

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

# Wyoming Swimming-Incoming - Summer '08

Name:

Wednesday

<i>Exercises</i>	PIII- Wk 9 July 23	PIII-Wk 10 July 30	PIII-Wk 11 Aug. 6	PIII-Wk 12 Aug 13	PIII-Wk 13 Aug 20
<b>Pull-ups</b> (use assisted machine if needed) (add wt if you can get prescribed reps)	6-8 (w/wt)	8-10 (w/wt)	6-8 (w/wt)	8-10 (w/wt)	8-10 (w/wt)
	6-8	8-10	6-8	8-10	8-10
	6-8	8-10	6-8	8-10	8-10
<b>Bar Back Squats</b>	8 warm up	8 warm up	8 warm up	8 warm up	8 warm up
	8	8	6	6	5
	8	6	6	5	5
	8	5	6	4	5
		5		3	5
<b>Bar Shoulder Press</b> (in front of head)	6	5	5	5	4
	6	5	5	5	4
	6	5	5	4	4
				4	4
<b>Single Leg Leg Curls</b>	8ea	10ea	10ea	8ea	8ea
	8	10	8	8	6
	8	10	6	8	5
<b>Bicep Curls</b>	12	10	8	8	6
	12	10	8	8	6
	12	10	8	8	6
<b>REST INTERVAL</b>					
	1:30	1:30	2:00	2:00	2:00

CORE TRAINING: Pick 1 from each list