

FOCUSED ATHLETICS

LOWER DAY (Sunday)

Front Squats-3sets 6-8REPS

30-45sec planks-3sets

Dumbbell Lunges- 35lbs 3sets 5each Leg

Leg raises-3sets 15REPS

Hex Bar Jump Squats 4sets -10reps with or without weight 10-12 REPS

Single Leg RDL's 3sets 10REPS each leg

Side Planks 3 sets 30-45 sec. Each side

Medball Russian Twist 3set 20REPS each side

UPPER DAY(Wednesday)

Inverted Rows 3sec negative- 3sets 10REPS

Push Ups 3sec negative-3 sets 12-15REPS

Shoulder Lateral raises-3sets 10-12REPS

Lateral Pulldowns-3sets 12-15REPS

Medball Slams-3sets 20REPS

Dumbbell Bench Press-3sets 10-12REPS

Dumbbell Bentover Row-3sets 10-12REPS

Pull Ups (3second negative)-3sets 6-8 REPS