

# Weight Training Program

Year: FALL 2019  
 Week: PRE-SEASON WEEK 1  
 Dates:

# Coach Rozy Pre-KickOff Season Workout



Day: DAY #1  
 Instructions:  
 Body weight:  
 Group

| Exercise  | Set 1<br>Reps | lbs | Set 2<br>Reps | lbs | Set 3<br>Reps | lbs | Set 4<br>Reps | lbs | Set 5<br>Reps | lbs | Total lbs |
|---|---------------|-----|---------------|-----|---------------|-----|---------------|-----|---------------|-----|-----------|
| 1 WARM-UP                                       |               |     |               |     |               |     |               |     |               |     |           |
| 2 Single Leg Squats with 1 Dumbbell (each side) | 10            |     | 10            |     | 10            |     |               |     |               |     |           |
| 3 Pull Ups                                      | 15            |     | 15            |     |               |     |               |     |               |     |           |
| 4 Single Arm DB Bench Press (each side)         | 10            |     | 10            |     | 10            |     |               |     |               |     |           |
| 5 DB Single Arm Row (each side)                 | 10            |     | 10            |     | 10            |     |               |     |               |     |           |
| 6 Single Leg RDL (each side)                    | 10            |     | 10            |     | 10            |     |               |     |               |     |           |
| <b>CORE: Circuit (20) x 3 rounds</b>            |               |     |               |     |               |     |               |     |               |     |           |
| 7 Mt Climbers                                   |               |     |               |     |               |     |               |     |               |     |           |
| 8 Planks  |               |     |               |     |               |     |               |     |               |     |           |
| 9 Side Plank with Leg Lift (10" each side)      |               |     |               |     |               |     |               |     |               |     |           |
| 10 Double Leg Hip Lift (BRIDGE)                 |               |     |               |     |               |     |               |     |               |     |           |
| Totals  | 35            | 0   | 36            | 0   | 20            | 0   | 0             | 0   | 0             | 0   | 0         |

Day: DAY #2  
 Instructions:

| Exercise                                    | Set 1<br>Reps | lbs | Set 2<br>Reps | lbs | Set 3<br>Reps | lbs | Set 4<br>Reps | lbs | Set 5<br>Reps | lbs | Total lbs |
|---|---------------|-----|---------------|-----|---------------|-----|---------------|-----|---------------|-----|-----------|
| 1 WARM-UP                                   |               |     |               |     |               |     |               |     |               |     |           |
| 2 DB OH Squat (each arm)                    | 8             |     | 8             |     | 8             |     |               |     |               |     |           |
| 3 Horizontal Row (BAR IN RACK)              | 15            |     | 15            |     | 15            |     |               |     |               |     |           |
| 4 Alt DB Curl To Shoulder Press (each side) | 15            |     | 15            |     | 15            |     |               |     |               |     |           |
| 5 Plank Row (each side)                     | 10            |     | 10            |     | 10            |     |               |     |               |     |           |
| <b>CORE: Circuit (20) x 3 rounds</b>        |               |     |               |     |               |     |               |     |               |     |           |
| 1 Plank to Side to Side Rotation            |               |     |               |     |               |     |               |     |               |     |           |
| 2 Plank Jacks                               |               |     |               |     |               |     |               |     |               |     |           |
| 3 Plank Rockers                             |               |     |               |     |               |     |               |     |               |     |           |
| 4 Side Plank with Leg Lift (10" each side)  |               |     |               |     |               |     |               |     |               |     |           |
| 5 1 Set Vector complex - 10 each            |               |     |               |     |               |     |               |     |               |     |           |
| 6   |               |     |               |     |               |     |               |     |               |     |           |
| Totals                                      | 48            | 0   | 46            | 0   | 48            | 0   | 0             | 0   | 0             | 0   | 0         |

Total Weight lifted for Week (pounds)