Sprinters Lifting Schedule Day #1

Name: _____

Lift for Proper Technique AND Speed.

Dumbell Fly 3x8																					
Upright Row 3x8																					
Bench Press 3x8																					
Pull-Ups to fatigue	#:			#:			#:			#:			#:			#:			#:		
Military Press 3x8																					
Lat Pull Down 3x8																					
Tricep Press 3x8																					
Abs for Day 1. Amount Completed in 60 seconds.																					
Full Situps																					
Supermans																					
Opposite Arm/foot Lift																					
Plate Twists																					
Leg in and outs																					
Hands down leg kicks																					