

## Indoor

Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM
<b>Monday</b>	Warm up	Erg or Weights	Erg or Weights	Core&Stretch/Change
Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM
<b>Wednesday</b>	Warm up	Erg or Weights	Erg or Weights	Core&Stretch/Change
Millvale	7:40 AM	8:00 AM	8:45 AM	9:30 AM
<b>Saturday</b>	Warm up	Erg or Weights	Erg or Weights	Core&Stretch/Change breakfast

## Water

Millvale	6:10 PM	6:30 PM	7:15 PM	8:00 PM
<b>Monday</b>	Gear up	Paddle		Core/Weight/Change Stretch
Millvale	6:10 PM	6:30 PM	7:15 PM	8:20 PM
<b>Wednesday</b>	Gear up	Paddle		Core/Weight/Change Stretch
Millvale	8:40 AM	9:00 AM	9:45 AM	10:30 AM
<b>Saturday</b>	Gear up	Paddle		Core/Weight/Change breakfast



<b>Weight Log</b>		<b>Year:</b>	<b>Weeks:</b>	<b>Dates:</b>	<b>Cycle:</b>
-------------------	--	--------------	---------------	---------------	---------------

Exercise	Date:		Weeks:		Dates:		Cycle:	
	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs
<b>Red</b>								
1 Squats 5x5 r1'								
2 Romanian dead Lift 3x6								
3 DB Lunges 3x8 (each leg)								
4 Ball Leg Curl 3x8								

Exercise	Date:		Weeks:		Dates:		Cycle:	
	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs
<b>Blue</b>								
1 DB Bench Press (flat) 2x5								
2 DB Bench Press (Incline) 2x5								
3 Push Press 1x5								
4 Weight Bar Squat & Press 2x6								
5 Seated Cable Rows 4x6								
6 Face Pulls 3x8								
7 Inverted Rows 3x AMAP								

Exercise	Date:		Weeks:		Dates:		Cycle:	
	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs	sets / reps	lbs
<b>Green</b>								
1 One Arm DB Row 6.8.30								
2 Lat Pulldowns 5x5								
3 Face Pulls 2x15								
4 Hang Cleans 3x6								
5 DB Hammer Curls 2x8								
6 Tricept Pushdowns 2x8								
7 One Arm DB Row 6.8.30								

Rest for all sets is one minute . Challenge yourselves to use the heaviest weight you can use for the prescribed reps that do not cause you to have a form break.  
 Try to use one weight for all the exercises and not exceed your limitations. Increase by 5lb increments when ready. Keep a log of your progress!

Circuit Exercises	Stretch	Power	Stability	Speed	Strength
BW Dolphins					X
BW Isometric Lunge L/R					
BW Isometric Lunge w/ Twist			X	X	
BW Pull-ups					X
BW Seated Flutter Kicks				X	X
BW Happy Feet					
BW Side Crunches L/R					X
KB Armovers					X
KB Twisters					X
MB High Bounce		X			
MB Kayakers		X		X	X
MB Lunge with Twist			X		X
MB Paired Throws		X		X	X
MB Planks			X		X
MB Side Planks			X		X
S Crossed Ham L/R (hips)	X				
S Pretzel Pusher L/R (hips)	X				
S Rainbows L/R (sides)	X				
S Sad Suzys (neck & back)	X				
S Scorpions L/R (hips)	X				
S Shoulder Strangle L/R (Shoulder)	X				
S Spine Find L/R (Triceps)	X				
SB Bridges			X		X
SB Kayakers					
SB Knee Tucks			X		X
SB Legovers					X
SB MB Russian Twists		X		X	X
SB Pushups			X		X
SB Sitting			X		
SB Back Extensions					

Monday	Thursday	Saturday
X		
		X
	X	
X		
X		
	X	
	X	
X		
	X	X
X		
X		
		S
		S
		S
		S
		S
		S
		S
		X
X		
X		X
X		X
	X	
X		X
X		X

SB = Stability Ball, MB = Medicine Ball, S = Stretch, BW = Body Weight