

# Summer Lifting (Hastings Throws)

## Day A (Chest and Back)

### PRIMARY LIFTS

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

### SECONDARY LIFTS

Pull-ups – wide grip  
 Pull-ups – narrow grip  
 Reverse Grip Pull-up  
 > Choose 1-2

Straight Bar Row  
 Single Arm Bent Over Row  
 Upright Row  
 > Choose 1-2

Supine DB Flys  
 Reverse Flys  
 Incline DB Flys  
 > Choose 1-2

## Day B (Legs and Arms)

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

Straight Bar Curl  
 DB Curl  
 21's  
 > Choose 1-2

Tri Extension  
 French Curls  
 Reverse Dips  
 Narrow Grip Bench  
 (elbows in)  
 > 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!

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