



February Weights Program



			Sets	Reps/Time	Weight Lifted			
Session 1	Standing Broad Jump	Warm Up	2	5				
	Single Leg Standing Broad Jump	Warm Up	2	5				
	Back Squat	Main Lift	4	8				
	Bench Press	Superset 1	3	8				
	Push Up	Superset 1	3	8				
	Pull Up	Superset 2	3	Max				
	Shoulder Press	Superset 2	3	8				
	Med ball walking lunge w. rotation	Superset 3	3	10 each side				
	Plank	Superset 3	3	1 min				
				Sets	Reps/Time	Weight Lifted		
Session 2	SL Bridge	Warm Up	2	5				
	Lateral Broad Jump	Warm Up	2	5				
	Deadlift	Main Lift	4	8				
	Seated Row	Superset 1	3	8				
	Single Arm Cable Row	Superset 1	3	8				
	2 Way Shoulder Raise	Superset 2	3	8				
	Tricep Pushdown	Superset 2	3	8				
	Side Plank	Superset 3	3	1 min				
	Nordic Lowering	Superset 3	3	5				
				Sets	Reps/Time	Weight Lifted		
Session 3	Single Leg Standing Broad Jump	Warm Up	2	5				
	Lateral Broad Jump	Warm Up	2	5				
	Bulgarian Split Squat	Main Lift	4	8				
	Face Pull	Superset 1	3	8				
	Groin Squeeze	Superset 1	3	8				
	SL Arabesque	Superset 2	3	8				
	Calf Raise	Superset 2	3	10				
	Pallof Press	Superset 3	3	8				
	Deadbug	Superset 3	3	8				