

1st Strength Day

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Swissball Squats								
Tuck Jumps								
Single Leg Press								
Straight Leg Dead Lift								
Swissball Hamstrings								
Calf Raises								
Ball Push-Ups								
Pull-Ups								
Cable Tricep Extensions								
Standing Dumbbell Curls								
Single Arm Lateral Raises								

- Week 1 - 3 x 12
- Week 2 - 3 x 10 - increase weight
- Week 3 - 3 x 8 - increase weight
- Week 4 - 3 x 8 - maintain weight
- Week 5 - 4 x 6 - increase weight
- Week 6 - 4 x 6 - maintain weight
- Week 7 - 3 x 8 - maintain weight
- Week 8 3 x 10 - maintain weight

2nd Strength Day

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
BOSU Halfmoons								
Jump Shrugs								
Front Squat								
Swissball Hamstrings								
Hamstring Curl Machine								
Calf Raises								
Dumbbell Flys								
Bent Over Row								
Dumbbell Triceps								
Hammer Curls								
Arnies								

Week 1 - 3 x 12

Week 2 - 3 x 10 - increase weight

Week 3 - 3 x 8 - increase weight

Week 4 - 3 x 8 - maintain weight

Week 5 - 4 x 6 - increase weight

Week 6 - 4 x 6 - maintain weight

Week 7 - 3 x 8 - maintain weight

Week 8 3 x 10 - maintain weight

3rd Strength Day

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Jump Lunges								
Swiss Ball Squats								
Single Leg Press								
Straight Leg Dead Lifts								
Hamstring Curl Machine								
Calf Raises								
Overhead Row to Press								
Close Grip Pull Downs								
Bench Dips								
Reverse Curls								
Military Press								

- Week 1 - 3 x 12
- Week 2 - 3 x 10 - increase weight
- Week 3 - 3 x 8 - increase weight
- Week 4 - 3 x 8 - maintain weight
- Week 5 - 4 x 6 - increase weight
- Week 6 - 4 x 6 - maintain weight
- Week 7 - 3 x 8 - maintain weight
- Week 8 3 x 10 - maintain weight