

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	115	15	115	15										
CG Chest Press	A/N		15		15										
DB Incline Press	A/N		15		15										
PB Push-ups	A/N		50sec		50sec		50sec								
Leg Press +		355	15	355	15	355	15	355	15						
Hack Squat +			14		14		14		14						
Hip Abduction + Adduction			12		12		12		12						
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	85	15	85	15										
DB 1-Arm Bentover Row	A/N		15		15										
Hang Body Pull	A/N		15		15										
Pull-ups	A/N		50sec		50sec		50sec								
Alternating V-Ups +			28		28										
90° Crunches			58		58										
PB Pikes or Knee Rolls +			22		22										
Seated Russian Twists			38		38										
PB Reverse Hyperextensions +			16		16										
Low Back Extension Twist			22		22										
Rest			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	395	15	395	15										
Lunges	A/N		20		20										
Front Squats	A/N		15		15										
Step-Ups	A/N		20		20										
Calf Raises	A/N		15												
Bench Press +		105	15	105	15	105	15	105	15						
Seated Row		75	15	75	15	75	15	75	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		