



STRENGTH

Boys 3x/Wk Sample Workout

Day 1		
Exercise	Sets	Reps
A1-Bodyweight or 10lb MED Ball Squat	3	25
A2-Incline Pushup (leaning on bench or bar)	3	10
A3-Modified (girly) Pushup	3	15
B1-Plank with Shoulder Touches	3	15/side
B2-Perfect Plank (on elbows not moving)	3	1 Min
B3-Knee-tuck Planks on Bench	3	15

Day 2		
Exercise	Sets	Reps
A1-Forward Lunge (1 leg at a time)	3	10/side
A2-Single Arm DB Row	3	12
A3-Dumbbell (or band) Hammer curl	3	AMRAP
B1-Lying Floor Bridge	3	15 (2sec Hold @ top of ROM)
B2-Single Leg Elevated Crunch	3	15/side
B3-Plank	3	30sec

Day 3		
Exercise	Sets	Reps
A1-Side Squat	3	15/side
A2-Single Dumbbell Overhead Ext.	3	15
A3-Double Dumbbell Kickback	3	10
B1-Reverse Lunge	3	10/side)
B2-Plank with alt. Front Raise	3	15/side
B3-Up/Down Plank (elbows to hands)	3	30sec

Instructions:

1. Each weight training or cardio workout should take approximately 30 min, combining for a total of 1hr.
2. Follow each weight training with its associated cardiovascular workout (weights 1st, ALWAYS). Weight training burns carbohydrates more efficiently, which allows the muscles the capacity to work harder. After the carbohydrates are expended (approx. 20 min into workout) your body will burn fat. Your body will burn fat most efficiently at a constant heart rate between 100 and 130, which can only be achieved while doing cardio.
3. Items lettered (A1, A2, B1, B2) are to be performed as a superset. For example, bring a dumbbell (choose a weight that is challenging to achieve designated repetitions) to the lat pull down machine, so you can perform A3, immediately after A2, with no rest in between (If A2 were lat pull down and A3 single arm dumbbell row).