

# Summer Workout Program

2014 Wildcat Volleyball

# HOW BAD DO YOU

# WANT IT???



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### **GOALS FOR THE SUMMER:**

- Play at least 3 times a week or more!
- Gain power, speed and explosiveness. Do workout every day!
- Improve conditioning. Do workout every day!
- Develop leadership characteristics. Read five pages about leadership weekly.
- Challenge yourself mentally & physically. Make yourself PUSH!!

### **Returners Camp**

Don't forget Returners Camp will be July 28-30(Mon.-Wed.) 7:00-9:30pm. The cost is \$85.00 and will be run at VIP. This camp will be high intensity in preparation for our Season which begins August 4<sup>th</sup>. Plan on attending.

**Plano Senior Volleyball Players of 2014:** Here is the plan for the summer of 2014. The overview is on this page. You have about 8 weeks to maintain & improve your strength, speed, conditioning, vertical and skill. This workout gives you the opportunity to come in for fall practice at YOUR BEST. Even on vacation, you must commit to pushing yourself to train for a championship. If you struggle motivation yourself to workout, sign up for the summer conditioning camp.

Here is an overview of you work out:

- You will lift 2 days a week.
- You will do plyos, sprints, or core along with weights.
- You will sprint 2 days a week and have an optional Friday workout.
- There are planned days of active rest...make sure you rest on those days.

<b><u>RUNNING PROGRAM</u></b>	<u>Things to Remember:</u> <ol style="list-style-type: none"> <li>1. Follow the program as it is written: Warm-up first, then start.</li> <li>2. You need a partner or a timer – <b>NEVER RUN ALONE</b></li> <li>3. Bring water with you. Stay hydrated.</li> <li>4. Try to run on a marked field – use the practice fields or track.</li> <li>5. Sprints – run in sets, rest by time. Each run should be a <b>SPRINT</b> – as fast as possible for you.</li> </ol>
<b><u>AGILITIES</u></b>	<ol style="list-style-type: none"> <li>1. Same rules apply to agilities as to the running program.</li> <li>2. If you don't have the proper equipment, use a substitute exercise.</li> </ol>
<b><u>PLYO TRAINING</u></b>	<ol style="list-style-type: none"> <li>1. Be sure to jump balanced, in control, &amp; land softly.</li> <li>2. Overload works!! If you use MAX effort every time, you will improve.</li> </ol>
<b><u>CORE TRAINING</u></b>	<ol style="list-style-type: none"> <li>1. These are important to PREVENT injury! Do not skip!</li> <li>2. Focus on tightening your core while working!!</li> </ol>
<b><u>VOLLEYBALL</u></b>	<ol style="list-style-type: none"> <li>1. <b>PLAY AS MUCH AS YOU CAN!!!!!!</b></li> </ol>

If you have questions, call my cell at 210-385-1888 and leave a message or send me a text. I'll call you back with answers or text you back.

**BEFORE EVERY WORKOUT, DO YOUR AGILITIES TO WARM UP!! AFTER EVERY WORKOUT, STRETCH FOR AT LEAST 15 MINUTES!!**

Bring this folder with you to every workout. Strength workouts will include different circuits on different days which are located on the explanation sheets, so plan for workouts to take longer in the beginning due to unfamiliarity. Try to work out with a partner – this will keep you accountable and motivated.

We will be going 2-a-days for the first two weeks starting on August 4<sup>th</sup>. If you complete this program, **YOU WILL BE READY!**

# Plano Senior Summer Weight Program 2014

JUNE

**500 Abs EVERYDAY-be creative and focus on your back too!  
Check out You Tube for ideas!!**

## Monday

Exercise	Set 1	Set 2	Set 3	Wk 1 Weights			Wk 2 Weights			Wk 3 Weights			Wk 4 Weights		
	Reps	Reps	Reps	(Set 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)		
Squat	12	10	8												
Upright Row	12	12	12												
Step Ups	6	6	6												
Bench Press	12	10	8												
Squat Jumps	10	10	10												
Hamstring Curls	7	7	7												
Single Leg Dead Lift	12	12	12												
Push-ups(BOSU)	10	10	10												
DB Military Press on Ball	10	10	10												

