

West Genesee Boys Soccer

Weight Training Circuit 3



**** Please Note: Exercises can be done in any order*

****Start off by warming up on a piece of cardio equipment for 10 min and **STRETCH.***

- **Bench Press**
 - 3 Sets
 - 15 reps
 - Increase Weight by 5-10 LBS each set
- **Dumbbell Flys or Cable Crossover Flys**
 - 3 Sets
 - 15 reps
 - Increase Weight by 5-10 LBS each set
- **Upright Rows**
 - 3 Sets
 - 10 – 12 – 15 Reps
 - Weight stays the same
- **Seated Dumbbell Presses**
 - 3 Sets
 - 10 – 12 – 15 Reps
 - Weight stays the same

****End with cooling down on a piece of cardio equipment for 5 min and **STRETCH.***

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Weight Training Circuit 4



***** Please Note: Exercises can be done in any order**

*****Start off by warming up on a piece of cardio equipment for 10 min and *STRETCH*.**

- **Deadlifts**
 - 3 Sets
 - 15 reps
 - Increase Weight by 5-10 LBS each set
- **Leg Extensions**
 - 3 Sets
 - 15 reps
 - Increase Weight by 5-10 LBS each set
- **Seated Leg Curls**
 - 3 Sets
 - 15 reps
 - Increase Weight by 5-10 LBS each set
- **Lunges or Dumbbell**
 - 3 Sets
 - 20 Reps (10 Right +10 Left)
 - Increase Weight by 5-10 LBS each set

*****End with cooling down on a piece of cardio equipment for 5 min and *STRETCH*.**