

UCSD WCrew

Day 1

Dynamic Warm-Up

Do warm up we did in the gym

Shoulder Stability

Scap push ups. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Blackburns. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20

Glute Act/Strength

DL Hip Bridge. Wk 1 & 2: 2 x 12. Wk 3 & 4: 2 x 15. Fire Hydrants. Wk 1 & 2: 2 x 8 ea. Wk 3 & 4: 2 x 12.

Notes

Choose weights that allow you to get all the reps. They should challenge you but not kill you. As reps decrease, weights increase. Stretch after you lift!!

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	Box Jump Choose a box that allows you to land with good posture!	1		x 5		x 5		x 5		x 5
			2		x 5		x 5		x 5		x 5
			3		x 5		x 5		x 5		x 5
2	#N/A	DB Split Squat Hold a DB in each hand	1		x 8		x 8		x 8		x 6
			2		x 8		x 8		x 6		x 6
			3		x 8		x 6		x 6		x 6
3	#N/A	Push Up Elevate hands to make reps hard but doable. If you can go from floor, do it.	1		x 5		x 6		x 7		x 8
			2		x 5		x 6		x 7		x 8
			3		x 5		x 6		x 7		x 8
4	#N/A	SA Bent Over Row Hand on a bench or rack.	1		x 10		x 10		x 10		x 8
			2		x 10		x 10		x 8		x 8
			3		x 10		x 8		x 8		x 8
5	#N/A	SL DB RDL Opposite hand, opposite foot	1		x 8		x 8		x 8		x 6
			2		x 8		x 8		x 6		x 6
			3		x 8		x 6		x 6		x 6
6	#N/A	Front Bridge w/Arm Reach reps are for each side pair w/ Cobra's, same reps as Reaches	1		x 8		x 10		x 12		x 14
			2		x 8		x 10		x 12		x 14
			3		x 8		x 10		x 12		x 14

Day 2

Dynamic Warm-Up

Do warm up we did in the gym

Shoulder Stability

I, Y, T, V. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 12 ea. W-Press. Wk 1 & 2: 2 x 10. Wk 3 & 4: 2 x 12.

Glute Act/Strength

SL Hip Bridge. Wk 1 & 2: 2 x 6 ea. Wk 3 & 4: 2 x 8 ea. Hip Circles. Wk 1 & 2: 2 x 5 ea. Wk 3 & 4: 2 x 8 ea.

Notes

Choose weights that allow you to get all the reps. They should challenge you but not kill you. As reps decrease, weights increase. Stretch after you lift!!

Order	Max	Exercise	Set	Week 1 wt		Week 2 wt		Week 3 wt		Week 4 wt	
				x	Week 1 reps	x	Week 2 reps	x	Week 3 reps	x	Week 4 reps
1	#N/A	Goblet Squat Keep heels on the ground! Hips back!	1		x 10		x 10		x 10		x 8
			2		x 10		x 10		x 8		x 8
			3		x 10		x 8		x 8		x 8
2	#N/A	Standing DB Press 2 DB's at same time	1		x 10		x 10		x 10		x 8
			2		x 10		x 10		x 8		x 8
			3		x 10		x 8		x 8		x 8
3	#N/A	Lat Pull Down	1		x 10		x 10		x 10		x 8
			2		x 10		x 10		x 8		x 8
			3		x 10		x 8		x 8		x 8
4	#N/A	FE DL Hip Bridge Elevate feet on bench.	1		x 8		x 9		x 10		x 11
			2		x 8		x 9		x 10		x 11
			3		x 8		x 9		x 10		x 11
5	#N/A	Side Bridge w/ Hip Dip reps are for each side	1		x 8		x 9		x 10		x 11
			2		x 8		x 9		x 10		x 11
			3		x 8		x 9		x 10		x 11

UCSD Wcrew

Day 3

Dynamic Warm-Up

Shoulder Stability

Glute Act/Strength

Notes

Do warm up we did in the gym

Scap push ups. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Blackburns. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20

DL Hip Bridge. Wk 1 & 2: 2 x 12. Wk 3 & 4: 2 x 15. Fire Hydrants. Wk 1 & 2: 2 x 8 ea. Wk 3 & 4: 2 x 12.

Choose weights that allow you to get all the reps. They should challenge you but not kill you. As reps decrease, weights increase. Stretch after you lift!!

Order	Max	Exercise	Set	20-Jun		27-Jun		4-Jul		11-Jul	
				Week 1 wt	x Week 1 reps	Week 2 wt	x Week 2 reps	Week 3 wt	x Week 3 reps	Week 4 wt	x Week 4 reps
1	#N/A	Lateral Box Jump Reps for each side of box. Choose box that allows you to land correctly.	1		x 3		x 3		x 3		x 3
			2		x 3		x 3		x 3		x 3
			3		x 3		x 3		x 3		x 3
2	#N/A	DB Lateral Squat reps for both sides Hold one DB in both hands.	1		x 8		x 8		x 7		x 6
			2		x 8		x 7		x 7		x 6
			3		x 8		x 7		x 7		x 6
3	#N/A	DB Incline Bench Press 2 DB's at same time	1		x 10		x 10		x 10		x 8
			2		x 10		x 10		x 8		x 8
			3		x 10		x 8		x 8		x 8
4	#N/A	Inverted Row Pull toward chest, not neck	1		x 6		x 7		x 8		x 8
			2		x 6		x 7		x 8		x 8
			3		x 6		x 7		x 8		x 8
5	#N/A	PL SL Goodmorning reps for each side PL = plate	1		x 8		x 8		x 8		x 6
			2		x 8		x 8		x 6		x 6
			3		x 8		x 6		x 6		x 6
6	#N/A	Plank w/ Arm Reach Total reps pair w/ Supermans, same reps as reaches	1		x 8		x 10		x 12		x 14
			2		x 8		x 10		x 12		x 14
			3		x 8		x 10		x 12		x 14