

USING THE WORKOUT

Using The Weight Workout Sheets

Below is a description of how to properly use the weight workout sheets. First, you have to make sure that you have the correct day's training page. Each page is utilized for three weeks of training. The day is listed on the top row of the workout. The first column has the exercises for that day. The second column is how many sets to do. The third column is the weight that is used for that particular set and exercise. There are two columns for each of the three weeks. In order to be able to read the workout, here are a few things you need to know:

X 5 = 5 reps for that set

A/B = Complete one set of A, immediately complete one set of B, then rest

MAX = Complete exercise with as much weight as you can

MONDAY									
	DATE								
		SETS- %	WT		SETS-%	WT		SET-%	WT
1	Hang Cleans	x5			x5			x5	
		x5			x5			x5	
		x5			x5			x5	
2	Squats	x6			x6			x6	
		x6			x6			x6	
		x6			x6			x6	

USING THE WORKOUT

Using the Body Weight Workout

Below is a description of the body weight workout. The workout consists of different types of plyometrics. Each day is above the workout for that day. Different exercises are scattered throughout the week. This workout is done three times a week. In order to be able to read the workout, here are a few things you need to know:

3 x 10 = three sets of ten reps

Complete one set of each exercise, and then repeat to complete workout.

3 Days A Week Workout		Body Weight Workout	
Mon, Wed, Fri			
Monday			
3x10	Prisoner Squats		
3x5	Prisoner Squats Jumps		
3x5	Shuffle Two Step Jumps		
3x10	Lunges		
3x10	Push Ups		
2x5	Clapping Push Up		
2x10	Stagger Push Ups		
2x10	Close grip Push Ups		
Wednesday			
3x10	Prisoner Squats		
3x5	Split Squats Jumps		
3x5	Ice Skaters		
3x20	Diagonal Lunges		
3x10	Push Ups		
2x5	Clapping Push Up		
2x10	Wide Push Ups		
2x10	Close grip Push Ups		
Friday			
3x10	Prisoner Squats		
3x5	Double leg Zig Zag hops		
3x5	Tuck Jumps		
3x20	Lat Lunges		
3x10	Push Ups		
2x5	Clapping Push Up		
2x10	Stagger Push Ups		
2x10	Close grip Push Ups		

*Push Ups can be done on knees