

Washington College Community

Goal: Muscle Building

Phase 1

Warm-Up

Foam Roll
 Soft Tissue Work
 Bike/Elliptical/Treadmill- 5-10 Mins
 Dynamic Warm-up
 Static Stretch

Notes:

Superset consecutive exercises and keep rest time to 45 seconds between sets & increase weight every set!

Day 1	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs
DB Goblet Squat	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3	8		3	8		3	8		3	8	
	4	6		4	6		4	6		4	6	
MB Slam	1	10		1	10		1	10		1	10	
	2	10		2	10		2	10		2	10	
	3 & 4	10 & 10		3 & 4	10 & 10		3 & 4	10 & 10		3 & 4	10 & 10	
Swiss Ball Glute Bridge	1	15		1	15		1	15		1	15	
	2	12		2	12		2	12		2	12	
	3 & 4	10 & 10		3 & 4	10 & 10		3 & 4	10 & 10		3 & 4	10 & 10	
Supinated Grip Lat Pulldown	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6	
Flat DB Bench Press	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6	
Single Arm DB Row	1	12 e. arm		1	12 e. arm		1	12 e. arm		1	12 e. arm	
	2	10 e. arm		2	10 e. arm		2	10 e. arm		2	10 e. arm	
	3 & 4	8 e. arm & 6 e. arm		3 & 4	8 e. arm & 6 e. arm		3 & 4	8 e. arm & 6 e. arm		3 & 4	8 e. arm & 6 e. arm	
Seated DB Shoulder Press	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6	
Cable Palloff Press	1	8 e. side (3s.)		1	8 e. side (3s.)		1	8 e. side (3s.)		1	8 e. side (3s.)	
	2	8 e. side (3s.)		2	8 e. side (3s.)		2	8 e. side (3s.)		2	8 e. side (3s.)	
	3 & 4	8 & 8 8 e. side (3s.)		3 & 4	8 & 8 8 e. side (3s.)		3 & 4	8 & 8 8 e. side (3s.)		3 & 4	8 & 8 8 e. side (3s.)	
DB Farmers Walk	1	10 steps up and back		1	10 steps up and back		1	10 steps up and back		1	10 steps up and back	
	2	10 steps up and back		2	10 steps up and back		2	10 steps up and back		2	10 steps up and back	
	3 & 4	10 & 10 steps up and back		3 & 4	10 & 10 steps up and back		3 & 4	10 & 10 steps up and back		3 & 4	10 & 10 steps up and back	
Post-Lift Work												
Foam Roll, Soft-Tissue Work, Static Stretch												
Nutrition												
Be sure to take in at least 20 g. of protein post lift and replenish all fluids lost												

