

**BODY CONDITIONING WORK OUT SHEET**

NAME: \_\_\_\_\_

**Week 1 Class sign up****Week 2 Weight room instruction**

<b>Week 3</b>	<b>BENCH</b>	<b>3 X 10</b>	<b>MILITARY</b>	<b>3 X 10</b>	<b>INCLINE</b>	<b>3 X 10</b>
		10 REPS		10 REPS		10 REPS
<b>Weight &gt;</b>		_____		_____		_____
		10 REPS		10 REPS		10 REPS
		_____		_____		_____
		10 REPS		10 REPS		10 REPS

<b>Week 4</b>	<b>BENCH</b>	<b>3 X 8</b>	<b>MILITARY</b>	<b>3 X 8</b>	<b>INCLINE</b>	<b>3 X 8</b>
		8 REPS		8 REPS		8 REPS
<b>Weight &gt;</b>		_____		_____		_____
		8 REPS		8 REPS		8 REPS
		_____		_____		_____
		8 REPS		8 REPS		8 REPS

<b>Week 5</b>	<b>BENCH</b>	<b>3 X 5</b>	<b>MILITARY</b>	<b>3 X 5</b>	<b>INCLINE</b>	<b>3 X 5</b>
		5 REPS		5 REPS		5 REPS
<b>Weight &gt;</b>		_____		_____		_____
		5 REPS		5 REPS		5 REPS
		_____		_____		_____
		5 REPS		5 REPS		5 REPS

<b>Week 6</b>	<b>BENCH</b>	<b>3 X 3</b>	<b>MILITARY</b>	<b>3 X 3</b>	<b>INCLINE</b>	<b>3 X 3</b>
		3 REPS		3 REPS		3 REPS
<b>Weight &gt;</b>		_____		_____		_____
		3 REPS		3 REPS		3 REPS
		_____		_____		_____
		3 REPS		3 REPS		3 REPS

**Week 7 Multi rep max  
Supplemental lifting**

<b>Week 8</b>	<b>BENCH</b>	<b>3 X 10</b>	<b>MILITARY</b>	<b>3 X 10</b>	<b>INCLINE</b>	<b>3 X 10</b>
		10 REPS		10 REPS		10 REPS
		_____		_____		_____
		10 REPS		10 REPS		10 REPS
<b>Weight &gt;</b>		_____		_____		_____
		10 REPS		10 REPS		10 REPS

<b>Week 9</b>	<b>BENCH</b>	<b>3 X 8</b>	<b>MILITARY</b>	<b>3 X 8</b>	<b>INCLINE</b>	<b>3 X 8</b>
		8 REPS		8 REPS		8 REPS
<b>Weight &gt;</b>		_____		_____		_____
		8 REPS		8 REPS		8 REPS
		_____		_____		_____
		8 REPS		8 REPS		8 REPS

<b>Week 10</b>	<b>BENCH</b>	<b>3 X 5</b>	<b>MILITARY</b>	<b>3 X 5</b>	<b>INCLINE</b>	<b>3 X 5</b>
		5 REPS		5 REPS		5 REPS
<b>Weight &gt;</b>		_____		_____		_____
		5 REPS		5 REPS		5 REPS
		_____		_____		_____
		5 REPS		5 REPS		5 REPS

<b>Week 11</b>	<b>BENCH</b>	<b>3 X 3</b>	<b>MILITARY</b>	<b>3 X 3</b>	<b>INCLINE</b>	<b>3 X 3</b>
		3 REPS		3 REPS		3 REPS
<b>Weight &gt;</b>		_____		_____		_____
		3 REPS		3 REPS		3 REPS
		_____		_____		_____
		3 REPS		3 REPS		3 REPS

**Week 12 Supplemental lifting**

<b>Week 13</b>	<b>BENCH</b>	<b>3 X 10</b>	<b>MILITARY</b>	<b>3 X 10</b>	<b>INCLINE</b>	<b>3 X 10</b>
		10 REPS		10 REPS		10 REPS
		_____		_____		_____
		10 REPS		10 REPS		10 REPS
<b>Weight &gt;</b>		_____		_____		_____
		10 REPS		10 REPS		10 REPS

<b>Week 14</b>	<b>BENCH</b>	<b>3 X 8</b>	<b>MILITARY</b>	<b>3 X 8</b>	<b>INCLINE</b>	<b>3 X 8</b>
		8 REPS		8 REPS		8 REPS
<b>Weight &gt;</b>		_____		_____		_____
		8 REPS		8 REPS		8 REPS
		_____		_____		_____
		8 REPS		8 REPS		8 REPS

<b>Week 15</b>	<b>BENCH</b>	<b>3 X 5</b>	<b>MILITARY</b>	<b>3 X 5</b>	<b>INCLINE</b>	<b>3 X 5</b>
		5 REPS		5 REPS		5 REPS
<b>Weight &gt;</b>		_____		_____		_____
		5 REPS		5 REPS		5 REPS
		_____		_____		_____
		5 REPS		5 REPS		5 REPS

<b>Week 16</b>	<b>BENCH</b>	<b>3 X 3</b>	<b>MILITARY</b>	<b>3 X 3</b>	<b>INCLINE</b>	<b>3 X 3</b>
		3 REPS		3 REPS		3 REPS
<b>Weight &gt;</b>		_____		_____		_____
		3 REPS		3 REPS		3 REPS
		_____		_____		_____
		3 REPS		3 REPS		3 REPS

**Week 17 Supplemental lifting**

<b>Week 18</b>	<b>BENCH</b>	<b>8, 6, 4</b>	<b>MILITARY</b>	<b>8, 6, 4</b>	<b>INCLINE</b>	<b>8, 6, 4</b>
		8 REPS		8 REPS		8 REPS
		_____		_____		_____
		6 REPS		6 REPS		6 REPS
		_____		_____		_____
		4 REPS		4 REPS		4 REPS

<b>Week 19</b>	<b>BENCH</b>	<b>8, 6, 4</b>	<b>MILITARY</b>	<b>8, 6, 4</b>	<b>INCLINE</b>	<b>8, 6, 4</b>
		8 REPS		8 REPS		8 REPS
		_____		_____		_____
		6 REPS		6 REPS		6 REPS
		_____		_____		_____
		4 REPS		4 REPS		4 REPS

<b>Week 20</b>	<b>BENCH</b>	<b>8, 6, 4</b>	<b>MILITARY</b>	<b>8, 6, 4</b>	<b>INCLINE</b>	<b>8, 6, 4</b>
		8 REPS		8 REPS		8 REPS
		_____		_____		_____
		6 REPS		6 REPS		6 REPS
		_____		_____		_____
		4 REPS		4 REPS		4 REPS

**Week 21 FINALS**