



SPORTS CENTER

WOMEN'S WEIGHT ROOM

Burning Fat and Building Muscle

Day 1

Upper Body 1

1. Seated Cable Row Machine (4x10)
2. Cable Lat Pulldown (5x8)
3. Incline DB Bench Press (4x12)
4. Cable Biceps Curl w/
Straight Bar (5x10)
5. Cable Triceps Pushdowns w/Rope
Attachment (5x10)

Day 2

Lower Body 1

1. BW Bridges (3x15)
2. Side-lying Hip Abductions
(3x10 each leg)
3. KB Goblet Squat (4x10)
4. BW Reverse Lunges (3x10 each leg)
5. Stair Climber (10 minutes)

Day 3

Cardio and Core

1. Crunches (3x15)
2. Leg Raises (3x10)
3. Incline Treadmill Walk (10 minutes)
4. BW Bridge Holds (4x30 seconds)

Day 4

Upper Body 2

1. Cable Face Pulls w/Rope
Attachment (5x8)
2. DB Hammer Curls (4x10)
3. DB Overhead Triceps
Extension (4x10)
4. Barbell Bench Press (3x10)
5. Straight-arm Pulldowns (3x10)

Day 5

Lower Body 2

1. UL Cable Hip Abductions
(4x10 each leg)
2. Barbell Hip Thrust (4x8)
3. DB Step-up w/Knee Raise
(4x10 each leg)
4. Prone Hamstring Curl (5x10)
5. Sit-ups (3x15)



Key: # x # (# sets of # reps)

BW = Body Weight, **DB** = Dumbbell, **KB** = Kettlebell, **UL** = Uni-Lateral (single-arm)



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WOMEN'S WEIGHT ROOM

Building Strength

Day 1

Upper Body 1

1. DB Shoulder Press (5x8)
2. UL DB Bench Rows (4x12 each arm)
3. Barbell Bench Press (4x6)
4. DB Bent Lateral Raises (3x10)
5. DB Biceps Curls/DB Triceps Kickbacks (4x10 each SS)

Day 2

Lower Body 1

1. BW Bridges w/Knee Raise (3x8 each leg)
2. Barbell Squat (4x6)
3. Barbell RDL (3x6)
4. Smith Machine Calf Raises (5x10)
5. Bike (5 minutes on medium resistance)

Day 3

Cardio and Core

1. Bike (5 minutes)
2. BW Planks/Battle Ropes (4x30 seconds SS)
3. Flutter Kicks (3x30 seconds)
4. Stair Climber (10 minutes)

Day 4

Upper Body 2

1. Bent-over Cable Row (4x8)
2. DB Bench Press (3x10)
3. Bicep Curl Machine/Triceps Pushdown Machine (5x10 each SS)
4. KB Shoulder Press (4x8)
5. Sit-ups (3x15)

Day 5

Lower Body 2

1. UL Cable Hip Extension (3x10 each leg)
2. Leg Press (5x5)
3. Dumbbell Calf Raises (5x10)
4. Leg Extension Machine/Leg Curl Machine (4x10 each SS)
5. Leg Raises (3x10)



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FIELD HOUSE

MEN'S WEIGHT ROOM

Burning Fat and Building Muscle

Day 1

Upper Body 1

1. Cable Face Pulls (3x10)
2. Cable Lat Pulldown (4x12)
3. DB Bench Press (5x8)
4. DB Shoulder Press (3x15)
5. Cable Triceps Pushdown w/
Rope (5x10)
6. DB Biceps Curls (5x10)

Day 2

Lower Body 1

1. BW Bridges (3x15)
2. Leg Press (5x10)
3. Leg Curl Machine (3x15)
4. Leg Extension Machine (3x15)
5. Incline Treadmill Walk (7 minutes)

Day 3

Cardio and Core

1. Sit-ups (5x15)
2. Med-Ball Slams (4x10)
3. Mountain Climbers (3x30 seconds)
4. Planks (3x30 seconds)
5. Elliptical (15 minutes)

