

# UMass Dartmouth Women

Name \_\_\_\_\_

## Summer Weeks 1& 2

**\*proper warm-up and lifting specific stretching should be done before all workouts:**

**\*please record weights used for all sets:**

**\*proper cool-down and stretch should follow all workouts:**

### WO# 1 \* Dot Drill:Stretching

1. Squats	12 _____	12 _____	12 _____
2. Leg Curl	12 _____	12 _____	12 _____
3. Seated Pro Press	12 _____	12 _____	12 _____
4. Wrist Rolls (5 lbs.)	cycle _____	cycle _____	
5. Shoulder Fly	12 _____	12 _____	12 _____
6. V-ups	50 total reps _____		

### WO# 2 \*Step Machine – speed interval – level 10 for 5 minutes:Stretching

1. DB Bench Press	12 _____	12 _____	12 _____
2. Seated Row	12 _____	12 _____	12 _____
3. Inc. Db Press	12 _____	12 _____	12 _____
4. Pull-down	12 _____	12 _____	12 _____
5. Back Extensions	12 _____	12 _____	12 _____

### WO# 3 \*any aerobic warm-up:Stretching

1. Power Step-ups	12 _____	12 _____	12 _____
2. Bosu Ball Straight-leg Hip Extension	12 _____	12 _____	12 _____
3. Db Alt. Leg Lunge (5 lbs.)	24 total _____		
4. Push-ups	max reps _____		
	50% of max _____		
5. Pull-ups (find pin # you can do for 10 reps)	# _____	10 reps _____	10 _____
6. Dips (find pin # you can do for 10 reps)	# _____	10 reps _____	10 _____
7. Curl and Press	12 _____	12 _____	12 _____
8. Learn Core Circuit 6	10 reps each movement _____		

**\* do all these exercises with proper form**
