

Name:									Record Body Weight Every Monday								
Warm Up		Wt	Rep	Wt	Rep	Wt	Rep	Wt	Rep	Warm Up		Wt	Rep	Wt	Rep	Wt	Rep
Plate Shldr Circuit 2 x 5ea									Quadraped 2 x 8ea, Bird Dog 2 x 8ea								
Scap Push Ups 2 x 10, Spiderman w/ Twist 2 x 5ea									Pull Aparts 2 x 20								
BB Reverse Lunge		x6ea		x7ea		x8ea		x8ea	Front Squat		x8		x10		x6		x6
		x6ea		x7ea		x8ea		x8ea			x8		x10		x6		x6
		x6ea		x7ea		x8ea		x8ea			x8		x10		x6		x6
		x6ea		x7ea		x8ea		x8ea			x8		x10		x6		x6
															x6		x6
Wtd Sit Ups	4 x 15		4 x 15		4 x 20		4 x 20		Glute Bridge Ham Curl		x20		x20		x20		x20
											x20		x20		x20		x20
												x20		x20		x20	
Goblet Squat		x15		x12		x10		x10	I Arm Row		x12ea		x12ea		x15ea		x15ea
		x15		x12		x10		x10			x12ea		x12ea		x15ea		x15ea
		x15		x12		x10		x10			x12ea		x12ea		x15ea		x15ea
											x12ea		x12ea		x15ea		x15ea
Side Lunge Foot Tap		x6ea		x7ea		x8ea		x8ea	Sprinter Sit ups		x10ea		x10ea		x12ea		x12ea
		x6ea		x7ea		x8ea		x8ea			x10ea		x10ea		x12ea		x12ea
		x6ea		x7ea		x8ea		x8ea			x10ea		x10ea		x12ea		x12ea
Db N Incline Press		x15		x12		x10		x10	Stir-the-Pot		x6ea		x7ea		x8ea		x8ea
		x15		x12		x10		x10			x6ea		x7ea		x8ea		x8ea
		x15		x12		x10		x10			x6ea		x7ea		x8ea		x8ea
		x15		x12		x10		x10			x6ea		x7ea		x8ea		x8ea
BB BO Row		x10		x10		x10		x10	Side Plank	3 x 30 sec ea		3 x 35 sec ea		3 x 40 sec ea		3 x 45 sec ea	
		x10		x10		x10		x10									
		x10		x10		x10		x10									
Plank		I min		I min		I min		I min	Incline IYT		x6ea		x7ea		x8ea		x8ea
		I min		I min		I min		I min			x6ea		x7ea		x8ea		x8ea
		max		max		max		max			x6ea		x7ea		x8ea		x8ea
Plate Pinches	3 x 60 sec (both hands at same time)								Weighted Sit Ups		x12		x15		x20		x20
											x12		x15		x20		x20
											x12		x15		x20		x20
V-ups		x20		x20		x20		x20									
		x20		x20		x20		x20									
		x20		x20		x20		x20									

Body Weight

Wk 1

Wk 2

Wk 3

Wk 4

It's the Extra That Makes A Difference

Every Workout Should Be Followed By A 15 min Stretching Routine

Train With Your Teammates

Ask Questions: Coach Ward's email [ironathletetraining@yahoo.com](mailto:ironathletetraining@yahoo.com)