

# Spreadsheet

date (week ending):

<b>Monday</b>			
<b>Chest/Legs</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>
High Incline DB Press			
Low Incline DB Press			
Flat Bench DB Press			
Squats			
Deadman Quad Raises			
Low Incline Flys			
Isolated 1-leg Squat			
Incline Push-ups to exhaust			
Calf Raises			

<b>Tuesday</b>			
<b>Back/Biceps</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>
Pull-Ups	3/8		
Chin-Ups	3/8		
Cable Row	3/8		
BB Drag Curl	3/8		
Lat Pull Down	3/8		
Reverse Curl - EZ BB	3/8		
<b>Ab/Core Workout</b>			
high to low woodchopper	<b>wgt/ reps</b>	<b>wgt/ reps</b>	
Russian Twist			
Saxon Side Bends			
Cable Crunch			

<b>Thursday</b>			
<b>Chest/Shoulders</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>
**Pushups - normal grip			
Pushups - wide grip			
Pushups - narrow grip			
Pushups - normal grip			
Decline Pushups			
BB Military Press			
Combo DB Press			
Front Raise			
Rear-Delt Flys			
Off Bench 1-arm DB Press			
Shrugs			
Incline Pushups			
** 10 second rest between exercises; 30 second rest between sets			

<b>Friday</b>			
<b>Triceps/Core/Abs</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>	<b>wgt/ reps</b>
Decline Hammer Tricep Extension			
Low to High Woodchopper			
Rotating Tricep Extension			
Saxon Side Bends			
Close-Grip Bench			
Russian Twist - Weighted			
Tricep Pushdown			
Cable Crunch			
Knee-Ups			
** final set to exhaust			

## 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)