

SJCI Marauders Track Lift Routine

We normally do 3 sets of 8-10 for these main lifts, but you could do 5 sets instead.

- Sets 1 and 2 are warm up (start light, add some on 2nd)
- Sets 3 and 4 are working sets (could do 5-8 reps since it's harder)
- Set 5 is comedown set (weight a "medium" effort)

Lower Body

1. Back Squats
2. Straight-Leg Deadlifts
3. Split Squats (hold lunge position, squat with weight, each leg)
4. Partner Hamstrings

Upper Body

1. Bench Press
2. Military Shoulder Press (AKA Overhead Press)
3. Barbell Bent-over Rows
4. Dumbbell Rows w/ bench (AKA Lawnmowers)

Olympic Lift

1. Power Clean
2. Barbell Front Squat
- 3.
- 4.

Other Lifts (3 sets of 8-12)

- Side-Lateral Raise (AKA: Wingspan)
- Front-Lateral Raise
- Bicep Curls (could do alternating while balancing on one foot to work foot/leg/ankle)
- Triceps (i.e. bench dips, "skull crushers" w/ dumbbell lying on bench, tricep extension w/ dumbbell, rope-pulldown w/ machine)
- Two-legged calf-raises w/ weight
- Pull-ups
- Dumbbell Shrug