

Sprinters Lifting Schedule Day #2

Name: _____

Lift for Proper Technique AND Speed.

Leg Press	3x8																						
Front Squat	3x8																						
Push Press	3x8																						
Dumbbell Fly	3x8																						
Box Stand-ups	3x8																						
Tricep Dip	3x8																						
Forward Lunge	3x8																						

Abs for Day 2. 20 seconds on 20 seconds off per exercise.

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|--------------|--------------------------|-------------------------|--------------------------|-------------------------|--------------------------|
| Plank | Swimmies | Right Side Plank | Swimmies | Left Side Plank | Swimmies |
| Plank | Windshield Wipers | Right Side Plank | Windshield Wipers | Left Side Plank | Windshield Wipers |
| Plank | Roaches | Right Side Plank | Roaches | Left Side Planks | Roaches |