

September Training Plan

MONDAY - UPPER BODY

DB SHOULDER PRESS REAR DELT ROW
DB REVERSE CURLS BENCH PRESS BARBELL
DB CROSSBODY CURLS DIAMOND PRESS
TRICEP OH ROPE EXT. BENT OVER BARBELL ROW
TRICEP PULLDOWNS ROPE CHAINSAWS

WEDNESDAY- LOWER BODY

LATERAL LUNGES LEG LIFT 1 AT A TIME
SEATED DB CALF RAISES PLANK(1 MIN)
SIDE LEG LIFT W/BAND V-UPS
FROG SQUATS REVERSE CRUNCHES

FRIDAY- FULL BODY

DEADLIFTS PLANK TAP JACKS
KETTLEBELL SWINGS(3X30) WEIGHTED SIT-UPS
SANDBAG PULL(50 FT.)X2 SINGLE LEG GLUTE BRIDGE
SQUAT PULSE WALL SIT(1 MIN)

TUESDAY, THURSDAY, SATURDAY

GET 2.5-3 MILES IN ON THESE DAYS + STRETCHING

NOTE** EVERYTHING 3 SETS OF 10 UNLESS
SPECIFIED BESIDE EXERCISE