

Strength Training

Warm-up

Bike, run, Arc Trainer or Elliptical x 5 minutes

Arm Crosses x 20 (Alternating right over left and left over right)

Arms Circles (Forward x 10 and Backward x 10)

Body Weight Squats x 10

Reverse lunges x 5 each leg (perform all right side then left side)

Lying Straight Leg Hamstring Kicks x 10 each side (alternating)

Iron Crosses x 8 each side

Fire Hydrant Circles x 5 clockwise then 5 counter clockwise (Kneeling position, arms straight. Do not bend arms or tilt lower back)

DAY ONE

Strength Supersets

Rest one minute between Supersets

A1) Dumbbell Front Squat (hands facing you. elbows at chest height. keep arms in tight)

Tempo- 2 seconds down, 1 second up

set-1 x 10 reps @ easy weight

set-2 x 10 reps @ increase weight from previous set

set-3 x 10 reps @ increase weight from previous set

set-4 x 10 reps @ increase weight from previous set

A2) Assisted Pull-ups Machine

Tempo: 2 seconds down, 1 second up

Set-1 x 10 reps @ easy weight (Begin @ 20% of your body weight.i.e If you weight 130lbs begin with 100 lbs of assistance)

Set-2 x 10 reps @ decrease amount of help you receive

Set-3 x 10 reps @ same resistance as previous set

B1) Stability Ball Hamstring Curls

Tempo: one second "in", two seconds out

Increase by one rep every week (if good form)

set-1 x 8 reps

set-2 x 8 reps

set-3 x 8 reps

B2) Dumbbell Bench Press

Tempo: 3 seconds down, 1 second up

set-1 x 10 reps @ easy weight (i.e.5-12 lbs)
set-2 x 10 reps @ increase 5lbs from last set
set-3 x 10 reps @ increase 5 lbs from last set
set-4 x 10 or more reps @ same weight from last set. If you performed 12 -15 reps increase your weight by 5 lbs next workout. If you performed 15 or more, increase by 10 lbs next time.

C1) Lunge Matrix (Begin with body weight, add medicine ball, dumbbells (a little bit harder) or Body Bar (hardest) if you would like to increase difficulty.

Set-1: 45 degree lunges x 8 each leg (alternating)
Set-2: Lateral lateral lunges x 8 each side (alternating)
Set-3: Reverse Lunges x 8 each side (alternating)

C2) Standing Cable Rotations on Cable Machine or Resistance Band
Begin Perpendicular to machine (side ways) with handle low. Begin the movement with your shoulders turned towards the machine and arms straight. Keep arms straight when twisting.

Tempo: Fast on the way up (like swinging your Field Hockey Stick), controlled on the way down.

set-1 10 reps each side (keep weight light)
set-2 10 reps each side (keep weight light)
set-3 10 reps each side (keep weight light)

D1) Shoulder pre-hab on flat bench (face down on bench with chest at end of bench)
Y/T/L's x10 reps each
Y's-keep thumbs "up" and arms straight
T's-Keep arms in line with shoulder and thumbs "up"
L's-pull arms up at 90 degrees then rotate arms up like you are waving to someone

set-1 x 10 reps each
set2 x 10 reps each

D2) Lower Back Extensions

set-1 x 15 reps
set2 x 15 reps

Strength Supersets
Rest one minute between supesets

Day-2

Warm-up

Bike, run, Arc Trainer or Elliptical x 5 minutes

Arm Crosses x 20 (Alternating right over left and left over right)

Arms Circles (Forward x 10 and Backward x 10)

Body Weight Squats x 10

Reverse lunges x 5 each leg (perform all right side then left side)

Lying Straight Leg Hamstring Kicks x 10 each side (alternating)

Iron Crosses x 8 each side

Fire Hydrant Circles x 5 clockwise then 5 counter clockwise (Kneeling position, arms straight. Do not bend arms or tilt lower back)

A1) Dumbbell Lateral Step-ups on BOSU or 12 inch Bench

Rest 1 minute between superset

Begin with both feet to side of Ball/Bench. Step first with inside leg.

set-1 x 12 reps each leg @ body weight

set-2 x 12 reps each leg @ light weight

set-3 x 12 reps each leg @ increase weight from previous set

set-4 x 12 reps each leg @ same weight as last set

A2) Push-ups on Bench

Place hands on flat bench. Be sure to have shoulders in line with wrists

* This exercise can be performed on floor if you can perform "full" push-ups*

Tempo: 1 second down, 1 second up

Set-1 x maximum reps (record number)

Set-2 x maximum reps

Set-3 x maximum reps

B1) Lateral Squat with Medicine Ball

Begin with Feet out wide (2x shoulder width) and Toes pointed forward

Begin by pushing hips back and shifting weight to heels. One leg will bend and the opposite leg will remain straight. Push Medicine Ball out as you sit back.

set-1 x 8 reps each side

set-2 x 8 reps each side

set-3 x 8 reps each side

B2) Dumbbell Push Press

Perform a 1/4 squat and then explosively push dumbbells over head. Keep Dumbbells in line with shoulders. This exercise is performed by using 70% legs and 30% upper body

Tempo: Explosive upward action, controlled on the way down. After each rep, rest 2 seconds.

set-1 x 8 reps @ easy weight (i.e.5-12 lbs)

set-2 x 8 reps @ increase 5lbs from last set

set-3 x 8 reps @ increase 5 lbs from last set

set-4 x 8 or more reps @ same weight from last set. If you performed 12 -15 reps increase your weight by 5 lbs next workout. If you performed 15 or more, increase by 10 lbs next time.

C1) Lateral Explosions

Begin by balancing on Right Leg (with knee bent). Coil up and jump as far to the side as possible with good form. You should be able to "stick" your landing. One rep is "over and back".

Tempo-explosive when you jump. When landing hold for 2 seconds then jump to opposite leg.

Set-1: x 6 reps each side

Set-2: x 6 reps each side

Set-3: x 6 reps each side

C2) 1 Arm Dumbbell Row

Tempo-1 second pulling the weight up, controlled on the way down.

set-1 10 reps each side (light weight 8-12 lbs)

set-2 10 reps each side (Increase weight)

set-3 10 reps each side (increase weight)

D1) Shoulder pre-hab on flat bench (face down on bench with chest at end of bench)

Y/T/L's x10 reps each

Y's-keep thumbs "up" and arms straight. On the way down pinky will touch ground.

T's-keep arms in line with shoulder and thumbs "up". On the way down pinky will touch ground.

L's-pull arms up at 90 degrees then rotate arms up like you are waving to someone.

set-1 x10 reps each

set-2 x 10 reps each

D2) Lower Back Extension Machine

set-1 x 15 reps

set-2 x 15 reps