

Girls Block 1

Summer Training 2015

Element Fitness Systems, LLC

511 North Douglas Street, West Frankfort, IL 62896

Group Members:

Start: 6/3/2015

Finish: 8/14/2015

Session Total:

Girls Block 1										1:00-2:00										
Name																				
Monday	Date	6/1/2015				Wednesday	Date	6/3/2015				Friday	Date	6/5/2015						
Loading	<i>Medium</i>						Loading	<i>Heavy</i>						Loading	<i>Light</i>					
Volume	Sets ____ x Reps ____ x		Average Weight ____ =				Volume	Sets ____ x Reps ____ x		Average Weight ____ =				Volume	Sets ____ x Reps ____ x		Average Weight ____ =			
Chain	Total						Chain	Lower						Chain	Upper					
Warm-up T					Warm-up L					Warm-up U										
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> Thorax Stretch, Shoulder Circles, Band Pull-apart Sidewalks—Down and Back Plate Six Ways 										
CNS Activity					CNS Activity					CNS Activity										
Med Ball Overhead Reverse Throws					Single Leg Low Box Jumps					Med Ball Slams										
Exercise	Work Sets						Exercise	Work Sets						Exercise	Work Sets					
Waiter Bows	15		15		15		Goblet Squat	10		10		10		DB Push Press	8		8		8	
Barbell Hang High Pull	2	2	2	2	2	2	Barbell Box Squat	1	1	1	1	5	10RP	Barbell Split Jerk	1	1	2	2	3	3
Close-grip Bench	5		5		5		DB Cleans	10		10		10		Barbell Front Squat	6		6		6	
DB Reverse-grip Rows	12			12			DB Step-ups	5L,5R			10L,10R			1 Arm DB OHP	8L,8R			8L,8R		
Wall Push-offs	20 on Signal			20 on Signal			DB Push Press	10			10			DB Reverse Lunges	6L,6R			6L,6R		
Lying Knee Raise + Hip Lift	10L,10R			10L,10R			Plate Farmers Carry	120 yds			120 yds			DB Press Sit-ups	20			20		
Total Body Circuit					Lower Body Circuit					Upper Body Circuit										
Inch Worms	5		5		30° Walking Lunges		20 yds		20 yds		Spiderman Push-ups		10L,10R		15L,15R					
Band OH Rev. Lunges	10L,10R		10L,10R		Band OH Monster Walk		20 yds		20 yds											
Crocodile Walk	2x20 yds		2x20 yds		Broad Jumps		5		5											

Girls Block 1										1:00-2:00										
Name																				
Monday	Date	6/8/2015			Wednesday	Date	6/10/2015			Friday	Date	6/12/2015								
Loading	Medium			Loading	Heavy			Loading	Light											
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____											
Chain	Total			Chain	Lower			Chain	Upper											
Warm-up T					Warm-up L					Warm-up U										
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> Thorax Stretch, Shoulder Circles, Band Pull-apart Sidewalks—Down and Back Plate Six Ways 										
CNS Activity					CNS Activity					CNS Activity										
Med Ball Overhead Reverse Throws					Single Leg Low Box Jumps					Med Ball Slams										
Exercise	Work Sets						Exercise	Work Sets						Exercise	Work Sets					
Waiter Bows	15		15		15		Goblet Squat	10		10		10		DB Push Press	8		8		8	
Barbell Hang High Pull	3	3	3	3	3	3	Barbell Box Squat	2	2	2	2	2	10RP	Barbell Split Jerk	2	2	3	3	4	4
Close-grip Bench	6		6		6		DB Cleans	12		12		12		Barbell Front Squat	8		8		8	
DB Reverse-grip Rows	15			15			DB Step-ups	8L,8R			8L,8R			1 Arm DB OHP	10L,10R			10L,10R		
Med Ball Sit up and Pass	15			15			DB Push Press	12			12			DB Reverse Lunges	8L,8R			8L,8R		
Lying Knee Raise + Hip Lift	10L,10R			10L,10R			OH DB Carry	40 yds			LS			DB Press Sit-ups	20			20		
Total Body Circuit					Lower Body Circuit					Upper Body Circuit										
Inch Worms	5		5		30° Walking Lunges	20 yds		20 yds		Spiderman Push-ups	10L,10R		15L,15R							
Band OH Rev. Lunges	10L,10R		10L,10R		Band OH Monster Walk	20 yds		20 yds												
Crocodile Walk	2x20 yds		2x20 yds		Broad Jumps	5		5												
Conditioning Activity: Stride and Jog Tempo																				

