## 1st Strength Day

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Swissball Squats								
Waightad Stan Lina								
Weighted Step-Ups					_	_		
Single Leg Press w/ Jump								
Straight Leg Dead Lift								
Swissball Hamstrings								
Dumbell Jump Squats								
Calf Raises								
Call Raises					_	_		
Ball Push-Ups								
Pull-Ups								
Cable Tricep Extensions								
Standing Dumbell Curls								
Cinale Arm Lateral Daires								
Single Arm Lateral Raises								

## 2nd Strength Day

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
BOSU Halfmoons								
Overhead Squat								
Clean to Front Squat								
Swissball Hamstrings								
Owissbail Harristnings								
Hamstring Curl Machine								
Weighted Jump-Ups								
Calf Raises								
Dumbell Flys								
Bent Over Row								
Dumbell Triceps								
		1		1	1			
Hammer Curls								
Arnies								

## 3rd Strength Day

r	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Weighted Jump Lunges								
Swiss Ball Squats								
Single Arm Snatch								
Straight Leg Dead Lifts								
Hamstring Curl Machine								
Jump Wall Touches	30 sec.							
Calf Raises								
Close Grip Pull Downs								
Bench Dips								
Reverse Curls								
Military Press								