## Wednesday

Exercise	Set 1	Set 2	Set 3	Wk 1 Weights			Wk 2 Weights			Wk 3 Weights			Wk 4 Weights		
	Reps	Reps	Reps	(Set 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)		
DB Lunges	10	10	10												
Single Arm Row	10	10	10												
MB Squat Push Press	10	10	10												
Lat Pull	12	10	8												
RDL (dead lift)	10	10	10												
Back Hypo	10	10	10												
Incline Press	10	10	10												
Box Jumps	12	12	12												
DB Shoulder Complex	8	8	8												

DB - Dumbbell

BB - Barbell

MB - Medicine Ball

BW - Body Weight

# Plano Senior Summer Weight Program 2014

July

**500 Abs EVERYDAY-be creative and focus on your back too!**

**Check out You Tube for ideas!!**

**\*\* (Increase the weight you are working with - reps have gone down)\*\***

**Monday**

Exercise	Set 1	Set 2	Set 3	Wk 5 Weights			Wk 6 Weights			Wk 7 Weights			Wk 8 Weights		
	Reps	Reps	Reps	(Set 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)		
Squat	8	6	4												
Upright Row	10	10	10												
Step Ups	6	6	6												
Bench Press	8	6	4												
Squat Jumps	6	4	2												
Hamstring Curls	5	5	5												
Single Leg Dead Lift	10	10	10												
Push-ups(BOSU)	10	10	10												
Military Press on Ball	8	8	8												

**Wednesday**

Exercise	Set 1	Set 2	Set 3	Wk 5 Weights			Wk 6 Weights			Wk 7 Weights			Wk 8 Weights		
	Reps	Reps	Reps	(Set 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)			(Sets 1,2,3)		
DB Lunges	8	8	8												
Single Arm Row	8	8	8												
MB Squat Push Press	8	8	8												
Lat Pull	10	8	6												
RDL (dead lift)	10	8	6												
Back Hypo	10	10	10												
Incline Press	8	6	4												
Box Jumps	10	10	10												
DB Shoulder Complex	6	6	6												

DB - Dumbbell

BB - Barbell

MB - Medicine Ball

BW - Body Weight

# Plyometrics (Jump Training)

## Weeks 1 & 2 - Mondays & Wednesdays

equipment needed: box & cones

### **Plyo Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	8	8	
Squat Jumps	8	8	
Tuck Jumps	8	8	
Bounding	8	8	

*rest 2 minutes*

### **Box & Cone Drill Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps (deep Squat) onto box	5	5	
Lateral Cone Jumps	20 Seconds	20 Seconds	
Forward Cone Jumps	20 Seconds	20 Seconds	
<b>Sand Drills</b> (Approach and Block Jumps)	10 each	10 each	10 each

*rest 2 minutes*

### **Descriptions:**

**Step-Downs (Box)** - you will step off the box and land on 2 feet in a half squat position (helps teach proper landing technique and builds muscles around the knee to help cushion).

**Bounding** - jump out as far as you can go, landing on 2 feet in control.

## Weeks 3 & 4 - Mondays & Wednesdays

equipment needed: box & cones

### **Plyo Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	10	10	
Squat Jumps	10	10	
Tuck Jumps	10	10	
180 degree jumps	15 yards	15 yards	

*rest 2 minutes*

### **Box & Cone Drill Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps (deep Squat) onto box	8	8	
Lateral Cone Jumps	30 Seconds	30 Seconds	
Forward Cone Jumps	30 Seconds	30 Seconds	
<b>Sand Drills</b> (Approach and Block Jumps)	15 each	15 each	15 each

