



## “KICKNATION WORKOUT SUMMER & SPRING”

“Super-Set” each day (EX: set of bench and directly to a set of rows)  
Each day begin w/ abs 5-10 minutes (a great warm-up).

### **Monday: Heavy Upper Body**

Sets  
Bench: 4/5 X 10, 8, 5, 3, 1      Bent over Rows: 10, 8, 5, 5,  
Incline: 4 X 12, 10, 8, 5      Lat Pulls: 12, 10, 8, 6  
Dips: 4 X 12      Straight Bar Curls: 4 X 12      Preacher/Close grip curls 4 X 12

### **Tuesday: Heavy Legs**

Squats: 4/5 X 12, 10, 8, 6      Shoulder Shrugs: 4/5 X 12, 12, 10, 10, 10  
Sumo Deadlifts: 4/5 X 12, 10, 8, 6      Military Press: 4/5 X 12, 12, 10, 10, 10  
(or Leg Press)  
Power Cleans: 4 X 12      Upright Rows: 4 X 12

### **Wednesday: Medium (decline and seated cable do heavy)**

Decline Bench: 4/5 X 10, 8, 5, 3, 1      Seated Cable Rows: 4 X 12, 10, 8, 6  
Dumb Bells:  
Flat Bench: 2/3 X 12      Military: 2/3 X 12  
Incline Bench: 2/3 X 12      Butterfly Back: 2/3 X 12  
Biceps & Triceps: 12, 12, 10, 10, 10

### **Thursday: Med/Light Legs**

Front Squats: 3 X 12      Fore Arms: 3 X 12  
Leg Ext: 3/4 X 12, 12, 10, 10      Leg Curls: 3/4 X 12, 12, 10, 10  
Smith Machine: Lunges and Wide Leg Squats 3 X 12 (each)

### **Friday: FRY-DAY! Upper Body (use hammer machines or other machines) light weight 2 X 50 – burnout!! Fast as possible!!**

Bench      Rows  
Incline Bench      Lats  
Decline Bench      other back  
Burn out Bi's and Tri's  
\*\*Fry-day routine may be substituted with cables or also do cables at end of machine lifts—the same work out with 2 sets of 20.

Tues & Thursday – Include Bleachers runs – Snake 17 mins start build from this  
STRETCH STRETCH STRETCH / YOGA / GOOD NUTRITION

**(NOTE: DURING SEASON KEEP EVERYTHING LIGHT AND FOR HS GUYS DO NOT DO LEGS ON THURSDAY)**