

2014 - Summer Weight Training

Monday

*** repeat 3 times***

15 Back squats
15 Lunges
15 Leg Curls
15 Standing Calf raises
10 Bench presses
5 Pull-ups
15 Dumbbell Front Raises
15 Dumbbell Side Raises
15 Bent-over Lateral Raises

20 Crunches
20 Cross-knee crunches each side
20 Flutter kicks each leg

Tuesday and Thursday

*** repeat 3 times***

30 regular crunches
20 sit-ups
10 push-ups
20 cross-knee crunches on each side
20 cross-knee crunches with legs in the air
15 squats
6 inches for 1 minute
Prone hold for 2 minutes

Wednesday

*** repeat 3 times***

15 lunges
10 Leg Extensions
10 Leg curls
10 Sitting Calf Raises
10 Push-ups
5 Dips
5 Pull-ups

20 Sit-ups
20 Cross-knee crunches on each side
20 Lying Leg Raises

Friday

*** repeat 3 times***

15 Leg Presses
15 Step-ups
15 Romanian Deadlifts
15 seated calf raises
10 Bench presses
15 seated rows
15 Dumbbell Shoulder Presses

Prone Hold – 30 seconds
Side hold – 30 seconds (both sides)
Supine hold – 30 seconds