*rest 2 minutes*

# Plyometrics (Jump Training)

## Weeks 5 & 6 - Mondays & Wednesdays

equipment needed: box & cones

### **Plyo Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	8	8	8
Squat Jumps	8	8	8
Tuck Jumps	8	8	8
180 degree jumps	10 yards	10 yards	10 yards

*rest 2 minutes*

### **Box & Cone Drill Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps (deep Squat) onto box	6	6	6
Lateral Cone Jumps	20 Seconds	20 Seconds	20 Seconds
Forward Cone Jumps	20 Seconds	20 Seconds	20 Seconds
<b>Sand Drills</b> (Approach and Block Jumps)	10 each	10 each	10 each

*rest 2 minutes*

## Weeks 7 & 8 - Mondays & Wednesdays

equipment needed: box & cones

### **Plyo Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Step-Downs (Box)	10	10	10
Squat Jumps	10	10	10
Tuck Jumps	10	10	10
180 degree jumps	10 yards	10 yards	10 yards

*rest 2 minutes*

### **Box & Cone Drill Routine**

Exercises	Set 1 - Reps	Set 2 - Reps	Set 3 - Reps
Depth Jumps (deep Squat) onto box	8	8	8
Lateral Cone Jumps	30 Seconds	30 Seconds	30 Seconds
Forward Cone Jumps	30 Seconds	30 Seconds	30 Seconds
<b>Sand Drills</b> (Approach and Block Jumps)	15 each	15 each	15 each

*rest 2 minutes*

# Sprint & Agility Workout

Warm-up Drills: ALL ARE DONE FOR 20 YARDS

- High Knees
- Butt Kicks
- High Knees w/Extensions
- Grapevines- small to large
- Buildups- slow to fast

## WEEK 1: Tuesday, June 10

>>JOG ONE LAP & DO WARM-UP DRILLS:

### **SET #1:**

30 yards x 4 (15 sec rest)  
50 yards x 4 (20 sec rest)  
80 yards x 4 (25 sec rest)

*REST 3:00 minutes*

### **SET #3:**

**Agilities 1**

### **SET#2:**

100 yards x 2 (30 sec rest)  
70 yards x 4 (25 sec rest)  
40 yards x 4 (15 sec rest)

*REST 3:00 minutes*

## WEEK 1: Thursday, June 12

>>JOG ONE LAP & DO WARM-UP DRILLS:

### **SET #1:**

30 yards x 4 (15 sec rest)  
50 yards x 4 (20 sec rest)  
80 yards x 4 (25 sec rest)

*REST 3:00 minutes*

### **SET #3:**

**Agilities 2**

### **SET#2:**

100 yards x 2 (30 sec rest)  
70 yards x 4 (25 sec rest)  
40 yards x 4 (15 sec rest)

*REST 3:00 minutes*

## WEEK 2: Tuesday, June 17

>>JOG ONE LAP & DO WARM-UP DRILLS:

### **SET #1:**

30 yards x 4 (15 sec rest)  
50 yards x 4 (20 sec rest)  
80 yards x 4 (25 sec rest)

*REST 3:00 minutes*

### **SET #3:**

**Agilities 1**

### **SET#2:**

100 yards x 2 (30 sec rest)  
70 yards x 4 (25 sec rest)  
40 yards x 4 (15 sec rest)

*REST 3:00 minutes*

## WEEK 2: Thursday, June 19

>>JOG ONE LAP & DO WARM-UP DRILLS:

### **SET #1:**

40 yards x 4 (15 sec rest)  
80 yards x 4 (20 sec rest)  
30 yards x 4 (25 sec rest)

*REST 4:00 minutes*

### **SET #3:**

30 yards x 2 (15 sec rest)  
70 yards x 2 (25 sec rest)  
100 yards x 2 (30 sec rest)

### **SET#2:**

100 yards x 2 (30 sec rest)  
30 yards x 4 (25 sec rest)  
60 yards x 4 (15 sec rest)

*REST 4:00 minutes*

### **Set #4:**

**Agilities 2**



**WEEK 3: Tuesday, June 24**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

40 yards x 4 (15 sec rest)  
80 yards x 4 (25 sec rest)  
30 yards x 4 (30 sec rest)

