |        | I    | _        |
| Chin-ups<br>Pulldown |            |        | max<br>max |      |             | max<br>max |        |        | max  |      |        | max  |        |        | max  |                 |        | max  | $\vdash$ |
| - undown             |            |        | max        |      |             | max        |        |        | max  |      |        |      |        |        | max  |                 |        |      | _        |
| Push-ups             |            |        | 15         |      |             | 15         |        |        | 15   |      |        | 12   |        |        | 12   |                 |        | 12   |          |
|                      |            |        | 10         |      |             | 12         |        |        | 12   |      |        | 10   |        |        | 10   |                 |        | 10   |          |
|                      |            |        |            |      |             | 10         |        |        | 10   |      |        |      |        |        | 10   |                 |        |      |          |
| Abs                  | 1          |        |            |      |             |            |        |        |      |      |        |      |        |        | 1    |                 |        |      |          |
| Ankle                | 1          |        |            |      |             |            |        |        |      |      |        |      |        |        |      |                 |        |      |          |
| Low Back             |            |        |            |      |             |            |        |        |      |      |        |      |        |        |      |                 |        |      |          |
| Notes/Extra          |            |        |            |      |             |            |        |        |      |      |        |      |        |        |      |                 |        |      |          |

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|                    |       | WEEK 1 WEEK 2 |  |      |        |  |      | WEEK 3 WEEK 4 |      |      |        |      | WEEK 5 |         |      | WEEK 6   |          |      |     |
|--------------------|-------|---------------|--|------|--------|--|------|---------------|------|------|--------|------|--------|---------|------|----------|----------|------|-----|
| NY 3               |       | Date:         |  |      | Date:  |  |      | Date:         |      |      | Date:  |      |        | Date:   |      |          | Date:    |      |     |
| EXERCISE           | Seat  | Weight        | Goal   | Reps | Weight | Goal   | Reps | Weight        | Goal | Reps | Weight | Goal | Reps   | Weight  | Goal | Reps     | Weight   | Goal | Rep |
| Hang Clean ss w/   |       |               | 3  |      |        | 3  |      |               | 3    |      |        | 3    |        |         | 3    |          |          | 3    |     |
| Seated Box Jump    |       |               | 3  |      |        | 3  |      |               | 3    |      |        | 3    |        |         | 3    |          |          | 3    |     |
|                    | _     |               |  |      |        | 3  |      |               | 3    |      |        |      |        |         | 3    |          |          |      | -   |
| Back Squat         | 1     |               | 6  |      |        | 6  | N    | JOIE,         | 6    |      |        | 5    |        |         | 5    |          |          | 5    | 十   |
| Front Squat        |       |               | 5  |      |        | 5  | V    |               | 5    |      |        | 5    |        |         | 5    |          |          | 5    |     |
| Leg Press          | C 578 |               |  |      |        | 5  |      |               | 5    |      |        | 700  | 20.8   | Salar 1 | 5    |          | 7.17     |      |     |
| - 1 Trick          | 143   | 2/1/          | $\sim \lambda$                                   | 7    | 04     |  |      |               |      |      |        | Y.   |        | 199     |      | 'n       |          |      | ㅗ   |
| Lunge              | 10 00 |               | 8  |      |        | 8  |      |               | 8    |      |        | 8    |        |         | 8    |          |          | 8    | _   |
| Split Squat        | 16 3/ |               | 8  | 5 1  |        | 8  |      |               | 8    |      |        | 8    |        |         | 6    |          |          | 6    | +   |
| Leg Ext/Curl       | /BE3/ |               | Ŭ  | 71   | D/ 1   |  |      |               | 6    | 100  | . 9 8  | 6    | 71.    | Give 1  | 6    | or makes | 1 10 100 |      | t   |
|                    |       |               | _  |      |        |  |      |               |      | 7    |        |      |        |         |      |          |          |      | _   |
| Hammer/TRX Row     |       |               | max  |      |        | max  | 1    | SND           | max  |      |        | max  |        |         | max  |          |          | max  | Т   |
| Pulldown/Chin-Ups  |       |               | max  |      |        | max  |      |               | max  |      |        |      |        |         | max  |          |          |      |     |
| DB Shoulder Press  | _     |               | 10   | ı    |        | 10   |      |               | 10   | 1    |        | 10   | 1      |         | 10   | 1        |          | 10   | _   |
| BB Shoulder Press  | +     |               | 10   |      |        | 10   |      |               | 10   |      |        | 10   |        |         | 8    |          |          | 8    | +   |
| DB GHGGIGGI 1 1000 |       |               |  |      |        | 8  |      |               | 8    |      |        |      |        |         | 8    |          |          | Ů    |     |
|                    | _     |               |  |      |        |  |      | 1             |      | _    |        |      |        | 1       |      |          | 1        |      | _   |
| Abs<br>Ankle       | -     |               |  |      |        |  |      |               |      |      |        |      |        |         |      |          |          | 1    | ₩   |
| Low Back           |       |               | <del>                                     </del> |      |        | <del>                                     </del> |      |               | -    |      |        | -    |        |         |      |          |          | +    | +   |
| Notes/Extra        |       |               |  |      |        |  |      |               |      |      |        |      |        |         |      |          |          |      |     |