



Pioneer Week 9 Work Outs

Work Out With Access To Weights

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Dynamic Warm Up</i> 1. Squat 1 x6@75% /3x5@80% 2. SLDL 4 x 8 3. High Pull (Hang) 1x4 / 2x3 4. Leg Curls 4 x 8 5. Reverse Lunges 4 x 8 6. Dots or Jump Rope 7. Bicep Curls 4 x 8 8. Super / Aqua Man 4 x 12	<i>Dynamic Warm Up</i> 1. Bench 1x6@75% / 3x5@80% 2. Lat Pull Downs 4 x 8 3. Incline Bench 1x6 / 3x5 4. Pull Ups 4 x 8 5. Push Press 4 x 6 6. Skull Crushers 4 x 8 7. Shoulder Complex (I&T) 4x6 8. Russian Twist 4 x 20	<i>Dynamic Warm Up</i> 1. Over Head Squat 4 x 8 2. Pwer Cln 1x 6@75% / 3x5@80% 3. RDL 4 x 8 4. Front Squat 4 x 8 5. Dead Lift 1x5 / 3x4 6. Glute Ham Raise 4 x 6 7. Neck Side/Side 2 x 10 ea 8. Planks 4 x 30sec	<i>Dynamic Warm Up</i> 1. Bench 1x6@75% / 3x5@80% 2. Bent Over Rows 4 x 8 3. Close Grip Bench 1x6 / 3x5 4. Lawn Mower Pulls 4 x 8 5. Seated Military 4 x 8 6. Dips 4 x 8 7. Shrugs 4 x 8 8. Med Ball Crunches 4 x 20	<i>Dynamic Warm Up</i> 1. Squat 1x6 @75% / 3x5@80% 2. SLDL 4 x 8 3. High Pull (floor) 1x4 / 3x3 4. Glute Ham Raise 4 x 6 5. Step Ups 4 x 8 6. Bicep Curls 4 x 8 7. Man Makers 2x12 8. Throw Overs 2 x 12

Work Out With OUT Access To Weights

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Dynamic Warm Up</i> 1. Body Wt. Squat 4 x 15 2. Power Jumps 4 x 15 3. Push Ups 4 x 25 4. Elevated FT Push Ups 4 x 25 5. Seated Dips 4 x 25 6. Iron Chair 2x30 sec 7. Diamond Push Ups 4x12 8. Super / Aqua Man 4x12	<i>Dynamic Warm Up</i> 1. SLDL 4 x 15 2. Over Head Broom Squat 4x15 3. Reverse Lunges 4 x 12 4. Pull Ups 14 Total 5. Glute Ham Raise 4x6 6. Moutian Climb 4x12 7. Bear Crawl 4x20yds 8. Russian Twist 4x20	<i>Dynamic Warm Up</i> 1. Single Leg Squatt 4 x 8 2. Burpee 4x12 3. Push Ups 4 x 25 4. Elevated FT Push Ups 4 x 25 5. Seated Dips 4 x 25 6. Iron Chair 2x30 sec 7. Diamond Push Ups 4x12 8.. Planks 4 x 30sec	<i>Dynamic Warm Up</i> 1. SLDL 4 x 15 2. Over Head Broom Squat 4x15 3. Step Up Lunges 4 x 12 4. Pull Ups 12 Total 5. Glute Ham Raise 4x6 6. Moutian Climb 4x12 7. Crab Walk 4x20yds 8. Crunches 4 x 25	<i>Dynamic Warm Up</i> 1. Front Squat 4x15 2. Power Jumps 4 x 15 3. Push Ups 4 x 25 4. Elevated FT Push Ups 4 x 25 5. Seated Dips 4 x 25 6. Iron Chair 2x30 Sec 7. Diamond Push Ups 4x12 8. Man Makers 4x12

Conditioning

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Dynamic Warm Up</i> 5 min Jog 12 x 100yds: 22/20/18 45 Sec between Reps 5 min Cool Down Jog	<i>Dynamic Warm Up</i> 5 min Jog Pro Agility 4x 4 Cone Drill 4x L Drill 4x Long Shuttle 5-10-15yd 4x 5 min Cool Down Jog	<i>Dynamic Warm Up</i> 5 min Jog Plyos Jump for : Height 10x / Distance 15yds 1 Legged 20yds R/L Skip for: Height 20yds / Distance 20yds Gassers 8x (Dwn, Bck, Dwn)	<i>Dynamic Warm Up</i> 5 min Jog 8 x 40yds 7/6/5 8 x 100yds: 22/20/18 5 min Cool Down Jog	<i>Dynamic Warm Up</i> 20 Min Jog

Hard Work...Pays Off!!!

