Name:

		WI	EEK 1		WE	EEK 2		WI	EEK 3		WE	EEK 4		WE	EEK 5		W	EEK 6	
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	Re
Back Squat			6			6			6			5			5			5	
Front Squat			5			5			5			5			5			5	
Leg Press						5			5						5				+
			1	II			5	USIA.											_
RDL			6			6	5	1	6			6			6			6	T
Hamstring curl	ß		6			6		/	6	10	M N	6	22	( ) mile	6		7. 17.	6	T
Glute Ham	1	2111				6			6		in the	1.01	15	52 1	6		14	1000	
	31		14	16		20			45	- 7/	< 4	17	1.12	THE IN	4.	1	1 10	1-2.	
Lunge	21	W YA	8	A D	$\Delta / \Delta_{-}$	8			8			8	N2	12 12	8			8	
Split Squat	24	1. 1. 1.	8	2.1/		8			8		1.4 1	8		- 3Y	6	- L	NI m	6	
Leg Ext/Curl	21/					-		<u> </u>	6	1.52	1 2	6	1	wild \	6	111-7	1 2 65	8.5	_
Adduction			10			10	Ê R	ENO.	10	r		10			10	1		10	Т
ss/w Abduction			10			10			10			10			10			10	L
Seated Calf			15			15			15			12			10	1		10	Т
Seated Can			10			12			12			10			10			10	上
. 1	-			1		r			1	1		1			1	1		1	_
Abs Ankle																			+
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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	1		10			10			10		1	10			8			8	
DB Bench			8			8			8			8			8			8	
Machine Bench						8			8						8				-
							-		<u> </u>		-								-
Hammer Row			8			8	1	1315.	8			8			8			8	+
TRX Inverted Row			8			8			8			8 max			8			8	+
Recline Row	220 .					8 max			8 max	1/1	NIT		2.28	1999	8		7. 17 F		4
DB Incline		av l	10	14	21/6	10			10	1	1 million	10			10		100	10	Т
BB Incline	31		10			10			10	Ş	X 1	10	1.87	1000	8		1	8	
Machine Incline	821			4		8		L	8				Ot a	6	8	Q	1 2	a ministry	
Chin-ups	T		max	8/1		max			max			max			max	1		max	Т
Pulldown	32/	De la	max		N.	max			max	100	1 8	1	1	myd	max				
Push-ups	1		15	_		15		<u> </u>	15	-	-	12			12			12	Τ
i usii ups			10			12		ENP	12			10			10			10	+
			10			10			10			10			10			10	t
Abs						1					1	1	1		1			1	Т
Ankle																		1	+
Low Back	-					1	1		1		i	1	1		1	1		1	+

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		WI	EEK 1		WI	EEK 2		W	EEK 3		W	EEK 4		W	EEK 5		W	EEK 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	R
Back Squat		1	6			6	1		6		1	5		1	5			5	T
Front Squat			5			5			5			5			5			5	Т
Leg Press	_					5			5						5				┢
						4													-
RDL			6			6		1915	6			6			6			6	╇
Hamstring Curl Glute Ham			6			6		~~	6			6			6			6	╇
Giule Ham	Scare	N C C I				6	-		6		N. 2	18	17.58	Meren A	6		V. 17 1		╧
Lunge	163	81/6/	8	74 -	612	8			8		a la l	8	C	m	8	n.	- 1-	8	Τ
Split Squat	Sta 3		8		P. M. A.	8			8		X 1	8	1.1	The second	6		1 1 1	6	1
Leg Ext/Curl	24 B		1	11	14	KB	5		6		2011	6		12	6	N.	1	1	4
Hammer/TRX Row	12		max	3/1	•	max			max		6. S. 1. 1	max		18 1	max	1	1 3	max	Γ
Pulldown/Chin-Ups	/38/	14	max	44		max			max	1	1		1.	(ing d	max	IC TRI SA	그 같		Ļ
DB Shoulder Press			10			10	P &		10	1		10			10			10	Т
BB Shoulder Press			10			10		ע ב	10			10			8			8	T
						8			8						8				L
Abs															1				Т
Ankle																			t
Low Back							1		1						1			1	Т

