

UMass Dartmouth Women		Name _____	
Summer		Weeks 10 and 11	
WO# 1	*Step Series (see workout notes)		
1. Hang Clean	3 _____	3 _____	3 _____
2. Squats or Leg Press	8 _____	6 _____	6 _____ 4 _____
3. Standing Pro Press	8 _____	8 _____	6 _____ 6 _____
4. Pull-ups	6 _____	6 _____	6 _____ 6 _____
5. Db Bench Press	6 _____	6 _____	4 _____ 4 _____
6. Wrist Rolls or Db Wrist Curls	max cycles _____		max cycles _____
7. Lateral Box Jumps (15 lb. Dbs)	20 touches _____		20 touches _____
8. Bicycles (max sets)	150 reps _____		
*do as many as you can each set – see if you can do all the reps in 1 or 2 sets – remember, a good rep is controlled with your elbow touching the opposite knee, while the lead leg is straight out in front of you, only a few inches from the ground – keep fingers in contact with head at all times			
WO# 2	*Mb Series (see workout notes)		
1. Db Walking Lunge/Split Sgt. Jump-Cycle (SS)	20/12 _____	20/12 _____	20/12 _____
*do not hold Dbs when you are doing the Split Squat Jump			
2. S-L-D-L	12 _____	12 _____	12 _____
3. Incline Db Press	5 _____	5 _____	
4. Shoulder Fly			
5. 1-Arm Db Row	8 _____	8 _____	8 _____
6. Back Extensions	10 _____	10 _____	10 _____
7. Push-ups	max reps _____ = _____		
8. Standing Trunk Twist (10 lb. plate)	24 _____	24 _____	
9. Foot Taps	30/5 _____		
10. Reverse Crunch	25 _____		
Hope everyone had a great and productive summer! See you in a couple of weeks...			