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Day 2	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs
DB Reverse Lunge	1	10 e. leg		1	10 e. leg		1	10 e. leg		1	10 e. leg	
	2	8 e. leg		2	8 e. leg		2	8 e. leg		2	8 e. leg	
	3	6 e. leg		3	6 e. leg		3	6 e. leg		3	6 e. leg	
	4	6 e. leg		4	6 e. leg		4	6 e. leg		4	6 e. leg	
Swiss Ball Stir the Pots	1	8 e. direction		1	8 e. direction		1	8 e. direction		1	8 e. direction	
	2	8 e. direction		2	8 e. direction		2	8 e. direction		2	8 e. direction	
	3 & 4	8 & 8 e. direction		3 & 4	8 & 8 e. direction		3 & 4	8 & 8 e. direction		3 & 4	8 & 8 e. direction	
Pushup w/ a Handwalk	1	4 e. side		1	4 e. side		1	4 e. side		1	4 e. side	
	2	4 e. side		2	4 e. side		2	4 e. side		2	4 e. side	
	3 & 4	4 & 4 e. side		3 & 4	4 & 4 e. side		3 & 4	4 & 4 e. side		3 & 4	4 & 4 e. side	
Squat Position Rope Row	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3	8 & 6		3	8 & 6		3	8 & 6		3	8 & 6	
Neutral Grip DB Front Raises	1	15		1	15		1	15		1	15	
	2	12		2	12		2	12		2	12	
	3 & 4	10 & 8		3 & 4	10 & 8		3 & 4	10 & 8		3 & 4	10 & 8	
Pronated Grip Lat Pulldown	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6	
MB Scoops	1	8 e. side		1	8 e. side		1	8 e. side		1	8 e. side	
	2	8 e. side		2	8 e. side		2	8 e. side		2	8 e. side	
	3 & 4	8 & 8 e. side		3 & 4	8 & 8 e. side		3 & 4	8 & 8 e. side		3 & 4	8 & 8 e. side	
Side Planks	1	30 s. each side		1	30 s. each side		1	30 s. each side		1	30 s. each side	
	2	30 s. each side		2	30 s. each side		2	30 s. each side		2	30 s. each side	
	3 & 4	30 s. & 30 s. each side		3 & 4	30 s. & 30 s. each side		3 & 4	30 s. & 30 s. each side		3 & 4	30 s. & 30 s. each side	
Extra Core Work	1	30 s. each		1	30 s. each		1	30 s. each		1	30 s. each	
	2	30 s. each		2	30 s. each		2	30 s. each		2	30 s. each	
	3 & 4	30 s. & 30 s. each		3 & 4	30 s. & 30 s. each		3 & 4	30 s. & 30 s. each		3 & 4	30 s. & 30 s. each	
Post-Lift Work												
Foam Roll, Soft-Tissue Work, Static Stretch												
Nutrition												
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Day 3	Week 1			Week 2			Week 3			Week 4		
Exercise	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs	Sets	Reps	LBs
DB Step Up	1	12 e. leg		1	12 e. leg		1	12 e. leg		1	12 e. leg	
	2	10 e. leg		2	10 e. leg		2	10 e. leg		2	10 e. leg	
	3	8 e. leg		3	8 e. leg		3	8 e. leg		3	8 e. leg	
	4	6 e. leg		4	6 e. leg		4	6 e. leg		4	6 e. leg	
MB Jackhammer Slam	1	6 e. side		1	6 e. side		1	6 e. side		1	6 e. side	
	2	6 e. side		2	6 e. side		2	6 e. side		2	6 e. side	
	3 & 4	6 & 6 e. side		3 & 4	6 & 6 e. side		3 & 4	6 & 6 e. side		3 & 4	6 & 6 e. side	
DB Bench Glute Bridge	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6	
Front Plank w/ Feet Marching	1	30 s.		1	30 s.		1	30 s.		1	30 s.	
	2	30 s.		2	30 s.		2	30 s.		2	30 s.	
	3 & 4	30 s. & 30 s.		3 & 4	30 s. & 30 s.		3 & 4	30 s. & 30 s.		3 & 4	30 s. & 30 s.	
Incline Single Arm DB Bench Press	1	12 e. arm		1	12 e. arm		1	12 e. arm		1	12 e. arm	
	2	10 e. arm		2	10 e. arm		2	10 e. arm		2	10 e. arm	
	3 & 4	8 & 6 e. arm		3 & 4	8 & 6 e. arm		3 & 4	8 & 6 e. arm		3 & 4	8 & 6 e. arm	
Incline DB Row	1	12		1	12		1	12		1	12	
	2	10		2	10		2	10		2	10	
	3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6		3 & 4	8 & 6	
Neutral Grip Pull Up	1	> 8		1	> 8		1	> 8		1	> 8	
	2	> 6		2	> 6		2	> 6		2	> 6	
	3 & 4	> 6 & > 6		3 & 4	> 6 & > 6		3 & 4	> 6 & > 6		3 & 4	> 6 & > 6	
DB Lateral Raises	1	15		1	15		1	15		1	15	
	2	12		2	12		2	12		2	12	
	3 & 4	10 & 8		3 & 4	10 & 8		3 & 4	10 & 8		3 & 4	10 & 8	
Wide Stance Rope Chop	1	8 e. side		1	8 e. side		1	8 e. side		1	8 e. side	
	2	8 e. side		2	8 e. side		2	8 e. side		2	8 e. side	
	3 & 4	8 & 8 e. side		3 & 4	8 & 8 e. side		3 & 4	8 & 8 e. side		3 & 4	8 & 8 e. side	
Post-Lift Work												
Foam Roll, Soft-Tissue Work, Static Stretch												
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