

Strength training

CHEST / TRIPS	5/24	6/22
Wide Pushup	12, 10, 8	12, 10, 8
Chest Press	3x 15 lbs	35, 35, 35
Flyes	10, 5, 5	5, 5, 5
Diamond Pushup	W-12, 12, 12	W-12, 12, 12
Tricep Extension	10, 10, 10	10, 10, 10
Tricep Pushdown	12, 12, 12	12, 12, 12
BACK / BICEPS	5/25	6/23
Lat Pulldown	20, 20, 20	20, 20, 20
One-arm Row	15, 15, 15	15, 15, 15
Hammer Curl	10, 10, 10	10, 10, 10
Concentration Curl	10, 10, 10	10, 10, 10
Bench Pullover	10, 15, 15	15, 15, 15
Seated Row	20, 20, 20	25, 25, 25
LEGS	5/27	6/24
Squats	20, 15, 15	20, 15, 15
Calf raise	15, 15, 15	15, 15, 15
Deadlift (12x3)	35, 35, 35	35, 35, 35
Sumo Squat	15, 15, 15	15, 15, 15
Hip Thrust	12, 12, 12	12, 12, 12
Walking Barbell Lunge	12, 12, 12	12, 12, 12

SHOULDER	6/25
Dumbbell Press	10, 10, 10
T Delt Raise (upright)	5, 5, 5
Side Lateral Raise	5, 5, 5
Rear Delt Fly	15, 20, 20
Side Bend 4lb.	12, 12, 12
Side Crunch Leg Lift	12, 12, 12
CORE	6/20
Back Extension	12, 12, 12
Plank	45 sec.
Crunches	12, 12, 12
Standing Elbow/Knee	20, 20, 20
Rotate Side 2 side	20, 20, 20
Twist Jumps	20, 20, 20
High Kicks	20, 20, 20
GLUTES	6/21
Flutter Kicks	30, 30, 30
Glute Kickback	12, 12, 12
Kneeling Squat	0, 35, 35
leg lift	15, 12, 12
leg lift	12, 12, 12