

S1 Strength Training				S2 Power Training				S3 Neuro Transfer				S4 Strength Endurance			
S1			S1	S2			S2	S3			S3	S4			S4
15' warmup 10' Stretching				20' warmup 10' Stretching				15' warmup 10' Stretching				15' warmup 10' Stretching			
<u>Station Training:</u>				<u>Station Training:</u>				<u>Circuit to warmup</u>				<u>Circuit: 3 Rounds</u>			
4 x 20 Reps				8 x 8 Reps				4 Circuits				Reps /Week			
Bench Pull / Low Row				Bench Pulls				10 Jumps				Station		1st/2nd/3rd/4th	
Sit-ups / Abdominals				Squats		Leg Press		7 Push-ups				Bench pulls		60 / 90/ 120 / 150	
Jumps / Squats / Leg Press				Sit-ups				10 Eagles				Jumps		15 / 20 / 25 / 30	
Eagle / Superman				Cleans				10 Sit-ups				Sit-ups		10 / 15 / 20 / 25	
Bench Press				Eagle				5 Pull Ups				Bench Press		10 / 15 / 20 / 25	
10' Cardio				Bench Press				<u>Station Training:</u>				Bench pulls		60 / 90/ 120 / 150	
				Jumps (Box)		Leg Press		Pyramide				Squats		20 / 30 / 40 / 50	
4 x 20 Reps				10 - 15' cool down				Station		Reps		Sit-ups		10 / 15 / 20 / 25	
Bench Pull / Low Row								Bench Pull or Low Row		10,7,5,3,1,3,5,7,10		Bench Press		10 / 15 / 20 / 25	
Sit-ups / Abdominals								Leg Press or Squats		10,7,5,3,1,3,5,7,10		Triangle(Back)		1' / 1'30" / 2' / 2'	
Jumps / Squats / Leg Press				Rest Time:				Power		10,7,5,3,1,3,5,7,10		10 - 15' cool down			
Eagle / Superman				2 - 3' per muscle group				Cleans		10,7,5,3,1,3,5,7,10		Rest Time:			
Bench Press								Leg Press or Squats		10,7,5,3,1,3,5,7,10		10 - 20" between Stations			
								Power		10,7,5,3,1,3,5,7,10					
								Snatches		10,7,5,3,1,3,5,7,10					
10 - 15' cool down								10 - 15' cool down							
								Rest Time:							
Rest time: Between SETS = 20" - 30"								3 - 5' per muscle group							
Between STATIONS = 2 - 3'															