



## Summer Strength Training 2015

- Start all workouts with 5 min. warm up on bike/ jump rope 80 rotations followed by 15 jumping jacks and dynamic flexibility work @ 20yds before your conditioning work,
- Select 1 circuit from #1- #3, (Monday, Wednesday, Friday) and 1 circuit from core training circuit 1-3, alternate between the circuit, minimum of 2x a week would like 3x.
- Complete all workouts 8 min. of stretching

### **Circuit #1** DB Cardiovascular Workout

Complete 2 rotations for 1-5 weeks, 3 rotations Weeks 6, 7, 8, 9

1. DB RDL to upright Row 8
  2. Alternating Step ups 8 ea.
  3. AB Rev. Crunches 40
  4. DB Shoulder press 8
  5. DB Lunge 8 ea.
  6. Bench Dips 8
  7. Swiss Ball Squats 6ea.
  8. Box jumps 8
  - 9a. Burpees w/push-up 8
  9. MB Push-ups 8
  10. MB BOSU Squat 8
  11. Toe touches 15
  12. Mountain Climbers 20 (on swiss ball)
- \*8-12lbs. DB, Challenge yourself  
\*DB Dumbbells

### **Circuit #3** BB Strength Workout

Begin w/3 rotations add rot. Each week  
Up to 6 rotations 90 second rest

1. DB Curls x6
  2. RDL to upright Row x6
  3. DB Hip Snatch x6
  4. MB jumping jacks x8
  5. 1 arm Row x6 ea.
  6. BOSU MB Press x8
  7. Overhead DB Lunge x6 R/L
  8. Lat Pull Downs x6
  9. DB Lateral Lunge x6 R/L
- \*BB Barbell 45lb. only

### • **Core Abdominal Circuit #2**

- A. Parallel Leg Raise- Arms Under Hip X20
  - B. Crunches x20
  - C. Kneeling wood chops x8 R/L
  - D. Cannonball x15
- Complete 3x

### **Circuit #2** Body Weight General Strength Workout

Complete 2 rotations for 1-5 weeks, 3 rotations weeks 6,7,8,9

1. MB Prisoner Squats 15 (hands behind head)
  2. V-ups 15ea.
  3. Push-ups 8
  4. Superman w/twist 15
  5. Rocket Jumps 8
  6. Hip Raises 12
  7. Lunge Good Morning 5 R/L
  8. Lunge Jumps 8
  - 8b. Sit-ups 15
  9. MB Wood chop 8
  8. Decline push-ups 8 (feet on bench)
- \* 2.5 wt shoulder complex (I, T, W, u with press 3x 12 ea.)  
\* SB-strength ball, MB—med ball

### **MB Core Abdominal Circuit #1**

- A. Sit up Throws
  - B. MB V-ups
  - C. MB Russian Twist
  - D. Side Throws
  - E. Overhead wall throws
- \*Complete 2x 20 reps.

### **Core Abdominal Circuit #3**

- |                   |       |    |
|-------------------|-------|----|
| Sit-ups           | 30x   | 3  |
| Pedestal          | 1min. | x2 |
| MB Russian Twists | 30x   | 2  |
| Circle Crunches   | 20x   | 2  |

[\\*Any Questions Call Coach McCormick \(512\) 799-6472 Monday- Friday 8am – 5pm](#)

*\*Hard work beats talent, when talent doesn't work hard.....*