Pre Summer Starting workout



Exercise

Base Prescription Day 1:

Day 2:

Day 3:

Squat with KettleBell	Set	Wgt (lbs)	Repetitions						
0	1	0.0	12						
	Rest	20							
	2	0.0	12						
<u> </u>	Rest	20							
	3	0.0	12						
	Rest	20			-	1	-		
	4	0.0	12						

Set	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions	Wgt (lbs)	Repetitions
1	0.0	12						
Rest	20							
2	0.0	12						
Rest	20							
3	0.0	12						
Rest		20						
4	0.0	12						
	1 Rest 2 Rest 3 Rest	1 0.0 Rest 2 2 0.0 Rest 3 3 0.0 Rest 2	1 0.0 12 Rest 20 2 2 0.0 12 Rest 20 2 3 0.0 12 Rest 20 20	1 0.0 12 Rest 20 2 0.0 12 12 Rest 20 3 0.0 12	1 0.0 12 Rest 20 2 0.0 12 12 Rest 20 3 0.0 12	1 0.0 12 Rest ∠0 2 0.0 12 0.0 Rest ∠0 3 0.0 Rest ∠0	1 0.0 12 Rest 20 2 0.0 12 Rest 20 3 0.0 12 Rest 20	1 0.0 12 Rest 20 2 0.0 12 Rest 20 3 0.0 12 Rest 20

Hip Thrust with Bench	Set	Wgt (lbs)	Repetitions						
	1	0.0	20						
	Rest	20							
	2	0.0	20						
	Rest	20							
Put light weight.	3	0.0	20						
	Rest		20						
	4	0.0	20						

Romanian Deadlift with	Set	Wgt (lbs)	Repetitions						
Barbell	1	0.0	12						
	Rest	20							
	2	0.0	12						
	Rest	20							
	3	0.0	12						
	Rest	20							
	4	0.0	12						
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Seated Chest Press Machine



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S	et	Wgt (lbs)	Repetitions						
1	1	0.0	8						

Circuit 3 Rounds

V-Up



Set	Wgt (lbs)	Repetitions						
1	0.0	20						

Oblique Crunch

Each side



Set	Wgt (lbs)	Repetitions						
1	0.0	15						

Rest between rounds: 60 sec