

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	
Hack Squat +			14		14		14		
Hip Abduction + Adduction			12		12		12		
Rest			A/N		A/N		A/N		
Sit-Ups	A/N		28		28		28		
Bicycles	A/N		38		38		38		
Supermans	A/N		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	
Seated Row		75	15	75	15	75	15	75	
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		