



Off-Season Weight Room Workout

Follow this workout for 8 weeks... chart your weight lifted... GET STRONGER!

Day 1:

Bench press: 4 sets (10, 8, 6, 4)

or

Push-ups: 4 x max (as many as you can each set)

Incline DB press: 3 x 10

or

Incline push-ups: Feet on chair, push-ups, 3 x max

Squat: 4 sets (10, 8, 6, 4)

or

Body Weight Squats: 4x30 **Get Low

Clean & Jerk: 3 x 8

Core: 6 Ab exercises – sets of 25

Day 2:

Wide Grip Pull-ups: 3 x max

Triceps: Choose 2 exercises (3 x 10)

Dips

Extensions

Skull Crushers

Kick Backs

Close Grip Pull-ups: 3 x max

Calf Raises: 3 x max

Reverse Grip Pull-ups: 3 x max

Core: 6 Ab exercises – sets of 25

Day 3:

Distance Run: 1 mile timed run

Sprints: 10 100 yard sprints – rest 1 min. between each sprint

Lane Slides: 1 minute defensive slides 10 ft

Stretch

Day 4:

Front Squat: 3 x 10

Shoulder Press: 3 x 10

Push-ups: Wide x max, Narrow x max, Regular x max

Pull-ups: Any grip, 3 x max

Core: 6 Ab exercises – sets of 25