

Spreadsheet

date (week ending):

Monday			
Chest/Triceps	wgt/ reps	wgt/ reps	wgt/ reps
BB Flat Bench			
Skull Crusher			
DB Low Incline Press			
Close Grip Bench			
Low Incline Flys			
Tricep Extension			

Tuesday			
Legs/Shoulders	wgt/ reps	wgt/ reps	wgt/ reps
Full Squats			
BB Military Press			
Isolated Forward Lunge			
Side Raises			
Side Lunge			
Front Raises			
Calf Raises			
Ab Workout	wgt/ reps	wgt/ reps	
Russian Twist			
decline sit ups			
Cable Crunch			

Thursday			
Back/Biceps	wgt/ reps	wgt/ reps	wgt/ reps
Pullups			
Chin-ups			
Bent Over Rows			
Barbell Drag Curl			
Lower Back Extensions			
Reverse BB Curl			
Lat Pulldown			
Standing Preacher Curl			

Friday			
Legs/Core	wgt/ reps	wgt/ reps	wgt/ reps
Bulgarian Squat			
Low to High Woodchopper			
Deadlift			
Saxon Side Bends			
Squat Raises			
Russian Twist - Weighted			
One Legged Squat			
High to Low Woodchopper			

HIIT Program

4 'sides' = .25 mile

Jog one side, then
sprint one side, repeat

Week 1

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

Week 2

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

Week 3

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

Week 4

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