

Spring Workouts

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>
<i>LOWER BODY</i>	<i>UPPER BODY</i>	<i>LOWER BODY</i>	<i>UPPER BODY</i>	<i>TOTAL</i>
1 ST QTR ** SQUATS** 2 x 8 ALT = CALF RAISE	1 ST QTR **BENCH** 2 x 8 AUX PLATE TRI EXTENSION	1 ST QTR **POWER CLEAN** 2 x 8 ALT = CALF RAISE	1 ST QTR **INCLINE BENCH** 2 x 8 AUX—PLATE TRI KICKBACKS	1 ST QTR **BENCH** 50% 2 x 10 AUX – 4 WAY NECK
2 ND QTR **STEP-UPS** 2 x 8 EACH LEG ALT LEG CURL 2 x 8	2 ND QTR **BENT ROW** 2 x 8 AUX- FRONT/BACK/LAT RAISE 2x10 EA	2 ND QTR **LATERAL BOUNDS** 2 x 8 EACH LEG ALT NORDIC LEG CURL 2 x 8	2 ND QTR **LAWNMOWER ROWS ** 2 x 8 EA SIDE AUX- CURL BAR 2x8	2 ND QTR **SQUAT** 50% 2x10 RAISES
3 RD QTR **DEEP AIR SQUAT** 2 x 8 ALT SCORPIONS TO FIRE HYDRANT	3 RD QTR **PUSH PRESS** 2 x 8 AUX – CURL BAR 2 x 10	3 RD QTR **SL DEAD LIFTS** 2 x 8 ALT DEEP AIR SQUAT	3 RD QTR **SEATED MIL PRESS** 2 x 8 AUX – PUSH UPS 2 x 10	3 RD QTR **POWER CLEAN** 50% 2 x 10 SHRUGS
4 TH QTR **SIT UPS TO FAILURE**	4 TH QTR **FLUTTER KICKS TO FAILURE**	4 TH QTR **SIT UP TO FAILURE**	4 TH QTR **FLUTTER KICKS TO FAILURE**	4 TH QTR **JUMPING JACKS**