

# UCSD Wcrew

## Day 1

### 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 18. Wk 3 & 4: 2 x 25. Blackburns. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25

DL Hip Bridge. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Fire Hydrants. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 15

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	18-Jul		25-Jul		1-Aug		8-Aug	
				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	<b>Box Jump</b> Choose a box that allows you to land with good posture!	1		x 5		x 5		x 6		x 6
			2		x 5		x 5		x 6		x 6
			3		x 5		x 5		x 6		x 6
			4				x 5		x 6		x 6
2	#N/A	<b>Goblet RFESS</b> Push through front heel, keep chest tall. Don't let knee go past your toes.	1		x 6 ea		x 4 ea		x 6 ea		x 4 ea
			2		x 6 ea		x 4 ea		x 6 ea		x 4 ea
			3		x 6 ea		x 4 ea		x 6 ea		x 4 ea
			4				x 4 ea		x 6 ea		x 4 ea
3	#N/A	<b>DB Bench Press</b> Keep elbows close to sides.	1		x 8		x 6		x 8		x 6
			2		x 8		x 6		x 8		x 6
			3		x 8		x 6		x 8		x 6
			4				x 6		x 8		x 6
4	#N/A	<b>Cable Row</b>	1		x 10		x 8		x 10		x 8
			2		x 10		x 8		x 10		x 8
			3		x 10		x 8		x 10		x 8
			4				x 8		x 10		x 8
5	#N/A	<b>2 DB SL RDL</b> Back leg straight. Keep weights close to body	1		x 6 ea		x 8 ea		x 7 ea		x 8 ea
			2		x 6 ea		x 8 ea		x 5 ea		x 6 ea
			3		x 6 ea		x 6 ea		x 7 ea		x 8 ea
			4				x 6 ea		x 5 ea		x 6 ea
6	#N/A	<b>BB Rollout</b> DO NOT let low back sag.	1		x 6		x 6		x 7		x 8
			2		x 6		x 6		x 7		x 8
			3		x 6		x 6		x 7		x 8
			4				x 6		x 7		x 8

## Day 2

### Dynamic Warm-Up

### Shoulder Stability

### Glute Act/Strength

### Notes

### Do warm up we did in the gym

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.

SL Hip Bridge. Wk 1 & 2: 2 x 8 ea. Wk 3 & 4: 2 x 10 ea. Hip Circles. Wk 1 & 2: 2 x 6 ea. Wk 3 & 4: 2 x 10 ea.

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	<b>Back Squat</b> Do 2 warm up sets, then do the sets on the sheet. Heels on the ground, Hips back	1		x 8		x 8		x 8		x 8
			2		x 8		x 8		x 6		x 6
			3		x 8		x 6		x 6		x 5
			4				x 6		x 5		x 5
2	#N/A	<b>Standing DB Alt Shoulder Press</b>	1		x 8		x 8		x 8		x 8
			2		x 8		x 8		x 6		x 6
			3		x 8		x 6		x 6		x 6
			4				x 6		x 6		x 5
3	#N/A	<b>Chin Up Grip Lat Pull Down</b>	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 6
			4				x 8		x 6		x 6
4	#N/A	<b>SB DL Leg Curl</b>	1		x 8		x 8		x 9		x 10
			2		x 8		x 8		x 9		x 10
			3		x 8		x 8		x 9		x 10
			4				x 8		x 9		x 10
5	#N/A	<b>Side Bridge w/ Elbow Touch</b> reps are for each side	1		x 8		x 8		x 9		x 10
			2		x 8		x 8		x 9		x 10
			3		x 8		x 8		x 9		x 10
			4				x 8		x 9		x 10

# UCSD Wcrew

## Day 3

### Dynamic Warm-Up

### Do warm up we did in the gym

### Shoulder Stability

Scap push ups. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25. Blackburns. Wk 1 & 2: 2 x 18. Wk 3 & 4: 2 x 25

### Glute Act/Strength

DL Hip Bridge. Wk 1 & 2: 2 x 15. Wk 3 & 4: 2 x 20. Fire Hydrants. Wk 1 & 2: 2 x 10 ea. Wk 3 & 4: 2 x 15

### 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 #N/A	Exercise	Set	18-Jul		25-Jul		1-Aug		8-Aug	
				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	<b>Lateral Bound Stick the Landing</b> reps are for each side	1		x 4		x 4		x 5		x 5
			2		x 4		x 4		x 5		x 5
			3		x 4		x 4		x 5		x 5
			4				x 4		x 5		x 5
2	#N/A	<b>Goblet Lateral Lunge</b> reps for each leg	1		x 6		x 5		x 6		x 5
			2		x 6		x 5		x 6		x 5
			3		x 6		x 5		x 6		x 5
			4				x 5		x 6		x 5
3	#N/A	<b>BB Incline Bench Press</b>	1		x 8		x 6		x 8		x 6
			2		x 8		x 6		x 8		x 6
			3		x 8		x 6		x 8		x 6
			4				x 6		x 8		x 6
4	#N/A	<b>Core Row</b> reps for each side Keep core tight, don't wiggle hips.	1		x 10		x 8		x 10		x 8
			2		x 10		x 8		x 10		x 8
			3		x 10		x 8		x 10		x 8
			4				x 8		x 10		x 8
5	#N/A	<b>Reverse Hyper</b> Keep legs straight. Squeeze glutes at the top.	1		x 8		x 8		x 10		x 12
			2		x 8		x 8		x 10		x 12
			3		x 8		x 8		x 10		x 12
			4				x 8		x 10		x 12
6	#N/A	<b>Band or Cable Circles</b> Do half of the reps clockwise; the other half counterclockwise. reps for each side	1		x 10		x 10		x 12		x 14
			2		x 10		x 10		x 12		x 14
			3		x 10		x 10		x 12		x 14
			4				x 10		x 12		x 14