Day 4

Upper Body 2

1. Cable Row Machine (4x12)
2. Chest Press Machine (4x8)
3. DB Front Raises (4x10)
4. Battle Ropes (3x30 seconds)
5. Band-Assisted Dips (5x15)

Day 5

Lower Body 2

1. DB Romanian Deadlift (4x8)
2. DB Goblet Squat (5x8)
3. Sled Push (3 laps)
4. Seated Calf Raises (5x10)
5. Stair Master (10 minutes)





FIELD HOUSE

MEN'S WEIGHT ROOM

Building Strength

Day 1

Chest

1. DB Chest Flys (2x10-12)
2. Incline Smith Machine Bench Press (4x10-12)
3. Decline Bench Press (3x10-12)
4. Weighted Dips (2x6-8)
5. Incline Bench Cable Flys/Cable Press (4x15/10 SS)

Day 2

Legs

1. Back Squats (7x10-12)
2. Single Leg Extensions (4x10-12)
3. Leg Curls (3x10-12)
4. Stiff-legged Deadlifts (4x15)
5. Seated Calf Raises (5x10)

Day 3

Shoulders

1. Bike (5 minutes)
2. BW Planks/Battle Ropes (4x30 seconds SS)
3. Flutter Kicks (3x30 seconds)
4. Stair Climber (10 minutes)

Day 4

Back

1. Barbell Deadlifts (6x6)
2. Lat Pulldowns (4x8)
3. Bent-over Barbell Rows (3x10)
4. Straight Bar Lat Pulldowns (3x10)
5. Cable Row Machine (4x10)

Day 5

Arms

1. UL Cable Triceps Kickbacks (5x10 each arm)
2. DB Skull-crushers (4x10)
3. Straight-arm Lat Pulldowns w/ Rope Attachment (3x10)
4. Alternating DB Hammer Curls (4x10 each arm)
5. EZ-bar Preacher Curls (3x10)
6. Straight Bar Cable Curls (4x10)



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FIELD HOUSE

MEN'S WEIGHT ROOM

Become a Better Athlete

Day 1

Upper Body 1

1. TRX Rows (4x10)
2. Med-ball Slams/Push-ups (5x10 SS)
3. Tire Flips (3x5)
4. Resistance Band Pallof Press (3x15 each side)
5. Battle Ropes (4x30 seconds)
6. DB Farmer's Walk (3 laps)

Day 2

Lower Body 1

1. BW Bridge Holds (3x30 seconds)
2. Box Jumps (5x5)
3. DB Goblet Squat (4x8)
4. KB Swings (5x10)
5. Treadmill Incline Interval Sprints (5x15 seconds)

Day 3

Cardio and Core

1. BW Planks (3x30 seconds)
2. TRX Squat Jumps (3x10)
3. Flutter Kicks (3x30 seconds)
4. Bike (15 minutes)
5. Decline Sit-ups (3x10)

Day 4

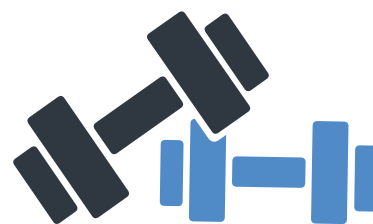
Upper Body 2

1. Barbell Overhead Hold (3x30 seconds)
2. Inverted Rows (4x8)
3. DB Bench Press (5x10)
4. Eccentric Overhead Triceps Extensions (4x8)
5. Eccentric Cable Biceps Curls (4x8)
6. Sit-ups (50)

Day 5

Lower Body 2

1. Broad Jumps (4x5)
2. Single-leg Box Jumps (3x5 each leg)
3. GHR (3x5)
4. Sled Push (5 laps)
5. Stair Master (7 minutes)



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ECCENTRIC = slowing down on the lengthening/lowering phase of the movement