Weights 5th Period Ingram

Sample Week.

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| MON- BENCH/ BACK | TUES- LEGS | WEDS- ARMS | THURS- TOTAL BODY | FRI- COND. GYM |
| TIER 1-BENCHBAND FACE PULLS | TIER 1- SQUATS30 SECOND PLANK | TIER 1-STRAIGHT BAR CURLSBAND TRICEPS | TIER 1-FLOOR BENCHBAND ROWS | ½ run test:Free play in gym or Practice field |
| TIER 2BENT ROWSHAMMER CURLS | TIER 2- HIGH PULLS/ DLCALF RAISES | TIER 2-HAMMER CURLSBENCH DIPS | TIER 2-INCLINE BENCHGOBLET SQUATS |  |
| FINISHER- 2x-WIDE PULL DOWNS-DIPS-20 ABS-PUSHUPS | FINISHER-2x-LUNGES-PLYO BOX-ROLL OUTS-SITUPS GH | FINISHER-2x21’SDIAMOND PUTRICEP EXTEN20 ABS | FINISHER-2xPULLUPS/ INVERTED ROWSLAWN MOWERSRDL20 ABS |  |

Upper Warm up- Arm stretches, Yoga Push-ups

Lower Warm up- air squats, lunges, ¼ squat jumps, static

Arms- Arm stretches, yoga push ups

Total Body- 10 yoga pushups, 15 air squats

Friday- Quick dynamic up stairs.