



2015 Summer Strength Program

This is the first month of your summer conditioning program and focuses on strength. Your next month will focus on speed and your last month will focus on all aspects of fitness. Below, the bold number is your target repetition. You should stop when you feel like you can only do 1 or 2 more repetitions with good form then adjust your weight accordingly if you are not in the recommended repetition range.

DAY 1

Date: _____ Time: _____ Mood: _____ Date: _____ Time: _____ Mood: _____

<i>exercise</i>	WEEK 1 warm-up: _____					WEEK 2 warm-up: _____					
	<i>sets/reps</i>	<i>adj</i>	<i>wt</i>	<i>rep</i>	<i>rep</i>	<i>comm</i>	<i>adj</i>	<i>wt</i>	<i>rep</i>	<i>rep</i>	<i>comm</i>
Squats in the Rack	2 6-10	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Body Weight Calves	1 15	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Hip Flexors on Cable	1 10	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Shoulder Press Press / shrug	2 6-8/4	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Side Shoulder Raises	1 6-10	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Cable Lat Pull-Down / shrug	2 6-8/4	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Dumbbell Pullover	1 6-10	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Machine Abs	1 15	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Machine Lower Back	1 15	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

NOTES:

DAY 3

Date: _____ Time: _____ Mood: _____ Date: _____ Time: _____ Mood: _____

WEEK 3 warm-up: _____ WEEK 4 warm-up: _____

<i>exercise</i>	<i>sets/reps</i>	<i>adj</i>	<i>wt</i>	<i>rep</i>	<i>rep</i>	<i>comm</i>	<i>adj</i>	<i>wt</i>	<i>rep</i>	<i>rep</i>	<i>comm</i>
Front Lunges w/ dumbbells	2										
	6-10										
Seated Calf Raise	1										
	15										
DB Shoulder Press w/ shrug	2										
	6-8/4										
Front Shoulder Raises	1										
	6-10										
Cable Pull-down w/ shrug	2										
	6-8/4										
Cable Pullover (Strait arms)	1										
	6-10										
Abductors Ball On Wall	1										
	10										
Adductors Ball On Floor	1										
	10										
Abs – Decline or Cable	1										
	15										

Description of Exercises

DAY 1

<i>Exercise</i>	<i>Muscles Targeted</i>	<i>Key Points to Remember</i>
Squats in the Rack	Quads, Glutes, Hams, Calves	Bar high on shoulders, chin up. Feet shoulder width apart. Back Strait or arched, knees forward & not past toes. Weight in your heels, thighs parallel w/ floor.
Body Weight Calves	Gastrocs, Plantar Flexors	Widest part of shoe on edge of platform. Looking for large range of motion. Feet almost together. May use object for balance but not assistance in movement.
Hip Flexors on Cable	Psoas, Sartorius, Quads	Use Velcro ankle attachment to low cable column. Stand tall and mark a single leg toe touch while flexing the glute you are standing with.
Shoulder Press w/ shrug using barbell or machine	Delts, Up Traps, Triceps	Standing, feet flat, knees bent, hands at shoulder level in front of shoulders. One quick motion w/ everything extending at once. Shrug after 6-8 reps in strait body position using just shoulders.

Side Shoulder Raises	Delts, Upper Traps	Feet shoulder width apart, knees bent slightly, back strait & looking forward. Arms almost locked, keep pinky finger high. From sides to parallel w/ floor.
Cable Lat Pull-downs w/shrug	Lats, Low&Mid Traps, Rhombs, Biceps	Arms shoulder width apart & overhand grip. Keep elbows wide & to sides of body. Back strait and leaned back w/ feet on the floor. Shrug w/ arms locked strait.
Dumbbell Pullover	Serratus Ant., Pecs, Lats	On flat bench lying on back, elbows strait and hands never come passed shoulders at top. Get a deep stretch at bottom of exercise w/ minimal arching of back.
Machine Abs	Rectus Abdominis	Pad just below collarbone and setting in hole closest to you. Get stretch at top, can't go down entire way. Feet on or behind bar and minimal to no use. Head level.
Machine Lower Back	Erector Spinae	Pad on upper 3/4 of back. Keep back strait and lean back until you are in strait body position. Head level.

*If you don't have these machines, use free weights or ask for suggestions.

Description of Exercises DAY 2

<i>Exercise</i>	<i>Muscles Targeted</i>	<i>Key Points to Remember</i>
Leg Press	Glutes, Hams, Quads, Calves	Hips all the way back in the seat. Toes always above knees. Knees at about 90 deg. when bent. Keep stomach tight and weight in your heels.
Calves on Leg Press	Gastrocs, Plantar Flexors	Start as above, when legs are strait, walk feet to bottom of platform so widest part of shoe is on edge. Knees almost locked and use a big range of motion.
Seated Hip Adductors	Adductors, Gracilis	Hips all the way back in seat, pad higher on inner thigh than knee. Big range of motion.
Seated Hip Abductors	TFL, Gluteus Minimus	Hips all the way back in seat, pad higher on outer thigh than knee. Big range of motion.
Seated Row w/ shrug	Mid Traps, Lats, Rhombs, Biceps	On machine, chest pad just longer than arms length. Seat pad so hands are just lower than elbows when flexed. Feet supported and back strait, head level. Shrug with arms strait, squeezing shoulder blades.

