

Strength and Conditioning 11 Week 3-4: Upper/Lower Split

NAME _____

Upper Body DATE:

Exercise Name	Set 1 10-12 reps		Set 2 8-10 reps		Set 3 6-8 reps	
	Weight	Reps	Weight	Reps	Weight	Reps
Flat Bench Press						
Reverse Grip Pulldowns						
T-Bar Row						
Barbell Shrugs (Rack)						
Rugby Clean and Press						
Seated Rear Lateral Raises						

Lower Body DATE:

Exercise Name	Set 1 10-12 reps		Set 2 8-10 reps		Set 3 6-8 reps	
	Weight	Reps	Weight	Reps	Weight	Reps
Leg Press (closer stance)						
Leg Curl Machine						
Dumbbell Semi Stiff Deadlifts						
Calf Machine						
Dumbbell Lunges (platform)						
Incline Crunches						