

Rattlers Workout



Access to Wt Room				
Monday	Tuesday	Wednesday	Thursday	Friday
1. Squat 3x8 (70%) 2. PC 3x6 (70%) 3. Side Lunges 3x8 4. Front Squat 3x12 5. Stiff Leg DL 3x10 6. Upright Row 3x12 7. One Arm Row 3x10 8. Good Morning 3x15 9. Crunches 4x50	1. Bench 3x8 (70%) 2. Incline 3x8 (55%) 3. Close Grip 3x10 4. Military 3x10 5. Shrugs 3x10 6. Skulls 3x10 7. Kickouts 3x10 8. Bicep Curls 3x10 9. Leg Lifts 4x30	1. Dead Lift 3x8 2. Complex 3x6 3. RDL's 3x8 4. Calf Raises 3x15 5. Neck 2 Sets 6. Forearms 3 Sets 7. Plank 4x30 Sec	1. Bench 3x6 (75%) 2. Incline 3x6 (60%) 3. Pause Bench 3x4 4. Close Grip Burn Out 5. Dips 3x15 6. Front/Side Raise 3x15 7. Reverse Curls 3x12 8. Alt Crunches 4x50	1. Squat 3x6 (75%) 2. PC 3x6 (75%) 3. Single Leg Sq 3x10 4. Upright Rows 3x10 5. Pull-ups 3 sets 6. Good Mornings 3x15 7. Calf Raises 3x15 8. 6/Half/Full 3x10

No Weight Room				
Monday	Tuesday	Wednesday	Thursday	Friday
1. Lunges 3x15 2. Single Leg Sq 3x15 3. Calf Raises 3x15 4. Pull Ups 3 Sets 5. Crunches 4x50 6. Body Weight Sq 4x15	1. Push Ups 5x20 2. Burpee 3x15 3. Dips 3x15 4. Decline Pushups 3x10 5. Mountain Climb 3x12 6. Leg Lifts 4x30	1. Squat Jumps 3x15 2. Wall Iron man 2x30 Sec 3. Backward Lunge 3x10 4. Over Head Squat 3x15 5. Pull Ups 3 Sets 6. Plank 4x30 SEC	1. Push Ups 5x20 2. Burpee 3x15 3. Dips 3x15 4. Decline Pushups 3x10 5. Mountain Climb 3x12 6. Alt. Crunches 4x30	1. Body Weight Sq 4x15 2. Lunges 3x15 3. Single Leg Sq 3x15 4. Calf Raises 3x15 5. Pull Ups 3 Sets 6. 6/Half/Full 3x10

Conditioning				
Monday	Tuesday	Wednesday	Thursday	Friday
1. Dynamic Warm Up 2. 3 Min Jog 3. 16 - 50 yard Sprints 4. 3 Min Jog	1. Dynamic Warm Up 2. 3 Min Jog 3. Pro Ag - 4 Times 4. 100 yrd Shuttle - 2 5. 4 Cone Drills	1. Dynamic Warm Up 2. 3 Min Jog 3. Jump Distance 4x10 4. Jump Height 3x10 5. Line Jumps	1. Dynamic Warm Up 2. 25 Min Jog	1. Dynamic Warm Up 2. 3 Min Jog 3. 25 - 30 yds Sprints