## Unit #3 - Students Leadup to Own Workout

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dates

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| EXERCISE | |  | |  |  |  | EXERCISE |  |  |  |  | |  | |
| Bench - Your choice | S | |  |  |  |  | Bench- Your choice | S |  |  | |  | |  |
| 1 | R | |  |  |  |  | 1 | R |  |  | |  | |  |
| Chest | W | |  |  |  |  | Chest | W |  |  | |  | |  |
| Rows - Your choice | S | |  |  |  |  | Rows- Your choice | S |  |  | |  | |  |
| 1 | R | |  |  |  |  | 1 | R |  |  | |  | |  |
| Back (Lats) | W | |  |  |  |  | Back (Lats) | W |  |  | |  | |  |
| Squats- Your choice | S | |  |  |  |  | Lunge- Your choice | S |  |  | |  | |  |
| 1 | R | |  |  |  |  | 1 | R |  |  | |  | |  |
| Legs | W | |  |  |  |  |  | W |  |  | |  | |  |
| Flyes - Your choice 2 | S | |  |  |  |  | Flyes- Your choice | S |  |  | |  | |  |
| 2 | R | |  |  |  |  | 2 | R |  |  | |  | |  |
| Chest | W | |  |  |  |  | Chest | W |  |  | |  | |  |
| Your Choice | S | |  |  |  |  | Your Choice | S |  |  | |  | |  |
| 2 | R | |  |  |  |  | 2 | R |  |  | |  | |  |
| Lats | W | |  |  |  |  | Lats | W |  |  | |  | |  |
| Box Blasts | S | |  |  |  |  | Box Blasts | S |  |  | |  | |  |
| Single Leg 2 | R | |  |  |  |  | Single Leg 2 Side | R |  |  | |  | |  |
| Front | W | |  |  |  |  | Side | W |  |  | |  | |  |
| Your Choice | S | |  |  |  |  | Your Choice | S |  |  | |  | |  |
| 3 | R | |  |  |  |  | 3 R | R |  |  | |  | |  |
| Deltoids | W | |  |  |  |  | Deltoids | W |  |  | |  | |  |
| Your Choice | S | |  |  |  |  | Your choice | S |  |  | |  | |  |
| 3 | R | |  |  |  |  | 3 | R |  |  | |  | |  |
| Rotator Cuff | W | |  |  |  |  | Rotator Cuff | W |  |  | |  | |  |
| Side Leg Lunges | S | |  |  |  |  | Lateral | S |  |  | |  | |  |
| With Med Ball 3 | R | |  |  |  |  | Bounds 3 | R |  |  | |  | |  |
| Shoulders/Leg | W | |  |  |  |  |  | W |  |  | |  | |  |
| Your choice | S | |  |  |  |  | Your Choice 4 | S |  |  | |  | |  |
| 4 | R | |  |  |  |  | 4 | R |  |  | |  | |  |
| Biceps | W | |  |  |  |  | Biceps | W |  |  | |  | |  |
| Your choice | S | |  |  |  |  | Your Choice | S |  |  | |  | |  |
| 4 | R | |  |  |  |  | 4 | R |  |  | |  | |  |
| Triceps | W | |  |  |  |  | Triceps | W |  |  | |  | |  |
| Deadlift | S | |  |  |  |  | One Leg | S |  |  | |  | |  |
| 4 | R | |  |  |  |  | Deadlifts 4 | R |  |  | |  | |  |
| Legs | W | |  |  |  |  |  | W |  |  | |  | |  |
| Plank Side, Front | S | |  |  |  |  | Plank Side, | S |  |  | |  | |  |
| Back 5 5OneLeg | R | |  |  |  |  | Front Back 5 | R |  |  | |  | |  |
|  | W | |  |  |  |  |  | W |  |  | |  | |  |
| Adductors | S | |  |  |  |  | Adductors | S |  |  | |  | |  |
| Abductors 5 | R | |  |  |  |  | Abductors 5 | R |  |  | |  | |  |
| With Band | W | |  |  |  |  | With Band | W |  |  | |  | |  |
| Your Choice | S | |  |  |  |  | Your Choice | S |  |  | |  | |  |
| 5 | R | |  |  |  |  | 5 | R |  |  | |  | |  |
| Obliques/RA | W | |  |  |  |  | Obliques/RA | W |  |  | |  | |  |