Mondays		Week 1	week 2	week 3	week 4	week 5	week 6
Bench Press	Set/Rep	5x5	5x5	5x5	5x5	5x5	5x5
	Weight						
Military Press	Set/Rep	3x8	3x8	3x8	3x8	3x8	3x8
	Weight						
DB Flys	Set/Rep	3x10	3x10	3x10	3x10	3x10	3x10
	Weight						
Shoulder Matrix	Set/Rep	3x15	3x15	3x15	3x15	3x15	3x15
	Weight						
Triceps Ext.	Set/Rep	3x10	3x10	3x10	3x10	3x10	3x10
	Weight						
Jump rope	50 rep	15 sec rest	Lt Foot (side 2 side), Rt foot (side 2 side), 2 feet (side 2 side), 2 feet (front 2 Back				
			One Foot (5 Lt, 5 Rt, repeat), Lft foot-Rt foot Alt, Hi-Knees, Double/speed jumps, Running N place				
Core Abs Routine	Set/Rep	2x	Plank, Bicycle, Superman, Scissors Sml, Scissors Lg, 6 in lift, Crunches, Lats Lt, Lats Rt				
		30/40sec					
Elevated Push Ups		4x25	4x25	4x25	4x25	4x25	4x25
Track Jumps		4x10	4x10	4x10	4x10	4x10	4x10
Lateral Hurdles		3x10	3x10	3x10	3x10	3x10	3x10
Forward Hurdles		3x10	3x10	3x10	3x10	3x10	3x10
10 in 60		Make one	Make one	Make one	Make one	Make one	Make one