

STRENGTH AND CONDITIONING
MESOCYCLE 1, MICROCYCLE 1.1-1.2

Push / Pull / Leg Complex

Set / Rep Scheme
3 x 12

Rest Period
30 seconds

EXERCISE	WK 1 DAY 1	WK 1 DAY 2	WK 1 DAY 3	WK 2 DAY 1	WK 2 DAY 2	WK 2 DAY 3
Warm Up Progression	Warm Up 1 Lunge Emphasis	Warm Up 3 Combined	Warm Up 2 Squat Emphasis	Warm Up 1 Lunge Emphasis	Warm Up 3 Combined	Warm Up 2 Squat Emphasis
Dumbbell "DB" Bench						
Alt. DB Bench						
DB Incline Bench						
Alt. DB Incline Bench						
DB Bench-Physioball						
Alt. DB Bench-Physioball-"PBall"						
Alt. Seated DB Shoulder Press-"PBall"						
Standing DB Shoulder Press						
Alt. Standing DB Shoulder Press						
Modified Push Ups						
Modified Pull Ups						
Lat. Pulldown						
Low Row						
High-Low Cable Pull (Squat Position)						
Rotational Cable Pulls (Squat Position)						
Low High Cable Pull (Squat Position)						
Back Squat						
DB Front Squat						
SL. Dead Lift						
RDL Deadlift						
Step Up						
Lunge						
Core Session	Core Beginner Workout 1	Core Beginner Workout 1	Core Beginner Workout 1	Core Beginner Workout 1	Core Beginner Workout 1	Core Beginner Workout 1