Chest Press w/ shrug	Pecs, Triceps, Ant. Delts	On machine, hand grip set to height chart and seat set so hands are mid chest (just below shoulders). Stomach tight and back strait. Shrug w/ arms strait.
Torso Twists On Machine or Cable	Abdominal Obliques	Set to your range of motion. Elbows on pads, knees still on pads. Move full upper body, head follows torso.
Scarecrows (Rotators)	Infraspinatus, Teres Minor	Standing with feet shoulder width apart, knees slightly bent & back strait. Elbows strait out from shoulders and held in that position, keep bent at 90deg.
Wrist Supi/ Pronation	Brachioradialis, Biceps	Elbows at 90deg. grasping end of dumbbell or a pull-down grip. Twist slowly one side to other. Wrists strait.

*If you don't have these machines, use free weights or ask for suggestions.

Description of Exercises

DAY 3

<i>Exercise</i>	<i>Muscles Targeted</i>	<i>Key Points to Remember</i>
Front Lunge	Glutes, Quads, Hams, Claves	Dumbbells held to sides. Steps large enough so legs make 90deg. angles. Front knee not past toe and back knee not touching ground. Walking, 6-10 each leg.
Seated Calf Raise	Soleus, Plantar Flexors	Widest part of shoe on close edge of platform. Looking for large range of motion. Feet pointed strait ahead. Knees just past edge of pad.
DB Shoulder Press w/ shrug	Delts, Upper Traps, Triceps	Seated w/ back support. Feet on floor, strait back, tight stomach. Hands only coming down to ear level and above shoulders when extended. Shrug with locked out arms to full extension, keep hands close but not touching
Front Shldr Raises	Ant. Delts, Upper Pecs	Feet shoulder width apart, knees bent slightly, back strait & looking forward. Arms almost locked, keep pinky finger high. From front thigh to parallel w/ floor.
Cable Lat Pull-Dwn w/ shrug	Lats, Low&Mid Traps, Rhombs, Biceps	Arms shoulder width apart & overhand grip. Keep elbows wide & to side of body. Back strait and slight lean w/ feet on the floor. Shrug w/ arms locked strait.
Cable Pullover	Serratus Ant., Pecs, Lats	Standing at same machine, knees slightly bent and shoulder width apart. Hands shoulder width apart and almost strait, overhand grip. Stomach tight, back strait. Pull from strait out to almost touching thigh.

Abductors w/ Ball	TFL, Glute min, outside thigh	Stand side against wall, ball b/t wall and outside of knee. One hand touch wall. Motion toward wall and hold then repeat. Other foot flat on floor. Abs tight and body strait.
Adductors w/ Ball	Adductors, Gracilis, inside thigh	Same way as above with inside of knee. Or lying down with elbow, hand, and other foot on floor while lifting strait body up.
Decline Abs OR Cable Abs	Rectus Abdominis	On decline bench with plate on chest, elbows to thighs. Or lying and pulling cable w/ arms 90deg. getting shoulder blades up. Last option backwards at pull-down machine w/ arms locked at 90deg. doing crunches.

*If you don't have these machines, use free weights or ask for suggestions.

Special Exercise Notes:

- Eat one half hour to two hours before your workout. Try to make it something higher in carbohydrates, less in protein, and least in fat.
- Be hydrated and drink water or a sports drink through the duration of your workout. Finish by drinking more water just after your workout.
- Warm-up with about 5 minutes of full body movements, getting the blood disbursed to the muscles that you are about to use.
- Try to train with a partner or two to keep you motivated.
- Breath out when doing the work (concentric contraction) and in when returning the weight (eccentric contraction).
- The “work” part, or concentric contraction should be faster than the “resistance” part, or eccentric contraction.
- Try to hold the weight in the contracted phase of the exercise, but not locked out, for a full count before continuing to lengthen the muscle.
- Take a one-minute to one-minute and thirty second break between sets for maximal strength gains and minimal mass gains.
- You should reach your **bolded** rep number each set. When you begin doing more with good form, it is time to up the weight so your goal number is reached with good form on all reps for both sets.
- If you feel the need to stretch between sets, do so; it will help flexibility and strength.
- Be sure to cool down with at least 3 minutes of aerobic full-body movement and stretch afterwards, all of the muscles you worked that day.
- Get a good mix of proteins, carbohydrates, and fats (in that order) within an hour after your workout is complete.
- Any questions ask a professional or go to a professional source.

NOTES/Questions: