MONTE VISTA HIGH SCHOOL

FITNESS & CONDITIONING

(Weight Training)

Monday, Tuesday, Wednesday, Thursday

(62 Minute Periods)

*Daily warmup includes Jogging, Jump Ropes, Dots and Ladder Drills

INTRODUCTION WEEK (3-4 Days)

*Teach Weight Room Safety, Technique and Weight Lifting Principles (range of motion, complimentary lifts - upper/lower – front/back, muscle fatigue & overload, repetition, set, recovery, core lifts and auxiliary lifts). Introduction to skeletal and muscular systems. Discuss supplements. Introduce weight lifting journals.

Cycle #1 (4 days/week x 4 weeks)

Monday & Wednesday:

Core Lifts: Bench Press and Back Squats – 3 x 10 (strive for muscle fatigue and overload)

Auxiliary Lifts: Over Head Press and Dead Lift – 3 x 8 (3 x 1 Min. Front Planks)

*finish with auxiliary lifts based upon individual goals and objectives

Tuesday & Thursday:

Core Lifts: Incline Bench Press and Lunges (barbell or dumbells) – 3 x 10 (strive for muscle fatigue and overload)

Auxiliary Lifts: Lat Pull Downs/Tricep Extensions (super set) and Straight Legged Dead Lifts – 3 x 8 (3 x 1 Min. Side Planks R&L)

*finish with auxiliary lifts based upon individual goals and objectives

Week 5: Deload week (Lifters choice of workout – low weight/high repetitions)

Assessment: 1 rep max (1rm) required on Bench Press & Back Squat. 1rm optional on Over Head Press & Dead Lift.

Cylcle #2 (4 days/week x 4 weeks)

Monday & Wednesday:

Core Lifts: Bench Press and Back Squats – 5 x 5 (strive for muscle fatigue and overload)

Auxiliary Lifts: Upright Rows and Romanian Dead Lifts (RDL's) – 3 x 8 (3 x 1 Min. Front Planks)

*finish with auxiliary lifts based upon individual goals and objectives

Tuesday & Thursday:

Core Lifts: Incline Bench Press and Front Squats – 5 x 5 (strive for muscle fatigue and overload)

Auxiliary Lifts: Bent Over Rows and Hang Cleans – 3 x 8 (3 x 1 min. Side Planks, R&L)

*finish with auxiliary lifts based upon individual goals and objectives

Week #5: Deload week (Lifters choice of workout – low weight/high repetitions)

Assessment: 1 rep max (1rm) required on Bench Press & Back Squat. 1rm optional on Hang Cleans

Cycle #3 (4 days/week x 4 weeks)

Monday & Wednesday: (Pyramid – 10 reps/70% 1rm, 8 reps/75% 1rm, 6 reps/80% 1rm, 4 reps/85% 1rm, 2 reps/90% 1rm)

Core Lifts: Bench Press and Back Squats – 10, 8, 6, 4, 2 Pyramid

Auxiliary Lifts: Front & Lateral Lunges and Barbell/Dumbbell Curls – Dumbbell Tricep Extensions (superset) 3x8 (3 x 1 Min. Front Planks)

*finish with auxiliary lifts based upon individual goals and objectives

Tuesday & Thursday: (Pyramid – 10 reps/70% 1rm, 8 reps/75% 1rm, 6 reps/80% 1rm, 4 reps/85% 1rm, 2 reps/90% 1rm)

Core Lifts: Incline Bench Press and Front Squats – 10, 8, 6, 4, 2 Pyramid

Auxiliary Lifts: Power Cleans and Front/Lateral Dumbbell raises – 3 x 8 (3 x 1 Min. Side Planks, R&L)

*finish with auxiliary lifts based upon individual goals and objectives

Week #5: Deload week (Lifters choice of workout – low weight/high repetitions)

Assessment: 1 rep max (1rm) required on Bench Press & Back Squat. 1rm optional on Power Cleans

Cycle #4 (4 days/week x 4 weeks)

Monday & Wednesday: (Pyramid – 5 reps/85% 1rm, 3 reps/90% 1rm, 1 rep/95% 1rm)

Core Lifts: Bench Press and Back Squats – 5, 3, 1 Pyramid

Auxiliary Lifts: Over Head Push Press and Leg Extensions/Leg Curls (super set) *may substitute Leg Press/Toe Raises- 3x8 (3 x 1 Min. Front Planks)

*finish with auxiliary lifts based upon individual goals and objectives

Tuesday & Thursday: (Pyramid – 5 reps/85% 1rm, 3 reps/90% 1rm, 1 rep/95% 1rm)

Core Lifts: Incline Bench Press and Front Squats – 5, 3, 1 Pyramid

Auxiliary Lifts: Clean & Jerks and Pull Ups/Dips (super set) 3 x 8 (3 x 1 Min. Side Planks, R&L)

*finish with auxiliary lifts based upon individual goals and objectives

Week #5: Deload week (Lifters choice of workout – low weight/high repetitions)

Assessment: 1 rep max (1rm) required on Bench Press & Back Squat. 1rm optional on Clean & Jerks

*Written Semester Final Exam and Journal Check