

UMass Dartmouth Women

Name _____

Summer Weeks 3&4

***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	10	8	8
2. Leg Curl	10	10	10	
3. Seated Pro Press	10	10	10	
4. Wrist Rolls (5 lbs.)	cycle	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	10	8	8
2. Seated Row	10	10	10	
3. Inc. Db Press	10	8	8	
4. Pull-down	10	10	10	
5. Back Extensions	12	12	12	

WO# 3 *any aerobic warm-up:Stretching

1. Power Step-ups	12	10	10
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**
