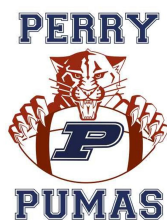


## FRESHMAN – INTRODUCTORY WORKOUT



Coach Boone 602 619-8460

### FRESHMAN – INTRODUCTORY WORKOUT

**Perform 3 sets of each pair of exercises**

**1. Squat - 6 reps**

**Tuck Jumps - 10 reps**

**2. Bench Press - 6 reps**

**Seated cable row - 10 reps**

**3. High Pull - 6 reps**

**Straight arm plate raise - 10 reps**

**4. Bent-over barbell row - 6 reps**

**EGM - 10 reps** (exercise band or light bar)

**5. Incline DB chest press - 6 reps**

**DB shrug - 10 reps**

200 reps of core may be worked in before, between, or after work out. Break into a variety of 10 to 30 reps at a time.

i.e. leg raises, v-ups, side crunch, planks, pushups, supermans, cobras, t-planks, leg cycles, leg scissors, cross-over crunch, jackknives, T,Y, I hyperextensions, bazookas, compression crunches, rock-backs, 4 in 1's, penguins.