



## WEIGHT PROGRAM

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.

Name: \_\_\_\_\_

Time: \_\_\_\_\_

Date: \_\_\_\_\_

Monday Chest and Back	SET 1		SET 2		SET 3		Set 4	
	lbs.	Reps	lbs.	Reps	lbs.	Reps	lbs.	Reps
4x10 Incline Dumbbell Press								
4x10 Barbell Bench Press								
4x10 Dumbbell Row								
3X10 Chest Dips								
3x10 T-Bar Row								
1xBO Around the World								

Wednesday Legs	SET 1		SET 2		SET 3		Set 4	
	lbs.	Reps	lbs.	Reps	lbs.	Reps	lbs.	Reps
4x15 Squats								
3x10 Walking Lunges								
4x12 Standing Calf Raise								
4x10 Romanian Deadlift								
4x10 Overhead Bulgarian Split Squats								
3x10 Lumberjack Squats								
1xBO Jordan Burroughs								

Friday Arms and Shoulders	SET 1		SET 2		SET 3		Set 4	
	lbs.	Reps	lbs.	Reps	lbs.	Reps	lbs.	Reps
4x10 Dumbbell Curl								
4x10 Reverse Curl								
4x10 Dumbbell Shrug								
4x10 Overhead Press								
3x10 Skull Crusher								
4x10 Landmine Chest Press								
1xBO Zottman Curls								

NOTES: \_\_\_\_\_  
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