Girls Block 1

Name													
Monday	Date	6/15/2015				Wednesday	Date	6/17/2015					
Loading	<i>Medium</i>						Loading	<i>Heavy</i>					
Volume	Sets _____	x Reps _____	x Average Weight _____	= _____		Volume	Sets _____	x Reps _____	x Average Weight _____	= _____			
Chain	Total					Chain	Lower						
Warm-up T						Warm-up L							
<ul style="list-style-type: none"> ▪ T-Stretch, Spiderman Lunge, Hindu Squat ▪ Squat Walks – Forward/Back ▪ Paw Lunges + Cross-over Reverse Lunges 						<ul style="list-style-type: none"> ▪ T-Stretch, Spiderman Lunge, Hindu Squat ▪ Squat Walks – Forward/Back ▪ Paw Lunges + Cross-over Reverse Lunges 							
CNS Activity						CNS Activity							
Med Ball Overhead Reverse Throws						Single Leg Low Box Jumps							
Fast Coordination: Traffic Light Build-ups													
Exercise	Work Sets						Exercise	Work Sets					
Waiter Bows	10		10		10		Goblet Squat	10		10		10	
Barbell Hang High Pull	2	2	2	2	2	DB	Barbell Box Squat	3	3	3	3	3	10RP
Close-grip Bench	6		6		6		DB Cleans	12		12		12	
DB Front Squat	8		8		8		DB Reverse Lunges	4L,4R		4L,4R		4L,4R	
DB Reverse-grip Rows	12			12			DB Step-ups	6L,6R			6L,6R		
DB Split Press	8L,8R			8L,8R			DB Neutral-grip Rows	15			15		
Med Ball Keep Away	15			15			Plyo Push-ups	15			15		
Total Body Circuit—Spinal Unload						Core Circuit							
Dog-Cat-Camel-Scorpion-Roll-ups	10			10			Iron Cross + Alternating Leg Raise	10L,10R			15L,15R		
Snow Angel + T Stretch	10L,10R			10L,10R			Dead Bug	10L,10R			15L,15R		

Girls Block 1										
Name										
Monday	Date	6/22/2015			Wednesday	Date	6/24/2015			
Loading	Medium			Loading	Heavy					
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____					
Chain	Total			Chain	Lower					
Warm-up T					Warm-up L					
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					
CNS Activity					CNS Activity					
Med Ball Overhead Reverse Throws					Med Ball Squat Throws					
Coordination: Single Leg Hops (F/R/L), Double Leg Hops (F/R/L)										
Exercise	Work Sets					Exercise	Work Sets			
Waiter Bows	10		10		10	Goblet Squat	10		10	
Barbell Hang High Pull	1+1	1+1	1+1	1+1	DB	Barbell Box Squat	3	3	3	3
Close-grip Bench	5		5		5	DB Cleans	5+5		5+5	
Barbell Front Squat	6		6		6	DB Reverse Lunges	6L,6R		6L,6R	
DB Reverse-grip Rows	10			10		DB Step-ups	5L,5R			5L,5R
A. Lumberjack Press	5		5			A. DB Neutral-grip Squat Rows	5		5	
B. Band Rows	15		15			B. Med Ball Bench Pass	15		15	
Total Body Circuit					Core +Shoulder Circuit					
KB Swing	0:25		0:25			Kneeling 6 Ways	8		8	
Plank	0:25		0:25			Half Kneeling Flyes	8L,8R		8L,8R	
Reach-through Sky Reaches	0:25		0:25			Tall Kneeling Plate Presses				

Girls Block 1									
Name									
Monday	Date	6/29/2015			Wednesday	Date	7/1/2015		
Loading	<i>Medium</i>			Loading	<i>Heavy</i>				
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____			Volume	Sets ____ x Reps ____ x Average Weight ____ = ____				
Chain	Total			Chain	Lower				
Warm-up T					Warm-up L				
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 				
CNS Activity					CNS Activity				
Med Ball Overhead Reverse Throws					Med Ball Squat Throws				
Coordination: Single Leg Hops (F/R/L), Double Leg Hops (F/R/L)									
Exercise	Work Sets				Exercise	Work Sets			
Waiter Bows	10	10	10		Goblet Squat	10	10	10	
Barbell Hang High Pull	1+1+1	1+1+1	1+1+1	1+1+1	Barbell Box Squat	5	4	3	3
Close-grip Bench	10	8	6		DB Cleans	4+4	4+4	4+4	
Barbell Front Squat	4	4	20	Bar	DB Reverse Lunges	6L,6R	6L,6R	1:00	BW
DB Reverse-grip Rows	12	F			DB Step-ups + Knee Drive	4L,4R	4L,4R		
C. Lumberjack Press	10	10			C. DB Neutral-grip Squat Rows	10	10		
D. Band Rows	30	30			D. Med Ball Bench Pass	10	10		
Total Body Circuit					Core +Shoulder Circuit				
KB Swing	0:30	0:30			Kneeling 6 Ways	8	8		
RKC Plank	0:30	0:30			Half Kneeling Flyes	8L,8R	8L,8R		
Single Leg Crab Table	0:30L,0:30R	0:30L,0:30R			Tall Kneeling Plate Presses	1:00	1:00		