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Y 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	Re
Back Squat		12			12			12			12	-		12			10	
Front Squat	1				12			12			10			10			10	
		-			-			12			8			10				$\vdash$
	-			-						-								
RDL		10			10			10			10			10			10	
					10			10			8			8			8	
						2	JEIK,	8						8				
DB Bench		8			8			8			8			8			6	
		3 0	1		8		/	8	1	2007	6	30		6		1	6	
								8			6	130	55	6			6	
Hammer Row	DE T	10		3 4	10			10	1	271	10	78		10			10	Γ
					10			10			8	1.163	1800 511	10	2 - 1	1	8	
	W Ve		14	<u>-1</u> /	100			10 max			8 max	Nº.	1	- 8		3 5		
Post Delt		10			10			10			10		12 - 31	10	-	1. 5	10	
and 777 A Bard	m V		/	n/	10			10		1 1 1	10		10. 11	10	1		10	
				U L				10	V		1	/ 12/	~4.9	10	-77	A mar		
Abduction	1	12			12	r A		12			12			10			10	Γ
					10	<u> </u>	END	10						10				
Adduction	1	12		I	12			12			12			10			10	Γ
					10			10						10			1	
Abs				I							1			1			1	1
Ankle																		
Low Back		1			1			1			1			1				Г

#### FRESHMAN

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		WE	EK 1		WI	EEK 2		WI	EEK 3		WI	EEK 4		WE	EEK 5		WI	EEK 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				
3-Way TRX Hamstring	I	-	8			8			8			8		1	8			8	_
5-way IKA namstring	-		0			8		PIED.	8			6			6			6	⊢
							$\mathcal{A}\mathcal{D}$	1	6						6				
DB Shoulder Press	-		10			10			10	M		10	A. 178		-10			10	
Line Course	YR I					10			10	$V \land$	N - A	8	0.265		8	1	6. V/ E /	8	
		ach	A		alla				10	1.0	en in	0.000		20	8			1.14	
Pulldown	021		10			10			10		14	10	1/10		10	1		10	Γ
Chin-ups	221	W VA	1	14	-0/-	10			10 10 Max			8 8 max	1	H	8	Y	i i	8	┢
	Served .		15	2		1.5	_		1.5		1.1	1.1.5		2-31	15		N	10	_
Push-ups	8		15		<b>N</b>	15 15			15 15		1 8	15 12	1		15 12			12 10	┢
						15			12			12			10		L.30/ L	10	
Renegade Row			10			10		ENG	10			10			10			8	Г
<u> </u>						10			10 10			8			8			8	
3-Way Weighted Calf			10e			10e			10e			10e			10E			10E	
45 degree back			15			15			15			15			15			15	
Abs	1						1		1			1			1			1	Г
Ankle																			
Low Back																			
Notes/Extra																			

#### FRESHMAN

Name:

