

Fitness Program

## February 2019 Strength Training

<b><u>Workout</u></b>	<b><u>Superset</u></b>	<b><u>Bodypart</u></b>	<b><u>Exercise</u></b>	<b><u>Reps</u></b>
Strength Day 1	Speed	Sprinting	Cardio - 1 Mile Run @ 90% max mile time - 4 200 meter sprints @ 90% max 200 meter time	
Strength Day 1	Superset 1	Chest	Barbell Flat Bench Chest Press	3x8
Strength Day 1	Superset 1	Tricep	Diamond Pushups	3x15
Strength Day 1	Superset 1	Legs	Bulgarian Split Squats	3x10 each side
Strength Day 1	Superset 2	Chest	Incline Dumbbell Chest Flyes	3x8
Strength Day 1	Superset 2	Tricep	Flat Bench Dumbbell Skull Crushers	3x12
Strength Day 1	Superset 2	Legs	Barbell Full Squat	3x10
Strength Day 1	Superset 3	Chest	Incline Barbell Bench Chest Press	3x10
Strength Day 1	Superset 3	Tricep	Neutral Grip Pullups	3x6
Strength Day 1	Superset 3	Legs	Step Ups on Bench	3x20 each side
Strength Day 2	Speed	Sprinting	Cardio - 800 meter run faster pace than 1 mile time - 3 400 meter sprints faster pace than 800 meter time	
Strength Day 2	Superset 1	Bicep	Dumbbell Concentration Bicep Curl	3x10 each side
Strength Day 2	Superset 1	Back	Bent over dumbbell reverse fly	3x15
Strength Day 2	Superset 1	Legs	Dumbbell Jump Squat	3x12
Strength Day 2	Superset 2	Bicep	Chinups	3x8
Strength Day 2	Superset 2	Back	Dumbbell bent over single arm row	3x8 each side
Strength Day 2	Superset 2	Legs	Reverse Lunge to High Knee	3x15 each side
Strength Day 2	Superset 3	Bicep	Hammer Dumbbell Curl	3x8 each side
Strength Day 2	Superset 3	Back	Wide Grip Pullups	3x5
Strength Day 2	Superset 3	Legs	Seal Jacks	3x20

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<u>Workout</u>	<u>Superset</u>	<u>Bodypart</u>	<u>Exercise</u>	<u>Reps</u>
Strength Day 3	Speed	Sprinting	Cardio - 400 meter run faster pace than 800 meter time - 2 300 meter sprints @ 90% max 300 meter time - 2 200 meter sprints @ 90% max 200 meter time	
Strength Day 3	Superset 1	Shoulder	Side Dumbbell Lateral Shoulder Raise	3x10
Strength Day 3	Superset 1	Forearm	Dumbbell Farmer's Carry	3x20 seconds
Strength Day 3	Superset 1	Legs	Bench Jumps	3x10
Strength Day 3	Superset 2	Shoulder	Dumbbell Shoulder Shrugs	3x8
Strength Day 3	Superset 2	Forearm	Forearm Blaster Reverse Stick Roll	3x Until Feel Burn
Strength Day 3	Superset 2	Legs	Kettlebell Swing	3x12
Strength Day 3	Superset 3	Shoulder	Sitting Dumbbell Shoulder Press	3x10
Strength Day 3	Superset 3	Forearm	Dumbbell Wrist Curls	3x15
Strength Day 3	Superset 3	Legs	Barbell Clean and Press	3x5