



Weight Program

Name: _____

Time: _____

Date: _____

	SET 1		SET 2		SET 3		Set 4	
Monday Legs and Back Focus	lbs.	Reps	lbs.	Reps	lbs.	Reps	lbs.	Reps
3x20 Walking Lunges								
3x12 Deadlift								
3x10 Low Row								
3X10 T-Bar Row								
1x20 Dumbbell Curl (Drop Set)								
4x10 Incline Dumbbell Press								
4x10 Dumbbell Lateral Raises								
1xRM Around the World								


	SET 1		SET 2		SET 3		Set 4	
Wednesday Chest and Shoulders	lbs.	Reps	lbs.	Reps	lbs.	Reps	lbs.	Reps
4x10 Barbell Bench Press								
4x10 Dumbbell Incline Press*								
4x10 EZ Bar Upright Rows								
4x10 Dumbbell Rows								
3x10 Skull Crusher								
3x10 DB Curls								
1x Lap Farmer Walk								
4x15 Box Jumps								

	SET 1		SET 2		SET 3		Set 4	
Friday Legs and Back Focus	lbs.	Reps	lbs.	Reps	lbs.	Reps	lbs.	Reps
4x15 Squats								
4x10 Deadlift								
4x10 Seated Row								
3x8 High Rows								
3xRM Pull-Ups								
4x10 Overhead DB Press								
1xRM Jordan Burroughs								

NOTES:



RM= Repetition Max

 = Super Set

Warm-up is critical and should include combination of dynamic movements/stretching, perhaps drilling +/- live wrestling. Static stretching at completion of workout

*weight should be adjusted to using heaviest able to get repetition goal. Once goal is met consistently, increase weight the next time ("progressive overload").

^Time between sets should be around 2 minutes but minimal between sets which are "super-sets"

It is important to not only track your progress each time you lift, but also note your potential failures. Your goal should be what is on the sheet. If you do not complete the circuit in time, please make note of it, and encourage yourself (and your partner) to lift with a little more intensity. If you finish early, please to more exercises that pertain to the body parts we are working that particular day. Any questions about the movements please ask a coach.