

MONDAY - LEGS

Preseason: Functional Strength & Conditioning - Block 1

Week 1 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:

FINISHER CIRCUIT:

	Rest:	
		3

CORE:

	Rest:

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 2 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:

FINISHER CIRCUIT:

	Rest:	
		3

CORE:

	Rest:

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

MONDAY - LEGS (cont)

Preseason: Functional Strength & Conditioning - Block 1

Week 3 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:		

FINISHER CIRCUIT:

	Rest:		
			3

CORE:

	Rest:		

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 4 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:		

FINISHER CIRCUIT:

	Rest:		
			3

CORE:

	Rest:		

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

TUESDAY - FULL BODY

Preseason: Functional Strength & Conditioning - Block 1

Week 1 Workout

Weight Reps Sets/Rds

CIRCUIT 1

Rest:

			3

CIRCUIT 2

Rest:

			3

CORE:

Rest:

	6-20-10
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NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 2 Workout

Weight Reps Sets/Rds

CIRCUIT 1

Rest:

			3

CIRCUIT 2

Rest:

			3

CORE:

Rest:

	6-20-10
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NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

TUESDAY - FULL BODY (cont)

Preseason: Functional Strength & Conditioning - Block 1

Week 3 Workout

Weight Reps Sets/Rds

CIRCUIT 1 Rest:

			3

CIRCUIT 2 Rest:

			3

CORE: Rest:

	6-20-10
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NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 4 Workout

Weight Reps Sets/Rds

CIRCUIT 1 Rest:

			3

CIRCUIT 2 Rest:

			3

CORE: Rest:

	6-20-10
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NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

THURSDAY - UPPER BODY PUSH/PULL

Preseason: Functional Strength & Conditioning - Block 1

Week 1 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

CIRCUIT:

	Rest:	
		3

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 2 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:	
		3

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

THURSDAY - UPPER BODY PUSH/PULL (cont)

Preseason: Functional Strength & Conditioning - Block 1

Week 3 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:	
		3

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

Week 4 Workout

STRENGTH: (Set Rest 3-5 min)

Weight	Reps	Sets/Rds
	5	5

MOVEMENT:

	Rest:	
		3

CORE:

Rest:
6-20-10

NOTES:

FOOD:

Breakfast

Lunch / Snacks

Dinner

FRIDAY - FULL BODY

Preseason: Functional Strength & Conditioning - Block 1

Week 1 Workout

Perform each exercise in the circuit for :20 secs then move to the next exercise. As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		6

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

Week 2 Workout

Perform each exercise in the circuit for :20 secs then move to the next exercise. As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		6

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

FRIDAY - FULL BODY (cont)

Preseason: Functional Strength & Conditioning - Block 1

Week 3 Workout

Perform each exercise in the circuit for :20 secs then move to the next exercise. As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		6

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner

Week 4 Workout

Perform each exercise in the circuit for :20 secs then move to the next exercise. As little rest as possible between exercises, 1-2 minutes rest between rounds.

	Weight	Rounds
CIRCUIT	<i>Rest:</i>	
		6

NOTES:

FOOD: *Breakfast*

Lunch / Snacks

Dinner