

Rising Freshmen Off Season Workouts



The Lifts: Bench Press, Squat, military press, bent rows, upright rows, dead lift, hang clean, close grip bench, curls, split squat

Abdominal exercises: big 40's, Russian twists, Crunches

We start out learning the lifts while using light weight with high repetitions. This will allow for you to really learn and feel comfortable with the techniques of each lift. Also it will provide you with safe strength training. **DO NOT GO TOO HEAVY TOO SOON.**

Cycle 1: 3 sets of 12 repetitions for all of the lifts. Also perform 50 crunches.

Cycle 2: Circuit workout. Perform a minimum of 7 lifts 1 set of 12 for each without a break. This will be good for building your endurance and strength. Also 75 crunches

Cycle 3: 3 sets of 8. Add 5 to 10 LB's to the amount of weight you used in cycle 1. 85 crunches.

Cycle 4: 3 sets of 8. Add 5 LB's each set. You will have to start lighter on your first set than you did in cycle 3. 100 crunches.

In order to gain maximal strength, you should not do the same exercises on consecutive days. Give your muscles a chance to recover.