*REST 4:00 minutes*

**SET #3:**

Suicides:

- 1: 5 tuck jumps at each line
- 2: 5 push-ups at each line
- 3: 5 burpees at each line

**SET#2:**

100 yards x 2 (30 sec rest)  
30 yards x 4 (25 sec rest)  
60 yards x 4 (15 sec rest)

*REST 4:00 minutes*

**Set #4:**

**Agilities 1**

**WEEK 3: Thursday, June 26**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

40 yards x 4 (15 sec rest)  
80 yards x 4 (25 sec rest)  
30 yards x 4 (30 sec rest)

*REST 4:00 minutes*

**SET #3:**

30 yards x 2 (15 sec rest)  
70 yards x 2 (25 sec rest)  
100 yards x 2 (30 sec rest)

**SET#2:**

100 yards x 2 (30 sec rest)  
30 yards x 4 (25 sec rest)  
60 yards x 4 (15 sec rest)

*REST 4:00 minutes*

**Set #4:**

**Agilities 2**

**WEEK 4: Tuesday, July 1**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

100 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

*REST 3:00 minutes*

**SET #3:**

70 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
100 yards x 2 (30 sec rest)

**SET#2:**

30 yards x 4 (30 sec rest)  
80 yards x 4 (25 sec rest)  
30 yards x 4 (15 sec rest)

*REST 3:00 minutes*

**Set #4:**

**Agilities 1**

**WEEK 4: Thursday, July 3**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

100 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

*REST 3:00 minutes*

**SET #3:**

Suicides:

- 1: 5 tuck jumps at each line
- 2: 5 push-ups at each line
- 3: 5 burpees at each line

**SET#2:**

30 yards x 4 (30 sec rest)  
80 yards x 4 (25 sec rest)  
30 yards x 4 (15 sec rest)

*REST 3:00 minutes*

**Set #4:**

**Agilities 2**

**WEEK 5: Tuesday, July 8**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

100 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

*REST 3:00 minutes*

**SET #3:**

70 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
100 yards x 2 (30 sec rest)

**SET#2:**

30 yards x 4 (30 sec rest)  
80 yards x 4 (25 sec rest)  
30 yards x 4 (15 sec rest)

*REST 3:00 minutes*

**Set #4:**

**Agilities 1**

**WEEK 5: Thursday, July 10**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

70 yards x 4 (15 sec rest)  
50 yards x 4 (25 sec rest)  
40 yards x 4 (30 sec rest)

*REST 2:30 minutes*

**SET #3:**

70 yards x 4 (15 sec rest)  
50 yards x 4 (25 sec rest)  
40 yards x 4 (30 sec rest)

**SET#2:**

40 yards x 4 (30 sec rest)  
20 yards x 4 (25 sec rest)  
100 yards x 4 (15 sec rest)

*REST 2:30 minutes*

**Set #4:**

**Agilities 2**

**WEEK 6: Tuesday, July 15**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

70 yards x 4 (15 sec rest)  
50 yards x 4 (25 sec rest)  
40 yards x 4 (30 sec rest)

*REST 2:30 minutes*

**SET #3:**

Suicides:

- 1: 5 tuck jumps at each line
- 2: 5 push-ups at each line
- 3: 5 burpees at each line

**SET#2:**

40 yards x 4 (30 sec rest)  
20 yards x 4 (25 sec rest)  
100 yards x 4 (15 sec rest)

*REST 2:30 minutes*

**Set #4:**

**Agilities 1**

**WEEK 6: Thursday, July 17**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

50 yards x 4 (15 sec rest)  
100 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

*REST 2:00 minutes*

**SET #3:**

40 yards x 4 (15 sec rest)  
30 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

**SET#2:**

50 yards x 4 (30 sec rest)  
100 yards x 2 (25 sec rest)  
20 yards x 4 (15 sec rest)

