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-  BENCH  BAND FACE PULLS | TIER 1- SQUATS  30 SECOND PLANK | TIER 1-  STRAIGHT BAR CURLS  BAND TRICEPS | TIER 1-  FLOOR BENCH  BAND ROWS | ½ run test:  Free play in gym or Practice field |
| TIER 2  BENT ROWS  HAMMER CURLS | TIER 2- HIGH PULLS/ DL  CALF RAISES | TIER 2-  HAMMER CURLS  BENCH DIPS | TIER 2-  INCLINE BENCH  GOBLET SQUATS |  |
| FINISHER- 2x  -WIDE PULL DOWNS  -DIPS  -20 ABS  -PUSHUPS | FINISHER-2x  -LUNGES  -PLYO BOX  -ROLL OUTS  -SITUPS GH | FINISHER-2x  21’S  DIAMOND PU  TRICEP EXTEN  20 ABS | FINISHER-2x  PULLUPS/ INVERTED ROWS  LAWN MOWERS  RDL  20 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.