

Warm-up:
 Jog 3 min.
 Stretch
 Shoulder Pre-hab 2x15ea

Wyoming Swimming - Incoming Summer '08

Name:

Monday

<i>Exercises</i>	PIII- Wk 9 July 21	PIII-Wk 10 July 28	PIII-Wk 11 Aug. 4	PIII-Wk 12 Aug 11	PIII-Wk 13 Aug 18
Bar Bench Press	8 warm up	8 warm up	8 warm up	8 warm up	8 warm up
	6	6	5	5	4
	6	5	5	4	4
	6	4	5	3	4
		3	5	3	4
DB 1 Arm Row	6ea	6ea	5ea	5ea	4ea
	6	5	5	5	4
	6	4	5	5	4
				5	4
Walking Lunges	5ea	5ea	4ea	4ea	3ea
	5	5	4	4	3
	5	5	4	4	3
					3
Alternating Leg Extension	6ea	6ea	5ea	5ea	4ea
	6	6	5	5	4
	6	6	5	5	4
Triceps (lying extension/presdowns)	12	10	10	8	6
	12	10	10	8	6
	12	10	10	8	6
REST INTERVAL					
	1:30	1:30	1:30	2:00	2:00

CORE TRAINING: Pick 1 from each list