

# Washington College Community

## Goal: Strength Building

### Phase 1

#### Warm-Up

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

#### Notes:

*Matched shading denotes a superset. Superset consecutive exercises and keep rest under 2 minutes between sets, to increase metabolic rate. Increase the weight with each set that allows it.*

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	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
MB Slam	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Swiss ball Hamstring Curl	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Supinated Grip Lat Pulldown	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Flat DB Bench Press	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Single Arm DB Row	1	8 e. arm		1	8 e. arm		1	8 e. arm		1	6 e. arm	
	2	8 e. arm		2	8 e. arm		2	6 e. arm		2	6 e. arm	
	3	8 e. arm		3	6 e. arm		3	6 e. arm		3	6 e. arm	
Plate Front Raises	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Cable Palloff Press	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	8 e. side		3	8 e. side		3	8 e. side		3	8 e. side	
MB Russian Twists	1	10 e. side		1	12 e. side		1	12 e. side		1	14 e. side	
	2	10 e. side		2	12 e. side		2	12 e. side		2	14 e. side	
	3	10 e. side		3	12 e. side		3	12 e. side		3	14 e. side	
<b>Post-Lift Work</b>												
Foam Roll, Soft-Tissue Work, Static Stretch												
<b>Nutrition</b>												
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	8 e. leg		1	8 e. leg		1	8 e. leg		1	6 e. leg	
	2	8 e. leg		2	8 e. leg		2	6 e. leg		2	6 e. leg	
	3	8 e. leg		3	6 e. leg		3	6 e. leg		3	6 e. leg	
										4	6 e. leg	
Swiss Ball Stir the Pots	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	8 e. side		3	8 e. side		3	8 e. side		3	8 e. side	
Yoga Pushup	1	8		1	10		1	12		1	12	
	2	8		2	10		2	10		2	12	
	3	8		3	8		3	8		3	10	
Half Kneeling Single Arm Cable Row	1	8 e. arm		1	8 e. arm		1	8 e. arm		1	6 e. arm	
	2	8 e. arm		2	8 e. arm		2	6 e. arm		2	6 e. arm	
	3	8 e. arm		3	6 e. arm		3	6 e. arm		3	6 e. arm	
Incline DB Y's	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Pronated Grip Lat Pulldown	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	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	8 e. side		3	8 e. side		3	8 e. side		3	8 e. side	
Swiss Ball Windshield Wipers	1	8 e. side		1	8 e. side		1	10 e. side		1	10 e. side	
	2	8 e. side		2	8 e. side		2	10 e. side		2	10 e. side	
	3	8 e. side		3	8 e. side		3	10 e. side		3	10 e. side	
DB Farmers Walk	1	10 steps up and back		1	15 steps up and back		1	15 steps up and back		1	20 steps up and back	
	2	10 steps up and back		2	15 steps up and back		2	15 steps up and back		2	20 steps up and back	
	3	10 steps up and back		3	15 steps up and back		3	15 steps up and back		3	20 steps up and back	
<b>Post-Lift Work</b>												
Foam Roll, Soft-Tissue Work, Static Stretch												
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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	8 e. leg		1	8 e. leg		1	8 e. leg		1	6 e. leg	
	2	8 e. leg		2	8 e. leg		2	6 e. leg		2	6 e. leg	
	3	8 e. leg		3	6 e. leg		3	6 e. leg		3	6 e. leg	
										4	6 e. leg	
MB Jackhammer Slam	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Swiss ball Glute Bridge	1	8		1	10		1	10		1	10	
	2	8		2	8		2	10		2	10	
	3	8		3	8		3	8		3	10	
Thoracic Extension	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	8 e. side		3	8 e. side		3	8 e. side		3	8 e. side	
Incline DB Bench	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Incline DB Row	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Neutral Grip Pull Up	1	5		1	6		1	6		1	6	
	2	5		2	5		2	6		2	6	
	3	5		3	5		3	5		3	6	
Seated DB Shoulder Press	1	8		1	8		1	8		1	6	
	2	8		2	8		2	6		2	6	
	3	8		3	6		3	6		3	6	
Reverse Crunch	1	8		1	8		1	10		1	10	
	2	8		2	8		2	10		2	10	
	3	8		3	8		3	10		3	10	
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