**Mens Workout**

Monday/Friday: Bicept and Tricept

*First warm up with light weight camber bar curls 12-15 reps*

- camber bar curls 3 sets 8-12 reps each
- reverse grip camber bar curls 3 sets 8-12 reps each
- tricept push-downs 3 sets 8-12 reps each
- reverse tricept push-downs 3 sets 8-12 reps each

Make sure with all exercises you are moving up in weight as form allows for.
Tuesday: Chest
*First warm up with light dumb bell bench (DB) bench press
DB bench press  3 sets 8-12 reps each
Incline DB press  3 sets 8-12 reps each
DB flys 3 sets 8-12 reps each
Wednesday/Sunday: Shoulders  
*First warm up with light weight DB military press  
DB military press 3 sets 8-12 reps each  

Front Shoulder DB Raises 3 sets 8-12 reps each  

Side Shoulder DB Raises 3 sets 8-12 reps each  

Posterior Deltoid Raises 3 sets 8-12 reps each
Thursday: Back
*First warm up with light weight lat pull downs
Wide grip lat pull downs 5 sets 8-12 reps each
Low Rows 4 sets 8-12 reps each
Mid Rows 4 sets 8-12 reps each
Shrugs 3 sets 8-12 reps each
Saturday: Legs
*First warm up with light weights for squats
Squats 3 sets 8-12 reps
Leg press 3 sets 8-12 reps
Leg curls 6 sets 8-12 reps
Leg extensions 3 sets 8-12 reps
Both Men and Women

Core (every other day)
Crunches 3 sets 30-50 reps
Oblique crunches 2 sets 20-30 reps
Holds (various shown below) 2 holds of 30 seconds
Cardio
Running 3-5 miles per week try to increase to 5-7 by start of summer practice
Make sure to start conditioning yourselves as well ie) sprint 100m run 300m repeat.

The pictures were taken with detail to form, study them carefully to help prevent injury and to increase your strength quicker.

Also make sure you are eating healthy this summer, this will help prevent illness and keep you healthy.

Fruits, Vegetables, Whole Grains, Protein (beef, chicken, fish), and WATER!!!!

Don’t hesitate to ask me any questions you have about proper lifting and form.
WOMENS WORKOUT

This workout is to be done three days a week: Monday, Wednesday, and Friday.

Chest Press: 2 sets 12-15 reps. 30-60 sec. rest
Lat pull down: 2 sets 12-15 reps. 30-60 sec. rest
Shoulder Press: 2 sets 12-15 reps. 30-60 sec. rest
Leg Press: 2 sets 12-15 reps. 30-60 sec. rest
Triceps Push down: 2 sets 12-15 reps. 30-60 sec. rest
Bicep Curl: 2 sets 12-15 reps. 30-60 sec. rest
Calf Raises 2 sets 12-15 reps. 30-60 sec. rest

This exercise program is designed to increase endurance capacity and as the women like it “long lean muscle tissue”. IT IS CRITICAL THAT YOU PAY ATTENTION TO THE REST PERIODS.

You should not be able to do more than two extra reps on each set (i.e. no more than 17 reps per set). Let that be your judgment for intensity. Ask me any questions.