

SUMMER WORKOUT

These weights are only recommendations, if you can handle more then add more, if you can't complete a set, then lower the weights and use these weights as goals to build up to.

Upper Body Workout

- Bench Press – 3 sets to build (12-10-8) (10-8-6)
- Arms Station 1
 - Curls – 3 sets of 10
 - French Curls – 3 sets of 10 for each arm
- Arms Station 2
 - One Arm Pulls – 3 sets of 10 for each arm on bench
 - Two Handed French Curls – 3 sets of 10
- Military Press – 3 sets of 10 (shoulder press) guys – 45lb bar
Girls – 10 to 15 lb free
- COHOs – using the 45lb bar do 10 reps of the following (Girls may use 35lb bar)
 - Clings
 - Up Downs
 - Cling and Jerk
 - Sit-ups
 - Vertical arm lifts
 - Leg lifts (scissors)
 - Bent over rows
 - Jumpies
 - High Pulls
 - Squats

Lower Body Workout

- Double Leg Press
 - 30 reps with (2) 45s on each side (girls – 45lbs on each side)
 - 20 reps with (3) 45s on each side (girls – 70lbs on each side)
 - 10 reps with (4) 45s on each side (girls – 90lbs on each side)
- Leg Curls – 3 sets of 10
- Leg Extensions – 3 sets of 10
- Lunges – 3 sets of 20 steps (10 up and 10 down) with weights in hands
- Bench Pulls – Start with 3 sets of 15 but build for time (45lb bar for everyone)