*REST 2:00 minutes*

**Set #4:**

**Agilities 2**

**WEEK 7: Tuesday, July 22**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

80 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
100 yards x 2 (30 sec rest)

REST 2:00 minutes

**SET #3:**

60 yards x 4 (15 sec rest)  
40 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

**SET#2:**

40 yards x 4 (30 sec rest)  
20 yards x 4 (25 sec rest)  
100 yards x 4 (15 sec rest)

REST 2:20 minutes

**Set #4:**

**Agilities 1**

**WEEK 7: Thursday, July 24**

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>>JOG ONE LAP & DO WARM-UP DRILLS:

**SET #1:**

50 yards x 4 (15 sec rest)  
100 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

REST 2:00 minutes

**SET #3:**

40 yards x 4 (15 sec rest)  
30 yards x 4 (25 sec rest)  
20 yards x 4 (30 sec rest)

**SET#2:**

50 yards x 4 (30 sec rest)  
100 yards x 2 (25 sec rest)  
20 yards x 4 (15 sec rest)

REST 2:00 minutes

**Set #4:**

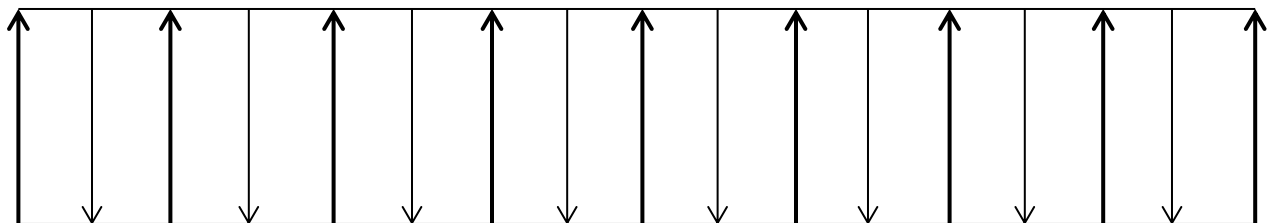
**Agilities 2**

- **July 28 – 30 TEAM CAMP – No Sprints and Agilities**
- **GET REST!!!!!!**
- **LET YOUR BODY RECOVER & RELOAD!**
- **NO WEIGHTS THIS WEEK!!**
- **1 WEEK 'TIL VOLLEYBALL STARTS!!!**

**FRIDAY CONDITIONING WORKOUT (optional)**

**Football Field Weave-**

Sprint across the field side to side starting on the goal line, jog over 5 yards and jog back on the 5 yard line then jog over 5 yards to the 10 yard line and sprint up to the other side.....continue sprint and jog until you reach the opposite goal line. (When looking at the diagram below sprint the thick arrows, jog the thin arrows.)



OR

**Track Workout-**

Sprint the straights and jog the curves for **6 laps** weeks 1-3, **8 laps** weeks 4-7.

**Conditioning is extremely important to coming in August 4<sup>th</sup> and being ready to compete and preventing injuries!!!!!!**

# Explanation of Agility Exercises



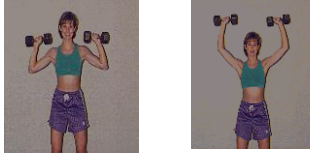


**All agilities start with speed dynamics!!!**






Speed Dynamics (Use 10 yards = 30 feet) Do each one 2 times (down and back) and as quickly as possible.




