

## 4 Week Training Program

Week 1	Week 2	Week 3	Week 4
<p><b>(2) Full Body Resistance Workouts:</b>  Warm Up w/ Full Body Stretch  ½ Mile Run or 10min Bike/Elliptical  Dynamic Stretches-  Cocky Walk, Skips, Arm Swings, Hug yourself, Hug the world, Helicopter Lunges, Hip swings</p> <p>(1) Push Day(3-5 sets, 10-12 RM)  Leg Extension  Calf Raise  Chest Press  Push Ups  Shoulder Press  Lateral Raise  Dips (Heels against floor)  Sit up w/ med ball throw  Stir The Pot  Large med ball throw down</p> <p>(1) Pull Day(3-5 sets, 10-12 RM)  Hamstring Curl  Seated Row  Shrug  Chin Up  Plank 2lb. weight shift  Diagonal Chop  Sit-ups with stability ball  Lateral sit-ups with stability ball</p> <p>Cool Down w/ Full Body Stretch  5-10 min Bike/Elliptical  Static Stretches-  Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose</p>	<p><b>(2) Full Body Resistance Workouts:</b>  Warm Up w/ Full Body Stretch  ½ Mile Run or 10min Bike/Elliptical  Dynamic Stretches-  Cocky Walk, Skips, Arm Swings, Hug yourself, Hug the world, Helicopter Lunges, Hip swings</p> <p>(1) Push Day(4-5 sets, 8-10RM)  Squat  Calf Raise  Chest Press  Push Ups  Shoulder Press  Lateral Raise  Dips (Heels against floor)  Sit up w/ med ball throw  Stir The Pot  Large med ball throw down</p> <p>(1) Pull Day(4-5 sets, 8-10RM)  Hamstring Curl  Seated Row  Shrug  Chin Up  Plank 2lb. weight shift  Diagonal Chop  Sit-ups with stability ball  Lateral sit-ups with stability ball</p> <p>Cool Down w/ Full Body Stretch  5-10 min Bike/Elliptical  Static Stretches-  Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose</p>	<p><b>(2) Full Body Resistance Workouts:</b>  Warm Up w/ Full Body Stretch  ½ Mile Run or 10min Bike/Elliptical  Dynamic Stretches-  Cocky Walk, Skips, Arm Swings, Hug yourself, Hug the world, Helicopter Lunges, Hip swings</p> <p>(1) Push Day (3-4 sets, 4-6RM)  Squat  Calf Raise  Bench Press  Push Up with clap  Shoulder Press  Lateral Raise  Dips  Sit up w/ med ball throw  Stir The Pot  Large med ball throw down</p> <p>(1) Pull Day(3-4 sets, 4-6RM)  Hamstring Curl  Straight leg dead lift  Seated Row  Lat Pull down  Shrug  Preacher Curl  Plank 2lb. weight shift  Diagonal Chop  Sit-ups with stability ball  Lateral sit-ups with stability ball</p> <p>Cool Down w/ Full Body Stretch  5-10 min Bike/Elliptical  Static Stretches-  Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose</p>	<p><b>(2) Full Body Resistance Workouts:</b>  Warm Up w/ Full Body Stretch  ½ Mile Run or 10min Bike/Elliptical  Dynamic Stretches-  Cocky Walk, Skips, Arm Swings, Hug yourself, Hug the world, Helicopter Lunges, Hip swings</p> <p>(1) Push Day (3-5 set, 2-4 RM)  Squat  Calf Raise  Bench Press  Push Up with clap  Shoulder Press  Lateral Raise  Dips  Sit up w/ med ball throw  Stir The Pot  Large med ball throw down</p> <p>(1) Pull Day(3-5 set, 2-4 RM)  Hamstring Curl  Straight leg dead lift  Seated Row  Lat Pull down  Shrug  Preacher Curl  Plank 2lb. weight shift  Diagonal Chop  Sit-ups with stability ball  Lateral sit-ups with stability ball</p> <p>Cool Down w/ Full Body Stretch  5-10 min Bike/Elliptical  Static Stretches-  Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose</p>

## 4 Week Training Program

Week 1	Week 2	Week 3	Week 4
<b>(3) Cardiovascular Fitness Workouts:</b>  (1) 3 mile run, relaxed pace  (1) 2 mile run +10 Min Jump Rope Alternating 2min easy, 2min hard  (1) 30 min Cycling 10 min warm up 10 min (1 min hard, 1 min GP) 10 min cool down   Afterwards, Static Stretches- Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose	<b>(3) Cardiovascular Fitness Workouts:</b>  (1) 3 mile run, relaxed pace  (1) 2 mile run +10 Min Jump Rope Alternating 2min easy, 2min hard  (1) 45 min Cycling 10 min warm up 5 min (1 min hard, 1 min GP) 5 min (increase resistance to hard, keep RPMs at 75-80) 5 min (1 min hard, 1 min GP) 10 min cool down   Afterwards, Static Stretches- Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose	<b>(3) Cardiovascular Fitness Workouts:</b>  (1) 3 mile run, relaxed pace  (1) 2 mile run +10 Min Jump Rope 2min easy, 8 min (1 min hard, 1 min GP), 2min easy  (1) 45 min Cycling 10 min warm up 10 min (increase resistance to somewhat hard, 1 min hard 1 min GP) 1 min easy 4 min (30 sec jumps, 30 sec GP) 5 min cool down   Afterwards, Static Stretches- Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose	<b>(3) Cardiovascular Fitness Workouts:</b>  (1) 4 mile run, relaxed pace  (1) 2 mile run +10 Min Jump Rope Alternating 2min easy, 2min hard  (1) 1 hr. Cycling 10 min warm up 10 min (increase resistance to somewhat hard, 1 min hard 1 min GP) 2 min (30 sec jumps, 30 sec rest) 2 min (30 sec sprint, 30 sec rest) 2 min (30 sec jumps, 30 sec rest) 2 min (30 sec sprint, 30 sec rest) 2 min rest (get water) 10 min (GP) 10 min (climb, add 1-2 resistance each minute) 10 min cool down   Afterwards, Static Stretches- Arms behind, Arms over, Calf to wall, Side lunge and reach, Quadriceps hold, Figure 4, Pretzel, and Childs Pose
1-2 Days off Body needs to rest and recover in order to rebuild and get stronger	1-2 Days off Body needs to rest and recover in order to rebuild and get stronger	1-2 Days off Body needs to rest and recover in order to rebuild and get stronger	1-2 Days off Body needs to rest and recover in order to rebuild and get stronger
<p style="text-align: center;">Ideas to Get Active:</p> <p>Walking and biking to school instead of driving, pick-up games with friends (basketball, Frisbee, soccer, tennis), participating in intramurals, going to community road races, volunteering, bowling with friends, skiing and snowboarding, hiking and snowshoeing, the possibilities are endless! ☺</p>			