DB Bench         8         8         8         8         8         8         8         8         8         6         9         9         9         10 <th10< th=""> <th10< th=""> <th10< th=""></th10<></th10<></th10<>	WEEK 5	WEEK 6
Back Squat     I <thi< th="">     I     I     I</thi<>	e:	Date:
Front Squat         12         12         12         10           Leg Press         12         8         8         8           Step Up         10         10         10         10         10           RDL         10         10         10         10         8         8           Single Leg Glute Bridge         10         10         8         8         8         8           DB Bench         8         8         8         6         6         6           Machine Bench         10         10         10         8         6         6           Hammer Row         10         10         10         8         8         6         6           Hammer Row         10         10         10         8         8         6         6           Barbell Row         10         10         10         8         8         6         6           Barbell Row         10         10         10         10         10         10         10	eight Goal Reps	Weight Goal Re
Leg Press         12         8           Step Up         10         10         10         10           RDL         10         10         10         10         8           Hamstring Curl         10         10         10         8         8           Single Leg Glute Bridge         8         8         8         8         8           DB Bench         8         8         8         6         6           Machine Bench         8         8         8         6           Hammer Row         10         10         10         10           TRX Inverted Row         10         10         10         8           Barbell Row         10         10         10         8           Post Delt         10         10         10         10           10         10         10         10         10         10	12	10
Step Up     10     10     10     10     10       RDL Hamstring Curl     10     10     10     10     8       Single Leg Glute Bridge     8     8     8     8       DB Bench     8     8     8     6       Barbell Bench     8     8     8     6       Hammer Row     10     10     10     8       Barbell Row     10     10     10     8       Post Delt     10     10     10     10       In     10     10     10     10       Y,T,W,L     10     10     10     10	10	8
RDL     10     10     10     10       Hamstring Curl     10     10     10     8       Single Leg Glute Bridge     10     10     8       DB Bench     8     8     8       Barbell Bench     8     8     6       Machine Bench     8     8     6       Hammer Row     10     10     10     8       Hammer Row     10     10     10     8       Barbell Row     10     10     10     8       Hammer Row     10     10     10     8       Hammer Row     10     10     10     10       TRX Inverted Row     10     10     10     8       Barbell Row     10     10     10     10       Y,T,W,L     10     10     10     10	8	
Hamstring Curl     10     10     10     8       Single Leg Glute Bridge     8     8     8       DB Bench     8     8     8       Barbell Bench     8     8     6       Machine Bench     10     10     10       Hammer Row     10     10     10       TRX Inverted Row     10     10     8       Barbell Row     10     10     10       Post Delt     10     10     10       Inverted Row     10     10     10       Inverted Row     10     10     10       Barbell Row     10     10     10		
Hamstring Curl     10     10     10     8       Single Leg Glute Bridge     8     8     8       DB Bench     8     8     8       Barbell Bench     8     8     6       Machine Bench     10     10     10       TRX Inverted Row     10     10     10       Barbell Row     10     10     10       Post Delt     10     10     10       V,T,W,L     10     10     10		
Single Leg Glute Bridge     8     8     8       DB Bench     8     8     8       Barbell Bench     8     8     6       Machine Bench     8     8     6       Hammer Row     10     10     10     10       TRX Inverted Row     10     10     8     8       Barbell Row     10     10     10     8       Post Delt     10     10     10     10       Y,T,W,L     10     10     10     10	10	10
DB Bench         8         8         8         8         8         8         8         8         8         6         9         9         9         9         9         6         9         9         6         9         9         6         9         9         6         9         9         6         9         9         10	8	8
Barbell Bench         8         8         8         6           Machine Bench         10         10         8         8         6           Hammer Row         10         10         10         10         8           TRX Inverted Row         10         10         10         8         8           Barbell Row         10         10         10         8         8           Post Delt         10         10         10         10         10         10           Y,T,W,L         10         10         10         10         10         10         10	8	Salle Ask
Barbell Bench         8         8         6           Machine Bench         10         10         8         6           Hammer Row         10         10         10         6           TRX Inverted Row         10         10         10         8           Barbell Row         10         10         10         8           Post Delt         10         10         10         10           Y,T,W,L         10         10         10         10		
Machine Bench         10 <th10< th="">         10         10</th10<>	8	8
Hammer Row         10         10         10         10         10         10         10         10         10         10         10         10         10         10         8         10         8         10         8         10 <th10< th="">         10         <th< td=""><td>6</td><td>6</td></th<></th10<>	6	6
TRX Inverted Row     10     10     10     8       Barbell Row     10     10     10 max     8 max       Post Delt     10     10     10     10       Y,T,W,L     10     10     10     10	6	. No and and
TRX Inverted Row     10     10     10     8       Barbell Row     10     10     10 max     8 max       Post Delt     10     10     10     10       Y,T,W,L     10     10     10     10	/ Changing	
Barbell Row         10         10         10 max         8 max           Post Delt         10         10         10         10         10           Y,T,W,L         10         10         10         10         10	10	10
Post Delt         10	8	8
Y,T,W,L 10 10 10 10	8	
Y,T,W,L 10 10 10 10		
	10	10
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Abs		
Ankle		
Low Back		

### DISTANCE

Name:

		WE	EEK 1		WI	EEK 2		W	EEK 3		WI	EEK 4		WE	EEK 5		W	EEK 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
3-Way Lunge			10			10			10			10			10			10	ſ
Hammer Ab/Adduction						10			10			8			8			8	
Walking Lunge									10			8			8				
TRX Leg Curl			8			8			8			8			8			8	Γ
RDL x 10						8			8			6			6			6	
							4	Presite V	8	_					6				
DB Shoulder Press			10			10			10			10			10			10	
BB Shoulder Press	108				1 /	10		/	10		"A K	8	22.2	the is	8	$\square$	1 1/	8	
Machine Shoulder Press	-			/					10		and to			1	8				L
Pulldown	331		10			. 10			10		5 14	10		100	10		1 40	10	
Chin-ups	321	11 14		1		10			10 10 max			8 8 max		1 mil	8			8	┢
Star Carlos Anna Anna Anna Anna Anna Anna Anna Ann	194	1	213		N					1	Y A A	10	1 2	4 1 3 V.				1	_
Push-ups		- V	15	3/11	1.	15			15		N. 1 N. 31	15		1 2 1	15	~	1 31 12.	12	
R57 1 1 1 1 1					11.	15			15 12	1	1 8	12	1	my d	12 10	7.7	8 200	10	┢
							×.	1	12	7					10				
Renegade Row			10			10			10			10			10			10	
						10		LNV.	10 10			8			8			8	_
									10						0				_
3-Way Weighted Calf			10e			10e			10e			10e			10E			10E	
45 Degree Back			15			15			15			15			15			15	Г
Abs	1		1		1	r	1	1	1		1	1			1	1	1	1	Т
Ankle																			+
Low Back	1																		
Notes/Extra																			

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