- |                       |                              |
|-----------------------|------------------------------|
| 1. Butt Kicks         | 4. Grapevines                |
| 2. Jumping High Knees | 5. Shuffle                   |
| 3. Fast High Knees    | 6. Ready Position and Sprint |

Drill	Drill Explanation	Equipment Needed	Drill Set-up	Workout Reps
<b>5-10-5</b>	Start touching the middle cone. Sprint to 1 outside cone touch it with hand, then sprint across 10 yards to other outer cone, touch it, change directions and sprint through the middle cone.	3 cones Directions: 1. Sprint all 2. Shuffle all 3. Sprint/Shuffle/Sprint 4. Shuffle/Sprint/Shuffle 5. Sprint/Backpedal/Sprint 6. Backpedal/Sprint/Backpedal		#1 X 2 each
<b>5 Cone Weave</b>	Start at one end and perform activity up and back through the cones. Touch every cone with your hand.	5 cones Directions: 1. Sprint all 2. Shuffle all forward 3. Shuffle all pivot and shuffle 4. Sprint/Backpedal		#1 X 2 each
<b>Lateral Hop To Sprint</b>	4 lateral jumps over and back; 2 cones then sprint 10 yards.	2 cones		#1 X 10
<b>Square Drill</b>	Start on one corner and perform activity around all 4 cones. Stay as close to the cones as possible. Make quick crisp movements.	4 cone 1. Sprint all 2. Shuffle all 3. Sprint/Shuffle/Sprint/Shuffle 4. Sprint/Grapevine/BP/Grapevine 5. Sprint/Shuffle/BP/Shuffle		#2 X 2 each
<b>Star Drill</b>	Start touching the first cone and shuffle in towards the center cone, going in and out through the entire set-up.	5 cones Shuffle all		#2 X 10
<b>M Drill</b>	Start touching the 1 <sup>st</sup> cone sprint forward to 2 <sup>nd</sup> cone, backpedal to 3 <sup>rd</sup> cone, sprint to 4 <sup>th</sup> cone, and backpedal through the 5 <sup>th</sup> cone.	5 cones Sprint/Backpedal all		#2 X 10

# Explanation of Lifts in Weight Program

Lift	Equipment Used	Key Points	Picture
<b>Squat</b>	Rack, Bar, Weight Plates	<ul style="list-style-type: none"> <li>Keep head forward, back straight and feet flat on the floor</li> <li>Equal distribution of weight throughout forefoot and heel</li> <li>Get parallel</li> <li>Knees should be in line with the toes from start to finish</li> </ul>	
<b>Bench Press</b>	Rack, Bar, Bench, Weight Plates	<ul style="list-style-type: none"> <li>Dismount bar from rack over the upper chest using an overhand grip just wider than shoulder width.</li> <li>Lower weight to upper chest. Use the center of your chest as a target to bring the bar down to.</li> <li>Press bar until arms are extended.</li> </ul>	
<b>DB Military Press</b>	Dumbbells	<ul style="list-style-type: none"> <li>Using the muscles of the shoulders press the weight above your head.</li> <li>Finish the exercise by locking out the dumbbells directly above your head.</li> <li>Lower the DBs to the start position and repeat the process.</li> </ul>	
<b>Upright Row</b>	Curl Bar or Dumbbell	<ul style="list-style-type: none"> <li>Grasp dumbbells with hands close together and stand with palms facing front of thighs.</li> <li>Pull DBs to front of shoulder with elbows leading. Allow wrists to flex as DB rises upward.</li> <li><b>Elbows need to stay higher than wrists!!</b></li> </ul>	
<b>Back Hypo</b>	Back Hypo Machine	<ul style="list-style-type: none"> <li>Lie face down on a hyperextension bench, tucking your ankles securely under the footpads.</li> <li>Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance.</li> <li>Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back.</li> <li>Slowly raise your torso until your legs and upper body are in a straight line again.</li> <li><b>Do NOT arch your back past a straight line!!</b></li> </ul>	

