

MAY THE FORCE BE WITH: \_\_\_\_\_

**MONDAY**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm-Up	5 min	5 min	5 min	5 min	5 min	5 min
Shoulder Warm-Up	Scapula Pull Lateral Pull	Scapula Pull Lateral Pull	Scapula Pull Lateral Pull	Scapula Pull Lateral Pull	Scapula Pull Lateral Pull	Scapula Pull Lateral Pull
Squats	3 sets / 8 reps @ lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Dead Lifts	3 sets / 8 reps @ lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Lunges	3 sets / 8 reps @ lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Cleans	3 sets / 8 reps @ lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Step-Ups	3 sets / 8 reps @ lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Crunches	2 sets / 30 reps	2 sets / 30 reps	2 sets / 30 reps	3 sets / 30 reps	3 sets / 30 reps	3 sets / 30 reps
Plank	2 sets / 1:00	2 x 1:00	2 sets / 1:10	2 x 1:10	2 sets / 1:15	2 x 1:15

## WEDNESDAY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm-Up	5 min	5 min	5 min	5 min	5 min	5 min
Shoulder Warm-Up	Internal Rotation External Rotation	Internal Rotation External Rotation	Internal Rotation External Rotation	Internal Rotation External Rotation	Internal Rotation External Rotation	Internal Rotation External Rotation
Bench Press	3 sets / 8 reps @            lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Rows	3 sets / 8 reps @            lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Chest Flies	3 sets / 8 reps @            lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Tricep Dips	3 sets / 8 reps @            lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Push-Ups	2 sets / 5 reps	3 sets / 5 reps	2 sets / 10 reps	2 sets / 10 reps	3 sets / 10 reps	3 sets / 10 reps
Side Plank	2 sets / 0:30 (each side)	2 sets / 0:30 (each side)	2 sets / 0:40 (each side)	2 sets / 0:40 (each side)	2 sets / 0:40 (each side)	2 sets / 0:40 (each side)

## FRIDAY

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm-Up	5 min	5 min	5 min	5 min	5 min	5 min
Shoulder Warm-Up	Pull Press Sleeper Stretch	Pull Press Sleeper Stretch	Pull Press Sleeper Stretch	Pull Press Sleeper Stretch	Pull Press Sleeper Stretch	Pull Press Sleeper Stretch
Bicep Curls	3 sets / 8 reps @        lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Tricep Kick Backs	3 sets / 8 reps @        lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Overhead Press	3 sets / 8 reps @        lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Hammer Curls	3 sets / 8 reps @        lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Close Grip Bench	3 sets / 8 reps @        lbs	3x8 @	3x8 @	3x5 @	3x5 @	3x5 @
Side Crunches	2 sets / 30 reps	2 sets / 30 reps	2 sets / 30 reps	3 sets / 30 reps	3 sets / 30 reps	3 sets / 30 reps
Bird Dogs	2 sets / 30 reps	2 sets / 30 reps	2 sets / 30 reps	3 sets / 30 reps	3 sets / 30 reps	3 sets / 30 reps