

Offseason Weight-Room Workouts

Supersets: Completed immediately following previous lift

DB = Dumbbell

BB = Barbell

MONDAY : Chest, Back and Hips

Chest		Back		HIPS	
1 DB Flies	2x8	Lat Pull-Down	2x8	Ladder-Hips	2x3
2 Bench	2x6	Pull-ups (away)	2xFail	Hip Raises	2x10ea
3 Incline DB Press	2x8	Standing T-Bar Row	2x8	Side Kicks	2x10ea

WEDNESDAY : Legs and ABS

Leg Lift 1		Leg Lift 2		Leg Lift 3		ABS	
1 Ham Curls	2x8	Extensions	2x8	Calf Raises	2x20	Crunches	3x25
2 Leg Press	2x6	Trap Bar Squats	2x6	DB Step Ups	2x10ea	Plank	3x30sec
3 Sumo Deadlift	2x6	Front Squats	2x6	Weighted Lunges	2x20	Side Plank	3x30sec/ea

FRIDAY : Arms, Shoulders and Hips

Biceps		Triceps		Shoulders		HIPS	
1 Chin-Ups	2xFail	DB Overhead Extension	2x8	Military Press	2x6	Ladder-Hips	3x3
2 Curl Press	2x8	Skull Crushers	2x8			Hip Raises	3x10ea
3 BB Curls	2x8	Bodyweight Tri Press	2x12	BB Shrugs	2x12	Side Kicks	3x10ea

Ladder - Hip Training : Perform each activity, down and back, once per set.

Hop-scotch

Skiers

2-1 Lateral Hops (two hops forward, 1 hop back)