**Beginning Phase**

**MONDAY**

**Squat 10,8,8,6**

**Dumbell Lunges 4 Sets of 10**

**Squat Drops 4 Sets of 10**

**Single Leg Deadlift 4 Sets of 10**

**Dumbell Split Squats 4 Sets of 10**

**TUESDAY**

**Bench Press 10,8,8,6**

**Dumbell Bench 4 Sets of 10**

**Bicep Curls 4 Sets of 10**

**Seated Back Flies 4 Sets of 10**

**Push Ups 4 Sets of 10**

**WEDNESDAY:**

**L to J Test**

**Vertimax**

**THURSDAY:**

**Hang Clean 5,5,5,5**

**Push Press 5,5,5,5**

**Overhead Dumbbell Press 4 Sets of 10**

**Lateral Raises 4 Sets of 10**

**Front Raises 4 Sets of 10**

**Resistance Bands 4 Sets of 10**

**FRIDAY:**

**Vertimax**

**Ladders**

**Circuit Training**

**Stations**

**Abs**

**Track**

**Progressive Phase**

**MONDAY:**

**Squat 10,8,6,6**

**Step Ups 4 Sets of 10**

**Overhead Squats 4 Sets of 10**

**3 Way Lunges 4 Sets of 10**

**Squat Smash Balls 4 Sets of 10**

**TUESDAY:**

**Bench Press 10,8,6,6**

**Dumbell Incline 4 Sets of 10**

**Lawnmowers 4 Sets of 10**

**Tricep Kickbacks 4 Sets of 10**

**Military Push Ups 4 Sets of 10**

**WEDNESDAY:**

**L to J Test**

**Vertimax**

**THURSDAY:**

**Hang Clean: 5,4,4,3**

**Push Press 5,4,4,3**

**Shrugs 4 Sets of 10**

**One Arm Rows 4 Sets of 10**

**Smash Medicine Balls 4 Sets of 10**

**Resistance Bands 4 Sets of 10**

**FRIDAY:**

**Vertimax**

**Ladders**

**Circuit Training**

**Stations**

**Abs**

**Track**

**Advanced Stage**

**MONDAY:**

**Squat 10,8,6,4**

**Lateral Box Jumps 4 Sets of 10**

**Overhead Lunges 4 Sets of 10**

**Good Mornings 4 Sets of 10**

**Straight Leg Deadlift 4 Sets of 10**

**TUESDAY:**

**Bench Press 10,8,6,4**

**Dips 4 Sets of 10**

**Dumbell Close Grip 4 Sets of 10**

**Static Arm Curls 4 Sets of 10**

**Diamond Push Ups 4 Sets of 10**

**WEDNESDAY:**

**L to J Test**

**Vertimax**

**THURSDAY:**

**Hang Clean 5,4,3,3**

**Push Press 5,4,3,3**

**Bent Over Rows 4 Sets of 10**

**Seated Shoulder Press 4 Sets of 10**

**Front Facing Incline Rows 4 Sets of 10**

**Resistance Bands 4 Sets of 10**

**FRIDAY:**

**Vertimax**

**Ladders**

**Circuit Training**

**Stations**

**Abs**

**Track**

**Strength Phase**

**MONDAY:**

**Squat 10,6,5,3**

**Front Squats 4 Sets of 10**

**Goblet Squats 4 Sets of 10**

**Kettlebell Swings 4 Sets of 10**

**Balance Lunges 4 Sets of 10**

**TUESDAY:**

**Bench Press 10,6,5,3**

**Standing Back Flies 4 Sets of 10**

**Flat Flies 4 Sets of 10**

**Band Tricep Extensions 4 Sets of 10**

**Decline Push Ups 4 Sets of 10**

**WEDNESDAY**

**L to J Test**

**Vertimax**

**THURSDAY**

**Hang Clean: 5,3,3,2**

**Push Press 5,3,3,2**

**Power Shrugs 4 Sets of 5**

**Curl Up/Shoulder Press 4 Sets of 10**

**Upright Rows 4 Sets of 10**

**Resistance Bands 4 Sets of 10**

**FRIDAY**

**Vertimax**

**Ladders**

**Circuit Training**

**Stations**

**Abs**

**Track**