## General Weight Training Strength Program- Workout #3 – Fitness and Conditioning

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Warm up : Clean pulls, hands free front squats

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| EXERCISE | | Dates |  |  |  |  | EXERCISE |  | Dates |  |  | |  | |  | |
| Pec Exercise | S |  |  |  |  |  | Alternate 1 | S |  |  | |  | |  |  |
| Your Choice 1 1 | R |  |  |  |  |  | Dumbbell | R |  |  | |  | |  |  |
| 1 | W |  |  |  |  |  | Bench Press | W |  |  | |  | |  |  |
| Front Squat Pistol Squat | S |  |  |  |  |  | Pistol Squat | S |  |  | |  | |  |  |
| 11 | R |  |  |  |  |  | 1 | R |  |  | |  | |  |  |
| Legs | W |  |  |  |  |  | Legs | W |  |  | |  | |  |  |
| Inverted Row | S |  |  |  |  |  | Inverted Row | S |  |  | |  | |  |  |
| TRX 2 | R |  |  |  |  |  | TRX? 2 | R |  |  | |  | |  |  |
| Lats/Rhom/Trap | W |  |  |  |  |  | Lats/Rhom/Trap | W |  |  | |  | |  |  |
| Chest Flyes | S |  |  |  |  |  | Pec Exercise | S |  |  | |  | |  |  |
| Bands 2 | R |  |  |  |  |  | Your Choice2 2 | R |  |  | |  | |  |  |
|  | C |  |  |  |  |  |  | W |  |  | |  | |  |  |
| Lat Pulldown | S |  |  |  |  |  | Chin ups 3 | S |  |  | |  | |  |  |
| Handles 3 2 | R |  |  |  |  |  | Palms Facing 3 | R |  |  | |  | |  |  |
| Lats/Rhom/Trap | W |  |  |  |  |  | Lats/Rhom/Trap | C |  |  | |  | |  |  |
| Lateral Lunge | S |  |  |  |  |  | Lateral Step | S |  |  | |  | |  |  |
| 3 | R |  |  |  |  |  | Ups With 3 | R |  |  | |  | |  |  |
|  | W | 0 |  |  |  |  | Knee Drive | W |  |  | |  | |  |  |
| Standing | S |  |  |  |  |  | Standing | S |  |  | |  | |  |  |
| Barbell 4 3 | R |  |  |  |  |  | Alt. Dumb. 4 3 3 R | R |  |  | |  | |  |  |
| Press - Delts | W |  |  |  |  |  | Press Delts | W |  |  | |  | |  |  |
| Stability Ball | S |  |  |  |  |  | Single Leg  Single SS | S |  |  | |  | |  |  |
| Curls | R |  |  |  |  |  | Deadlift 4 | R |  |  | |  | |  |  |
| Hamstrings 4 |  |  |  |  |  |  | Band | C |  |  | |  | |  |  |
| Hammer Curls | S |  |  |  |  |  | Your Choice | S |  |  | |  | |  |  |
| Biceps | R |  |  |  |  |  | Biceps | R |  |  | |  | |  |  |
| 5 | W |  |  |  |  |  | 5 | W |  |  | |  | |  |  |
| Your Choice | S |  |  |  |  |  | Your Choice | S |  |  | |  | |  |  |
| Triceps 5 5 | R |  |  |  |  |  | Triceps 5 | R |  |  | |  | |  |  |
|  | W |  |  |  |  |  |  | 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 | R |  |  |  |  |  | Row 6 | R |  |  | |  | |  |  |
| Band | C |  |  |  |  |  | Band | C |  |  | |  | |  |  |
| Bird Dog | S |  |  |  |  |  | Hands Free | S |  |  | |  | |  |  |
| 6 | R |  |  |  |  |  | Cook Hip 6 666Lit=f=== | R  R |  |  | |  | |  |  |
| Feeling |  |  |  |  |  |  | Feeling |  |  |  | |  | |  |  |
| Sleep |  |  |  |  |  |  | Sleep |  |  |  | |  | |  |  |
| Appetite |  |  |  |  |  |  | Appetite |  |  |  | |  | |  |  |