<p><b>DB Lunges</b></p>	<p>DB</p>	<ul style="list-style-type: none"> <li>• Stand upright with your feet shoulder width apart. Hold a pair of dumbbells in your hands.</li> <li>• Take a 2-3 foot step forward. Once the stepping foot is planted, the upper body and the front knee should not move forward during the lowering and raising of the body.</li> <li>• Keeping the upper body vertical, dip your lower body straight down vertical, dip your lower body straight down until back knee comes close to the ground.</li> <li>• Hold the tension in the front of your leg, then raise your body straight up and return to starting position.</li> <li>• You may do repeated repetitions on a single leg before switching or alternate legs.</li> </ul>	
<p><b>RDL</b></p>	<p>Bar</p>	<ul style="list-style-type: none"> <li>• Start out with the barbell in your hands.</li> <li>• Pull your shoulders back and tighten your lower back.</li> <li>• Push your hips back and bend forward as far as you can, keeping your back flat.</li> <li>• Reverse direction until you are standing straight again. This trains your hamstrings and lower back.</li> </ul>	
<p><b>MB Squat Push Press</b></p>	<p>NB</p>	<ul style="list-style-type: none"> <li>• Hold a substantial medicine ball at your chest, with feet shoulder width apart.</li> <li>• Squat down with ball at your chest, and as you stand, press the ball up overhead as far as you can throw it.</li> <li>• Be sure you keep your torso erect, weight back on the heels, and shoulders back to remain in the proper position.</li> </ul>	
<p><b>Incline Press</b></p>	<p>Rack, Bar, Bench, Weight Plates</p>	<ul style="list-style-type: none"> <li>• Lie on your back on the Incline Press so that the barbell crosses above your nose.</li> <li>• Take a grip just wider than shoulder width and bend your elbows slightly. Push the bar off the racks by locking your elbows, and bring it in line with the top of your chest.</li> <li>• Angle your arms outward and lower the bar in a controlled manner until it touches your chest.</li> <li>• Now contract your shoulder and arm muscles quickly as you explode the bar back to a locker out over-body position.</li> </ul>	
<p><b>Bicep Curl</b></p>	<p>Curl Bar or DB's</p>	<ul style="list-style-type: none"> <li>• Grasp the bar with a closed, supinated grip that is slightly wider than shoulder width apart.</li> <li>• Stand erect with feet shoulder width apart and knees slightly bent.</li> <li>• Curl your wrist to your shoulders, and then lower your wrist back to waist level.</li> <li>• Do not let the weights go lower than waist level.</li> </ul>	

<p><b>Lat Pull Down</b></p>	<p>Lat Pull Down Machine</p>	<ul style="list-style-type: none"> <li>• Grasp the bar with a closed, pronated grip that is wider than shoulder width apart.</li> <li>• With torso erect, head slightly down and arms fully extended slowly pull the bar down slightly touching the base of the neck.</li> </ul>	
<p><b>Hamstring Curl</b></p>	<p>Partner</p>	<ul style="list-style-type: none"> <li>• Get on your knees and have your partner hold your heels.</li> <li>• Try to lower your upper body to the ground without bending at the waist.</li> <li>• Go as far as you can and catch yourself in a push-up position.</li> <li>• Great for hamstring flexibility and strength.</li> </ul>	
<p><b>DB Single Leg RDL</b></p>	<p>DB's</p>	<ul style="list-style-type: none"> <li>• Assume single-leg stance with slight flex in hip and knee of balancing leg.</li> <li>• Keeping back flat and without changing flex in knee, bend forward by shifting hips back.</li> <li>• Lower dumbbell as far as possible, then return to standing position through same motion.</li> </ul>	
<p><b>DB Shoulder Complex 1</b></p>	<p>DB's</p>	<p><b>Lateral raise</b> – to your side parallel to the floor  <b>Frontal raise</b> – to the front parallel to the floor  <b>Bent over row</b> – bend over, flat back, chest out, knees bent; pull DB from hanging position to your shoulders  <b>Curl to Press</b> – stand upright do a DB bicep curl and from there press overhead(military press)</p>	
<p><b>DB Shoulder Complex 2</b></p>	<p>DB's</p>	<p>Houston Series</p> <ul style="list-style-type: none"> <li>• Front Raise (thumbs up)</li> <li>• 45 degree Raise (pinkies up)</li> <li>• Lateral Raise (palms down)</li> <li>• Rear Delt Raise (pinkies down)</li> <li>• Straight Back (palms up)</li> </ul>	