

HOLY FAMILY WEIGHT TRAINING

NAME: _____

DATE: _____ DATE: _____ DATE: _____ DATE: _____

DAY 1:

BENCH PRESS: 10,6,4,2 (PYRAMID) _____
 JAMMER EXTENSION: 3X5 _____
 JAMMER ROTATION: 3X5 _____
 LAT PULLS 3X5 _____

DUMBBELL WORK

1. TRICEP CURLS 3X5 _____
 2. LATERAL RAISES 3X5 _____
 3. FRONT RAISES 3X5 _____
 4. ARM CURLS 3X5 _____

BATTLE ROPES (EACH EXERCISE DO FOR 20 SECS)

(PUT A "X" FOR COMPLETED)

1. ALTERNATE WAVES 20 SEC _____
 2. SAME TIME WAVES 20 SEC _____
 3. OUTSIDE CIRCLES 20 SEC _____
 4. TOGETHER SIDES 20 SEC _____

VERTMIAX WORK

(PUT A "X" FOR COMPLETED)

1. VERTICAL JUMP 3x5 _____
 2. HIGH KNEES 2X10 SECS. _____
 3. STEP UPS 1X5 (EACH) _____

CONDITIONING / SPRINTS / SPRINT DRILLS TO FOLLOW LIFTING!!

DATE: _____ DATE: _____ DATE: _____ DATE: _____

DAY 2:

POWER CLEANS 3x5 _____
 JUMP CLEANS 3x5 _____
 PARRALLEL SQUAT 3x5 _____
 SL DEAD LIFT 3X5 _____
 WEIGHTED LUNGES 2X10 (STEPS) _____
 HEEL RAISES 3x5 _____

POWER RUNNER

1. ONE LEG (DO EACH) 1X10 _____
 2. BOTH LEGS, SLOW RUN 1X10 SECS _____

AB WORK (DO EACH AB DRILLS FOR 30 SECS - 2 MINUTES TOTAL)

(PUT A "X" FOR COMPLETED)

1. PLANKS _____
 2. MOUNTAIN CLIMBER _____
 3. RUSSIAN TWIST _____
 4. BICYCLE CRUNCH _____

VERTMIAX WORK

(PUT A "X" FOR COMPLETED)

1. VERTICAL JUMP 3x5 _____
 2. HIGH KNEES 2X10 SECS. _____
 3. STEP UPS 1X5 (EACH) _____

CONDITIONING / SPRINTS / SPRINT DRILLS TO FOLLOW LIFTING!!

HOLY FAMILY WEIGHT TRAINING

(JUNIOR HIGH)

NAME: _____

DATE: _____ DATE: _____ DATE: _____ DATE: _____

DAY 1:

BENCH PRESS: 3X5 _____
JAMMER EXTENSION: 3X5 _____
JAMMER ROTATION: 3X5 _____
LAT PULLS 3X5 _____

DUMBBELL WORK

1. TRICEP CURLS 2X5 _____
2. LATERAL RAISES 2X5 _____
3. FRONT RAISES 2X5 _____
4. ARM CURLS 2X5 _____

BATTLE ROPES (EACH EXERCISE DO FOR 15 SECS)

(PUT A "X" FOR COMPLETED)

1. ALTERNATE WAVES 15 SEC _____
2. SAME TIME WAVES 15 SEC _____
3. OUTSIDE CIRCLES 15 SEC _____
4. TOGETHER SIDES 15 SEC _____

VERTMIAX WORK

(PUT A "X" FOR COMPLETED)

1. VERTICAL JUMP 3x5 _____
2. HIGH KNEES 2X10 SECS. _____
3. STEP UPS 1X5 (EACH) _____

CONDITIONING / SPRINTS / SPRINT DRILLS TO FOLLOW LIFTING!!

DATE: _____ DATE: _____ DATE: _____ DATE: _____

DAY 2:

POWER CLEANS 3x5 _____
JUMP CLEANS 3x5 _____
PARRALLEL SQUAT 3x5 _____
SL DEAD LIFT 3X5 _____
WEIGHTED LUNGES 2X10 (STEPS) _____
HEEL RAISES 3x5 _____

POWER RUNNER

1. ONE LEG (DO EACH) 1X10 _____
2. BOTH LEGS, SLOW RUN 1X10 SECS _____

AB WORK (DO EACH AB DRILLS FOR 20 SECS - 2 MINUTES TOTAL)

(PUT A "X" FOR COMPLETED)

1. PLANKS _____
2. MOUNTAIN CLIMBER _____
3. RUSSIAN TWIST _____
4. BICYCLE CRUNCH _____

VERTMIAX WORK

(PUT A "X" FOR COMPLETED)

1. VERTICAL JUMP 3x5 _____
2. HIGH KNEES 2X10 SECS. _____
3. STEP UPS 1X5 (EACH) _____

CONDITIONING / SPRINTS / SPRINT DRILLS TO FOLLOW LIFTING!!