

Knox College Sprinters Weight Workout

<u>Day 1</u>		<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<u>Exercise</u>	<u>Set/Rep@Max %</u>	60%	65%	70%	75%	80%	85%
Squats	3x10@						
Step-Ups	3x10@						
Bench Press	3x10@						
Hip Abductor	4x10/each leg						
Crunches	3x30						
Side Crunches	3x20 each side						
Supermans	3x10						
<u>Day 2</u>		<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<u>Exercise</u>	<u>Set/Rep</u>						
Lunges	3x10@						
Single-Leg Press	3x10						
Military Press	3x10						
Hip Abductor	4x10 both ways						
Leg Curls	3x10						
Crunches	3x30						
*Russian Twists	2x20						
Supermans	3x10						
<u>Day 3</u>		<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<u>Exercise</u>	<u>Set/Rep</u>						
Squats	3x10@						
Dumbbell Press	3x10						
Bench Press	3x10@						
Step-Ups	3x10@						
Hip Abductor	4x10						
Tricep Pushdown	2x30						
Crunches	2x20						
Side Crunches							
*YOGA FIRE !!!!	3x@45 secs.	at 45 secs	at 45 secs	at 55 secs	at 55secs	at 65 secs.	at 65 secs.