

Weeks 5-8 (Upper - Lower Split)

Strength Workout A

#	Exercise	Sets	Reps	Set Rest	Transition Rest
1a	Incline Barbell Press	3 to 5	5	90 sec	
1b	Barbell Row (overhand grip)	3 to 5	5	90 sec	
2a	Flat Dumbbell Presses	2 to 3	10 to 12	60 sec	
2b	Wide Grip Chin	2 to 3	10 to 12	60 sec	
3a	Prone Dumbbell "T" Fly	2 to 3	10	30 sec	
3b	Barbell Curl	2 to 3	10	30 sec	
3c	Dips	2 to 3	10	30 sec	

Weeks 5-8 (Upper - Lower Split)

Strength Workout B

#	Exercise	Sets	Reps	Set Rest	Transition Rest
1	Dumbbell Deadlift / Front Squat (rotate btwn these two exercises)	3 to 5	3 to 5	2 min	
2a	Split Squat (rear leg elevated)	2 to 3	10 to 12	60 sec	
2b	Step Up	2 to 3	10 to 12	60 sec	
3a	Back Extensions / Stiff Legged Deadlift (rotate btwn these two exercises)	2 to 3	10 to 12	60 sec	
3b	Standing Vertical Barbell Twist (torso square)	2 to 3	10 to 12	60 sec	

Weeks 7-8

Conditioning Workout A

	Exercise	Interval	Duration	Notes
	Interval Running	60sec run 90sec rest	40 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 40 minutes.

Weeks 7-8

Conditioning Workout B

	Exercise	Interval	Duration	Notes
	Interval Running	90sec run 180sec rest	40 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 40 minutes.