

Performance High, LLC Weight Training Plan

Date: Dec 8 - Dec 14 **Phase:** Base 1 - Wk 2 of 3 **Strength Cycle:** Wk 2 of 3

Tuesday		9-Dec-03						
Exercise	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Bench Press	2:00	15	15					
DB Incline Press	A/N	15	15					
PB Push-ups	A/N	50sec	50sec	50sec				
Leg Press +		15	15	15	15			
Hack Squat +		14	14	14	14			
Rest		A/N	A/N	A/N				
Sit-Ups	A/N	28	28	28	28			
Bicycles	A/N	38	38	38	38			
Supermans	A/N	28	28	28	28			

Thursday		11-Dec-03						
Exercise	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 8
Seated Row	2:00	15	15					
Hang Body Pull	A/N	15	15					
Pull-ups	A/N	50sec	50sec	50sec				
PB Weighted Crunches +		22	22	22				
PB Pikes or Knee Rolls +		18	18	18				
Seated Russian Twists		38	38	38				
Rest		A/N	A/N					
PB Alternating Supermans +		22	22	22				
PB Reverse Hyperextensions +		18	18	18				
Low Back Extension Twist		22	22	22				
Rest		A/N	A/N					

Saturday		13-Dec-03						
Exercise	Rest	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 8
Leg Press	2:00	15	15					
Front Squats	A/N	15	15					
Lunges	A/N	50sec	50sec	50sec				
Calf Raises	A/N	15						
Bench Press +		15	15	15	15			
Seated Row		15	15	15	15			
Rest		A/N	A/N	A/N				
3 x 6-Min. Core								
Twisting Sit-ups +		1:10	1:10	1:10				
Toe Touch Crunches +		1:10	1:10	1:10				
Seated Russian Twist +		1:10	1:10	1:10				
Bicycles +		1:10	1:10	1:10				
Supermans		1:10	1:10	1:10				
Rest		A/N	A/N					