

SS= SuperSet
 DB= Dumbbell
 X= Sets

FOCUSED ATHLETICS

Instagram
 @FOCUSEDATHLETICS215

ES/EL= Each Side/Each Leg

PULL DAY - core	F.	PUSH DAY	A.	LEG DAY - core
3min-5min Treadmill		3min-5min Treadmill		3min-5min Treadmill
SS 3x: 10-12reps DB Bentover Row 3x: 45sec. Plank		SS 3x: 8-10reps (3sec.Negative-Explosive Motion.) DB Bench Press "moderate weight" 3x: 10-15 Push Ups (3sec. Negative)		SS 3x: 10-12reps Leg Press 3x: 30sec. Plank
SS 3x: 10-12reps "Ski" Cable Pulls 3x: 5-8 Pull Ups (3sec. Negative)		SS 3x: 8-10reps Machine Shoulder Press 3x: 6-8 Dips (3 Sec. Negative)		SS 3x: 12reps DB Front Squats 3x: 30sec. 6inch Holds
SS 3x: 10-12reps Lateral Pulldown 3x: 20reps Med. Ball Russian Twist (10 es.)		SS 3x: 10-12reps DB Lateral Raises 3x: 10-12reps Tricep Extentions		SS 3x: 10-12reps Leg Extension 3x: 20reps Flutter Kicks
SS 3x: 10-12reps Rope Face Pulls 3x: 30sec. (es) Side Planks		SS 3x: 10-12reps Overhead Rope Tricep Extension 3x: 8-10reps Close-Grip Push Up		SS 3x: 12reps DB Lunges (6el) 3x: 10reps Hanging Leg Raises
SS 3x: 8-10reps DB Pullovers 3x: 25reps Ab Crunches		SS 3x: 10-12reps Tricep Press Machine 3x: 25reps Ab Crunches		SS 3x: 8-10reps Hamstring Curls 3x: 20 Med. Ball Russian Twists (10 es.)
3min-5min Treadmill		3min-5min Treadmill		3min-5min Treadmill