

## WEEKS 1 & 3

**superset  
same colors**

This workout is tailored to focus on my back and core for the next 4 weeks

Monday		Tuesday		Wednesday	Thursday	
Shoulders/Biceps	sets/reps	Chest/Tricep Workout	sets/reps	Only HIIT today	Back 60 Sec. Rest/Set	sets/reps
DB Military Press	3/8	BB Flat Bench	3/8		<i>no supersets today</i>	
Chin-Ups	3/almost to exhaust	Skull Crusher	3/8		Pull-Ups	3/almost to exhaust
Cable Shoulder Rotation	3/8	DB Incline Bench	3/8		Cable Row	3/8
Drag BB Curl	3/8	Close-Grip Flat Bench	3/8		Lat Pull Down	2/8
DB Lateral Raises	3/8	DB Flys	3/8		Back Extension (weighted)	2/8
Incline Zottman Curls	3/8	Cable Rope Pushdown	3/8			

Friday		Saturday	Sunday
Core/Abs/Legs	sets/reps	Test Prep & HIIT	OFF!
Incline Reverse Crunch	3/do reps for 40 sec.	200 pushups (as many sets as it takes)	
Standing Cable Torso Rotation	3/do reps for 40 sec.	100 situps (as many sets as it takes)	
Squat	2/8		
Russian Twist	3/8		
Lunges	2/8		
Saxon Side Bends	3/8		
Kneeling Cable Crunch (40% max)	3/do reps for 40 sec.		

### Ab/Core Workout

Russian Twist (at start of workout)	2/do reps for 40 sec.
Cable Crunch (at end of workout)	2/8

## WEEKS 2 & 4

**superset  
same colors**

This workout is tailored to focus on my back and core for the next 4 weeks

Monday		Tuesday		Wednesday	Thursday	
Shoulders/Biceps	sets/reps	Chest/Tricep Workout	sets/reps	Only HIIT today	Back 60 Sec. Rest/Set	sets/reps
DB Military Press	3/8	BB Flat Bench	3/8		<i>no supersets today</i>	
Chin-Ups	3/almost to exhaust	Skull Crusher	3/8		Pull-Ups	3/almost to exhaust
Cable Shoulder Rotation	3/8	DB Incline Bench	3/8		Cable Row	3/8
Drag BB Curl	3/8	Close-Grip Flat Bench	3/8		Lat Pull Down	2/8
DB Lateral Raises	3/8	DB Flys	3/8		Back Extension (weighted)	2/8
Incline Zottman Curls	3/8	Cable Rope Pushdown	3/8			

Friday			
Core/Abs/Legs	sets/reps		
Incline Reverse Crunch	3/do reps for 40 sec.		
Standing Cable Torso Rotation	3/do reps for 40 sec.	Saturday	Sunday
Squat	2/8	Test Prep & HIIT	OFF!
Russian Twist	3/8	200 pushups (as many sets as it takes)	
Lunges	2/8	100 situps (as many sets as it takes)	
Saxon Side Bends	3/8		
Kneeling Cable Crunch (40% max)	3/do reps for 40 sec.		
Kneeling Cable Crunch (40% max)	3/do reps for 40 sec.		

Ab/Core Workout	
Russian Twist (at start of workout)	2/do reps for 40 sec.
Cable Crunch (at end of workout)	2/8

## HIIT Program

4 'sides' = .25 mile

Jog one side, then  
sprint one side, repeat

### Week 1

<b>Monday</b>	<b>Wednesday</b>	<b>Saturday (test prep)</b>
Repeat for 2 miles	Repeat for 2 miles	Sprint 2 sides - run 8 laps (2 miles)

### Week 2

<b>Monday</b>	<b>Wednesday</b>	<b>Saturday</b>
Repeat for 2.25 miles	Repeat for 2.25 miles	Sprint 2 sides - run 8 laps (2 miles)

### Week 3

<b>Monday</b>	<b>Wednesday</b>	<b>Saturday</b>
Repeat for 2.5 miles	Repeat for 2.5 miles	Sprint 2 sides - run 8 laps (2 miles)

### Week 4

<b>Monday</b>	<b>Wednesday</b>	<b>Saturday</b>
Repeat for 2.75 miles	Repeat for 2.75 miles	Sprint 2 sides - run 8 laps (2 miles)