



Tuesday's Workout

1. Abs

1. Bicycles 1 x 50
2. Sit-Up to Overhead Press 1 x 20
3. Reverse Crunch 1 x 22
4. Crunch 1 x 22
5. V-Twist 1 x 22 total
6. Toe-Ups 1 x 16 total
7. Supine Crossovers 1 x 16 total
8. Side Crunch 1 x 22 each side

2. Plyometrics

1. Manual Neck Set
2. Dot Drills 1 x 30 seconds each exercise

3. Lift cont.

6. Overhead Triceps 2 x 12
7. Sit-Up to Overhead MB Throw 1 x 4
8. Kneeling Overhead MB Throw 1 x 4
9. Dips 2 x MAX
10. Reverse Flyes 2 x 12
11. Wood Chops 2 x 8 each side
12. Shoulder Adduction with Cable 1 x 8 each side
13. Standing MB Twist Throw 1 x 4 each side
14. Stiff-Legged Deadlift 2 x 5
15. Deltoids with Proprioception 1 x 12
16. Split-Lunge Deltoids with Ankle Stability
1 x 6 each side

3. Lift

1. Chest Press 3 x 10
 1. *Between Sets:*
2. Shoulder Multidirectionals
1 x 30 seconds
3. Push-Up to Pop-Up 1 x 8
4. Push-Up with Lower-Extremity
Crossover 1 x 8 total
5. Fast-Twitch Lower Extremity Crossover
1 x 30 seconds
6. Shoulder Rotators with RB
1 x 30 seconds
2. Step-Up to Overhead Press 1 x 8 each leg
3. Kneeling Overhead Press 1 x 8 total
4. Split and Jerk 8-6-8
5. Power Pulls 2 x 8

4. Cool-Down

1. Supermans and Cobras 1 x 12
2. McKenzie Press 1 x 22 seconds
3. Cats and Dogs 1 x 12
4. Kneeling Quadruplets 1 x 12 total
5. Kneeling Opposite Elbow to Opposite Knee
1 x 12 total
6. PB Roll-Outs 1 x 3 all directions
7. Frontal Shoulder Rotators 1 x 8 both sides
8. Sagittal Shoulder Rotators 1 x 8 both sides
9. Shrugs 1 x 16
10. PB Bosu Bridge or Double PB Bridge
1 x 30 seconds

5. Conditioning

1. Agility Circuit 2 x 30 seconds each exercise

KEY:

RB = resistance band

MB = medicine ball

SL = single leg

PB = physio ball

ADD = adduction

ABD = abduction