

Weeks 1-4					
Strength Workout A					
#	Exercise	Sets	Reps	Set Rest	Transition Rest
1	Deadlift	3	6	120 sec	
2	Barbell Front Lunge	2 to 3	6 to 8	90 sec	
3a	Incline Dumbbell Press	3	6 to 8	60 sec	
3b	Bent Dumbbell Row	3	6 to 8	60 sec	
4a	Swiss Ball Crunch	3	10	60 sec	
4b	Incline Dumbbell Curl	3	10	60 sec	

Weeks 1-4					
Strength Workout B					
#	Exercise	Sets	Reps	Set Rest	Transition Rest
1	Squat	3	6	120 sec	
2	DB Step Up	2 to 3	6 to 8	90 sec	
3a	Dumbbell Military Press (semi-supinated grip)	3	6 to 8	60 sec	
3b	Close Grip Chins	3	6 to 8	60 sec	
4a	Prone Jackknife (feet on stability ball)	3	10	60 sec	
4b	Triceps Press down	3	10	60 sec	

Weeks 3-4

Conditioning Workout A

	Exercise	Interval	Duration	Notes
	Interval Running	60sec run 90sec rest	30 minutes	Set the treadmill to your V-max setting. Jump on and sprint for 60sec. With treadmill still running, jump off and rest for 90sec. Continue for full 30 minutes.

Weeks 3-4

Conditioning Workout B

	Exercise	Interval	Duration	Notes
	Interval Running	90sec run 180sec rest	30 minutes	Set the treadmill to your V-max setting. Jump on and sprint for 90sec. With treadmill still running, jump off and rest for 180sec. Continue for full 30 minutes.