

## UCSD Swimming & Diving Summer Lifting: 3 Wks June 21 - July 9, 2010

### Day 1

Order	Exercise	Reps				Warm Up
1	Deadlift	12	12	12		1) Squat Prep 5
1	Push-Up Matrix	50	50	50		2) Bridge Runners 10
2	BW 1 Leg Squat	8	8	8		3) Push-Up Arm Raise 8
1	DB Single Arm Row	8	8	8		
2	Shoulder Complex	10	10	10		
C	V-Ups	20	20	20		
C	Ankle On Knee Crunch	25 ea	25 ea	25 ea		
C	Plate Reach for Sky	40	40	40		

### Day 2

Order	Exercise	Reps				Warm Up
1	Pulls From the Floor	10	10	10		1) Mt.Climbers, Groiners, Frogs 10
1	Bench Press	12	10	8	8	2) Y,T,W,L 10 x 2
2	Inverted Pull-Ups	15	15	15		3) Wide Outs 10
1	DB Lunges	10 ea	10 ea	10 ea	10 ea	
2	SB Leg Curls	12	12	12		
C	Row Boats	25	25	25		
C	Half-Half-Halves	30	30	30		
C	Plank Hold	1:00	1:15	1:30		

### Day 3

Order	Exercise	Reps				Warm Up
1	DB Bulgarian Split Squats	8	8	8	8	1) Lunge Prep 5
2	Split Jumps	8 ea	8 ea	8 ea	8 ea	2) Y,T,W,L 2 x 10
1	DB Bench Press	8	8	8	8	3) Push-Up Leg Raise 8
2	Partner Russian Leans	8	8	8		
1	Pull Overs	10	10	8	8	
2	Pull -Ups	10	10	10		
C	L Crunch	40	40	40		
C	Side Bridge Leg Raise Knee Tuck	10	10	10		

### Day 4

Order	Exercise	Reps				Warm Up
1	Squat Matrix	70	70	70		1) Barbell Complex 5
1	Burpie-Push up-squat Jump-Pull-up	10	10	10		2) Push-Up 10
2	Single Leg RDL	8	8	8		3) Bridge Runners 10
1	DB Complex	6	6	6		
1	DB Push-up Row	12	12	12		
C	Plank Hold	90	90	90		
C	Windshield Wipers	30	30	30		

### Notes

<b>Squat Prep:</b> HOH 5, OH 5, Press Up 5, Drop Squat 6	<b>Push-Up Matrix:</b> 10 regular, 10 stag L, 10 stag R, 10 explosive stag, 10 explosive push-ups  <b>DB Complex:</b> 6 Hang High Pulls, 6 Squat Press, 6 Rows, 6 Tricep Kick-backs, 6 Bicep Curls
<b>Barbell Complex:</b> No weight on bar- OH Squat 5, RDL 5, Pulls 5, High Pulls 5, Rows 5	
<b>Squat Matrix:</b> HOH for all-20 regular, 20 lunges, 20 step-ups, 10 explosive Squat Jumps	
<b>General:</b> 1) Run about 500 yrds or on the treadmill before starting 2) Do all 1's by themselves, unless there is a 2 after, then do 1s and 2s together 3) Complete all sets of current exercise(s) before moving onto new exercise(s)	