

Summer Lifting 2015 (Hastings Throws)

Day A (Chest and Back)

Day B (Legs and Arms)

PRIMARY LIFTS

Bench or DB Bench
 Incline or DB Incline
 Push Press
 Military Press or DB Military (Seated)

Squats
 Power Clean or Hang Clean
 Front Squat
 DB Lunges (superset with DB Step-ups) – alternate legs

SECONDARY LIFTS

Pullups
 Reverse Grip Pullups
 Narrow Grip Pullups

Choose 1-2

Seated Row
 Single Arm Bent Over Row
 Upright Row

Choose 1-2

Supine DB Flys
 Reverse Flys
 Incline DB Flys

Choose 1-2

Straight Bar Curl
 Preacher Curl
 21's

Choose 1-2

Tri Extension
 French Curls
 Reverse Dips
 Narrow Grip Bench

Choose 1-2

Single Leg Squats
 Sit Jumps onto 24"+ box
 Lunges (DB or Bar)
 Toe Raises -- 3 position

Choose 1-2

- ⇒ Do Abs every day – be creative! Go for 5-10 minutes depending on exercise
- ⇒ Lift 3 times per week – Alternating A and B Days (do 4 days/week if time permits)
- ⇒ Choose **2 - 3 PRIMARY LIFTS** and **3 - 5 SECONDARY LIFTS** each workout
- ⇒ Day B Primary Lifts can be substituted with Plyo workout – Still do Secondary Lifts
- ⇒ Keep a log of your workouts and track strength gain throughout the summer
- ⇒ On your last set/last rep of Primary Lifts you should fail at times because of the amount of weight on the bar! Push Yourself!

Throwing Schedule:

(check website under Summer tab)

If raining, we will not throw.

Website to check for Summer info:
<http://trlevos5.wix.com/hastingsstrack>

Week 1-3	Primary Lifts	3 sets of 8-10 reps	Secondary Lifts	3 sets of 8-12 reps
Week 4-6	Primary Lifts	3 sets of 5-6 reps	Secondary Lifts	3 sets of 8-12 reps
Week 7-9	Primary Lifts	4 sets of 3-5 reps	Secondary Lifts	3 sets of 8-12 reps
Week 10-12	Primary Lifts	6-4-3-4-6 reps	Secondary Lifts	3 sets of 8-12 reps