## General Weight Training Strength Program- Unit #1 – Personal Fitness

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

Before workout : General warm up that includes mobility work for thoracic area of back, shoulders, ankles, and hips – rollout of any tight areas.

Plyometrics and Pre-hab exercises occur before the workout.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| EXERCISE | | Dates |  |  |  |  | EXERCISE |  | Dates |  |  | |  | |  | |
| Bench Press | S |  |  |  |  |  | Bench Press | S |  |  | |  | |  |  |
| Barbell 1 1 | R |  |  |  |  |  | Dumbbells 1 1 | R |  |  | |  | |  |  |
| Chest(Push) | W |  |  |  |  |  | Chest (Push) | W |  |  | |  | |  |  |
| Goblet | S |  |  |  |  |  | Barbell | S |  |  | |  | |  |  |
| Squat 11 | R |  |  |  |  |  | Squat 1 | R |  |  | |  | |  |  |
| Legs | W |  |  |  |  |  | Legs | W |  |  | |  | |  |  |
| Seated Row | S |  |  |  |  |  | One Arm | S |  |  | |  | |  |  |
| 2 | R |  |  |  |  |  | Row 2 | R |  |  | |  | |  |  |
| Back (Pull) | W |  |  |  |  |  | Back (Pull) | W |  |  | |  | |  |  |
| Chest Flyes | S |  |  |  |  |  | Chest Flyes | S |  |  | |  | |  |  |
| Machine 2 2 | R |  |  |  |  |  | Dumbbells on | R |  |  | |  | |  |  |
| Chest | W |  |  |  |  |  | Bench 2 | W |  |  | |  | |  |  |
| Lat Pulldown | S |  |  |  |  |  | Pull Up-Band 2Pulldown | S |  |  | |  | |  |  |
| 3 | R |  |  |  |  |  | Assisted 3 | R |  |  | |  | |  |  |
| Back | W |  |  |  |  |  | Back | C |  |  | |  | |  |  |
| Lateral Squats | S |  |  |  |  |  | Lateral | S |  |  | |  | |  |  |
| 3 | R |  |  |  |  |  | Squats 3 | R |  |  | |  | |  |  |
|  | W | 0 |  |  |  |  |  | W | 0 |  | |  | |  |  |
| Lateral | S |  |  |  |  |  | Front Barbell | S |  |  | |  | |  |  |
| Shoulder Raise 3 3 | R |  |  |  |  |  | Shoulder 3 3 R | R |  |  | |  | |  |  |
| Deltoids 4 | W |  |  |  |  |  | Raise (Del) 4 | W |  |  | |  | |  |  |
| Sumo Dumbell | S |  |  |  |  |  | Single Leg  Single SS | S |  |  | |  | |  |  |
| Deadlifts | R |  |  |  |  |  | Deadlift 4 | R |  |  | |  | |  |  |
| Hamstrings 4 | W |  |  |  |  |  | Hamstring | W | 0 |  | |  | |  |  |
| Barbell Curl | S |  |  |  |  |  | Alt. Dumb. | S |  |  | |  | |  |  |
| 5 | R |  |  |  |  |  | Curls with 5 3 | R |  |  | |  | |  |  |
| Biceps | W |  |  |  |  |  | Twist 5 | W |  |  | |  | |  |  |
| Tricep | S |  |  |  |  |  | Dumbbell | S |  |  | |  | |  |  |
| Pressdown 5 | R |  |  |  |  |  | Kickback 4 4 | R |  |  | |  | |  |  |
| Triceps | W |  |  |  |  |  | Triceps 5 | W |  |  | |  | |  |  |
| Plank Side, 6 Front | S |  |  |  |  |  | Plank Side,6 | S |  |  | |  | |  |  |
| Back , Front 5 5OneLeg | T |  |  |  |  |  | Front Back 5 | T |  |  | |  | |  |  |
| Half-Kneeling | S |  |  |  |  |  | Half-Kneel | S |  |  | |  | |  |  |
| Side Twist Throws 5 | R |  |  |  |  |  | Side Twist 5 | R |  |  | |  | |  |  |
| With Med Ball 6 | W |  |  |  |  |  | Throws 6 | W |  |  | |  | |  |  |
| Feeling |  |  |  |  |  |  | Feeling |  |  |  | |  | |  |  |
| Sleep |  |  |  |  |  |  | Sleep |  |  |  | |  | |  |  |
| Appetite |  |  |  |  |  |  | Appetite |  |  |  | |  | |  |  |
|  |  |  |  |  |  |  |  |  |  |  | |  | |  |  |

Cooldown and Static Stretch