## General Weight Training Strength Program- Workout #3 – Pandemic Play at Home Version

Weights , Packback, or Bands – we can accommodate anyone! Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| EXERCISE | | Dates |  |  |  |  | EXERCISE |  | Dates |  |  | |  | |  | |
| Push up | S |  |  |  |  |  | Alternate 1 | S |  |  | |  | |  |  |
| Feet on Bench 1 1 | R |  |  |  |  |  | Dumbbell /Band 1 | R |  |  | |  | |  |  |
| 1 | W |  |  |  |  |  | Bench Press | W |  |  | |  | |  |  |
| Pistol Squat | S |  |  |  |  |  | Split Squat | S |  |  | |  | |  |  |
| 11 | R |  |  |  |  |  | Back Ft. 1 | R |  |  | |  | |  |  |
| Legs | W |  |  |  |  |  | Elevated | W |  |  | |  | |  |  |
| Inverted Row | S |  |  |  |  |  | Inverted Row | S |  |  | |  | |  |  |
| TRX? 2 | R |  |  |  |  |  | TRX? 2 | R |  |  | |  | |  |  |
| Table?(careful) | W |  |  |  |  |  | Table?(careful) | W |  |  | |  | |  |  |
| Dumbbell | S |  |  |  |  |  | Dumbell | S |  |  | |  | |  |  |
| Chest Fly 2 2 | R |  |  |  |  |  | Chest Fly 2 | R |  |  | |  | |  |  |
| Band/ Towels | W |  |  |  |  |  | Band/towels | W |  |  | |  | |  |  |
| Single Arm | S |  |  |  |  |  | Bent Over | S |  |  | |  | |  |  |
| Opposite Leg 3 2 | R |  |  |  |  |  | Row 3 | R |  |  | |  | |  |  |
| Cable/Band Row | W |  |  |  |  |  | BP, W, or Band | W |  |  | |  | |  |  |
| Lateral Lunge | S |  |  |  |  |  | Lateral Step | S |  |  | |  | |  |  |
| 3 | R |  |  |  |  |  | Ups With 3 | R |  |  | |  | |  |  |
|  | W | 0 |  |  |  |  | Knee Drive | W |  |  | |  | |  |  |
| Kneeling | S |  |  |  |  |  | Standing | S |  |  | |  | |  |  |
| Overhead 4 3 | R |  |  |  |  |  | Alt. Dumb. 3 3 R | R |  |  | |  | |  |  |
| Press | W |  |  |  |  |  | Press 4 | W |  |  | |  | |  |  |
| Towel(or Stab Ball) | S |  |  |  |  |  | Single Leg  Single SS | S |  |  | |  | |  |  |
| Curls | R |  |  |  |  |  | Deadlift 4 | R |  |  | |  | |  |  |
| Hamstrings 4 |  |  |  |  |  |  | BP, W, or Band | C |  |  | |  | |  |  |
| Your Choice | S |  |  |  |  |  | Your Choice | S |  |  | |  | |  |  |
| Biceps | R |  |  |  |  |  | Biceps | R |  |  | |  | |  |  |
| 5 | W |  |  |  |  |  | 5 | W |  |  | |  | |  |  |
| Your Choice | S |  |  |  |  |  | Kickback | S |  |  | |  | |  |  |
| Tricep 5 | R |  |  |  |  |  | BP, W, or Band | R |  |  | |  | |  |  |
|  | W |  |  |  |  |  | Tricep 5 | W |  |  | |  | |  |  |
| Body Saw 6 Front | S |  |  |  |  |  | Body Saw 6 | S |  |  | |  | |  |  |
| Towel/Slide board | R |  |  |  |  |  | Towel/Slide board | R |  |  | |  | |  |  |
| Clock Plank | S |  |  |  |  |  | Clock Plank | S |  |  | |  | |  |  |
| 6 | R |  |  |  |  |  | 6 | R |  |  | |  | |  |  |
| Side Plank | S |  |  |  |  |  | Side Plank | S |  |  | |  | |  |  |
| Row 6 | D |  |  |  |  |  | Row 6 | D |  |  | |  | |  |  |
| Band | W |  |  |  |  |  | Band | W |  |  | |  | |  |  |
| Bird Dog | S |  |  |  |  |  | Hands Free | S |  |  | |  | |  |  |
| 6 | R |  |  |  |  |  | Cook Hip 6 666Lit=f=== | R  R |  |  | |  | |  |  |
| Feeling |  |  |  |  |  |  | Feeling |  |  |  | |  | |  |  |
| Sleep |  |  |  |  |  |  | Sleep |  |  |  | |  | |  |  |
| Appetite |  |  |  |  |  |  | Appetite |  |  |  | |  | |  |  |