

SPORTS

Fall In-Season Workout: (Write Set# in Journal)

MONDAY

(Chest, Back, Legs)

	Lift	Sets	Reps	SET #1		SET #2		SET #3		SET #4	
				Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
SS	Hang Cleans	3	15, 12, 10								
	Bosu Wall Sits	3	Failure (Time)								
	Pushups	3	Failure								
SS	DB Bench Press	3	12, 10, 8								
	DB Walking Lunges	3	24 Steps								
	Bent Over DB Rows	3	12, 10, 8								
SS	DB Squat Jumps	3	12								
	Pull Ups (Assisted if needed)	3	Failure								
	DB Incline Flies	3	12,10, 8								
Stretch				(Hams, Quads, Inner/Outer thigh, hips)							

TUESDAY

(Shoulders, Arms)
(Conditioning Day)

SS	Shoulder Complex (Upright row)	3	8, 6, 5								
	DB Iso Curls	3	8-12								
	Laying Tricep Extensions	3	8-12								
SS	Farmer's Walk (45 lb. plates)	3	Failure (Time)								
	DB Hammer Preacher Curls	3	8-12								
	Overhead Tricep DB Press	3	8-12								
SS	Barbell Lever Press	3	12								
	DB Triceps Kickbacks	3	10-12								
	Plate Curls	3	Failure								
Stretch				(RESISTANCE BAND/CABLE - SHOULDERS&ROTATOR CUFF)							

WEDNESDAY

(Chest, Back, Legs)

SS	Deep Squats	3	15, 12, 10								
	Close Grip Pullups (w/ assist)	3	Failure								
	Deep Pushups (on DB's)	3	Failure								
SS	Cable Swing Pulls (both sides)	3	10, 10, 8								
	One Arm Machine Wide Press	3	12, 10, 8								
	Leg Press (One Leg)	3	15, 12, 10								
SS	DB Decline Bench Press	3	12,10, 8								
	One Leg Calf Raises	3	15-20								
	DB Rear Flies	3	10-12								
Stretch				(Hams, Quads, Inner/Outer thigh, hips)							

THURSDAY

(Shoulders, Arms)
(Core)

SS	DB Alternating Lat/Front Raise	3	12/12								
	Reverse Z-Bar Curls	3	10-12								
	DB Incline Skull Crushers	3	10-12								
SS	One-Arm Cable Rear Flies	3	10-12								
	Cable Triceps Pushdowns	3	12, 10, 8								
	Laying Cable Curls	3	12, 10, 8								
SS	DB Shoulder Shrugs	3	12								
	Hammer Curls	3	10-12								
	Inclined Close Grip Pushups	3	Failure								
Stretch				(RESISTANCE BAND/CABLE - SHOULDERS&ROTATOR CUFF)							

DAILY CALORIE BREAKDOWN

Weight	Calories	Carbohydrates (grams)	Protein (grams)	Fat (grams)
125-135	2,082	260	130	58
136-145	2,229	280	140	61
146-155	2,376	300	150	64
156-165	2,523	320	160	67
166-175	2,661	340	170	69
176-185	2,808	360	180	72
186-195	2,955	380	190	75
196-205	3,102	400	200	78
206-215	3,249	420	210	81
216-225	3,387	440	220	83
226-235	3,534	460	230	86

For Gaining Weight (1 lb./week) --> Add 500 Calories to your total calories for the day (4 cal/gram of Carb or Prot, 9 cal/gram of Fat)

For Losing Weight (1lb./week) --> Subtract 500 Calories per day

Also, there is 7 calories/gram of alcohol, that's about 75-100 calories in 1 shot