

BLOCK 1

(3 times per week, 3 sets of 18 repetitions each exercise)

DAY 1

Bench Press



Incline Bench Press



Flys with Dumbbells



Curls With Dumbbells



Tricep Pulldowns



Preacher Curl



Tricep Extensions



DAY 2

Low Row Machine



Tricep Extension on Ball



Curls with Dumbbells



Tricep Extensions



High Row Machine



Skull Crushers on Ball



Preacher Curl



DIA 3

Leg Extensions



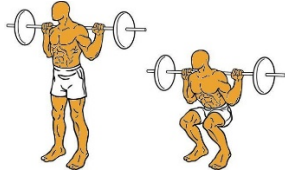
Calf Raises



Dead Lift



Bar Bell Squats



Inverted Leg Press



BLOCK 2

(2 times per week, 0.2 mile sprints)

50 second 0.2mi sprint - 10 second rest (1 set)

45 second 0.2mi sprint - 15 Second rest (2 set)

40 second 0.2mi sprint - 20 Second rest (2 set)