

Piedmont High School
WT Program Course 3 Elective
(All Muscles Worked 2x Each Week)

Day 1:

- Circuit Training in PE WR (full body workout)
 - Resistance Band Stretches
 - Groups of 2
 - Two minutes per station, 20 second intervals, 18 stations
 - Super Set:
 - Overload Principle: Less time between each set, heavy to light
 - Rep. Range: 1st Set: 4-8, 2nd Set: 8-12, 3rd Set 12-16
 - Cardio workout as well (HR should be up)

Day 2:

- Resistance Training in Witter WR (Chest/Shoulders/Arms)
 - Dynamics on Field
 - Resistance Band Stretches
 - Groups of 4 or 5
 - Inside/Outside (45 minute routine-will change depending on time)
 - Overload Principle: Less time between each set, light to heavy
 - Rep. Range: 1st Set: 12-16, 2nd Set: 8-12, 3rd Set 4-8
 - Bench Press: Rep. Range then at Qu. 5x5 based on 1RepMax percentages**
 - Push Press: Barbell or Dumbbell Rep. Range**
 - Incline Bench Press: Rep. Range
 - Pushups 3x8-16
 - Pullups 3x8-16
 - Curls Rep. Range
 - OHT's Rep. Range
 - Lateral Shoulder Raises Rep. Range
 - Front Shoulder Raises Range
 - Ball Slams 3x8-16

Day 3:

- Resistance Training in Witter WR (Back/Legs)
 - Dynamics on Field
 - Resistance Band Stretches
 - Groups of 3-6
 - Inside/Outside (45 minute routine-will change depending on time)
 - Overload Principle: Less time between each set, light to heavy
 - Rep. Range: 1st Set: 12-16, 2nd Set: 8-12, 3rd Set 4-8
 - Back Squats: Rep. Range then at Qu. 5x5 based on 1RepMax percentages**
 - Deadlifts: Hex Bar, Kettlebell, Dumbbell, or Barbell Rep. Range**
 - Kettlebell or Dumbbell Lunges Rep. Range
 - Step Ups 3x8-16
 - Box Jumps 3x8-16
 - Shrugs Rep. Range
 - Kettlebell Swings Rep. Range
 - Bench Rows Rep. Range
 - GHD's (Facing Down) 3x8-16
 - Barbell Rollout 3x8-16

Day 2/Day 3:

-Agility Ladder:

- One Foot In each box (Forward lean, weight over toes, arms at 90) 2x
- Two Feet In each box (Forward lean, weight over toes, arms at 90) 2x
- In and Out (Facing the side of the agility ladder, touch in and out of each box with both feet, in, in, out, out. Both sides)
- Side Step (Facing sideways, take a quick lateral step by pushing off your back leg and touch each box with two feet, both sides)
- Crossover Run (Face ladder, lateral run touching each box with each foot. In, in, out, out, both sides)
- Broad Jump (Take off and land using both feet, swinging the arms and bending the knees to provide forward drive).
- One Foot In each box (Forward lean, weight over toes, arms at 90) 2x

Other exercises:

- One Foot Hop, each box, left then right
- Two Foot Hop, each box
- Five Two Hops and Run (Quickly hop five boxes and on the fifth box land with both feet ready to make another hop, but instead transition into a 1-Step for the remainder)
- Side Straddle Hop (Hop in and out of each box with both feet and avoid clapping your feet)
- Centipede (Facing the side of the ladder touching in each box with both feet, 2 in, 2 over, 2 out. Both sides)

-Core:

- All together in WR
- Crunches 25
- Obliques 15 each side
- Leg Raises 10-15
- Crunches 25
- Tacos 10
- Planks 3 sets: 45, 60, 1:30