Girls Block 1

Name					
Monday	Date	7/6/2015	Wednesday	Date	7/8/2015
Loading	<i>Medium</i>		Loading	<i>Heavy</i>	
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____		Volume	Sets ____ x Reps ____ x Average Weight ____ = ____	
Chain	Total		Chain	Lower	

Warm-up T			Warm-up L		
<ul style="list-style-type: none"> ▪ T-Stretch, Spiderman Lunge, Hindu Squat ▪ Squat Walks – Forward/Back ▪ Paw Lunges + Cross-over Reverse Lunges 			<ul style="list-style-type: none"> ▪ T-Stretch, Spiderman Lunge, Hindu Squat ▪ Squat Walks – Forward/Back ▪ Paw Lunges + Cross-over Reverse Lunges 		

CNS Activity			CNS Activity		
Med Ball Overhead Reverse Throws			Med Ball Squat Throws		

Coordination: Single Leg RDL Hops

Exercise	Work Sets				Exercise	Work Sets			
Waiter Bows	10	10	10		Goblet Squat	10	10	10	
Barbell Hang High Pull	1	1	1	1	Barbell Box Squat	4	3	2	1
Close-grip Bench	8	8	8		DB Cleans	6	6	6	
Barbell Front Squat	8	6	4		DB Reverse Lunges	8L,8R	8L,8R	8L,8R	
DB Reverse-grip Rows	12	12			DB Step-ups + Knee Drive	6L,6R	6L,6R		
E. Lumberjack Press	12	12			E. DB Neutral-grip Squat Rows	12	12		
F. Band Rows	40	40			F. Med Ball Bench Pass	15	15		

Total Body Circuit				Core +Shoulder Circuit			
KB Swing	0:35	0:35		Kneeling 6 Ways	10	10	
RKC Plank	0:35	0:35		Half Kneeling Flyes	10L,10R	10L,10R	
Single Leg Crab Table	0:35L,0:35R	0:35L,0:35R		Reverse Crocodile Walks	2x20 yds	2x20 yds	

Girls Block 1

Name									
Monday	Date	7/6/2015		Wednesday	Date 7/8/2015				
Loading	Medium		Loading	Heavy					
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____		Volume	Sets ____ x Reps ____ x Average Weight ____ = ____					
Chain	Total		Chain	Lower					
Warm-up T			Warm-up L						
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 			<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 						
CNS Activity			CNS Activity						
Med Ball Overhead Reverse Throws			Med Ball Squat Throws						
Coordination: Single Leg RDL Hops									
Exercise	Work Sets			Exercise	Work Sets				
Waiter Bows	10	10	10	Goblet Squat	10	10	10		
Barbell Hang Clean	5	5	5	5	Barbell Squat	5	5	5	5
Close-grip Bench	6	6	6	DB High Pulls	6	6	6		
Barbell Front Squat	8	6	4	DB Split Squats	8L,8R	8L,8R	8L,8R		
DB Reverse-grip Rows	12	12	DB Step-ups + Knee Drive	6L,6R	6L,6R				
Lumberjack Press	3-Rotate x 6	3-Rotate x 6	DB Romanian Deadlift	3 Clusters for 2:00	3 Clusters for 2:00				
Band High Pulls	40	40	Med Sit up and Throw	20	20				
Total Body Circuit			Core +Shoulder Circuit						
KB Swing	0:35	0:35	Kneeling 6 Ways	10	10				
RKC Plank	0:35	0:35	Half Kneeling Flyes	10L,10R	10L,10R				
Single Leg Crab Table	0:35L,0:35R	0:35L,0:35R	Reverse Crocodile Walks	2x20 yds	2x20 yds				

Girls Block 1											
Name					Monday						
Monday		Date 7/20/2015			Wednesday		Date 7/22/2015				
Loading		<i>Medium</i>			Loading		<i>Heavy</i>				
Volume		Sets ____ x Reps ____ x Average Weight ____ = ____			Volume		Sets ____ x Reps ____ x Average Weight ____ = ____				
Chain		Total			Chain		Lower				
Warm-up T					Warm-up L						
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 						
CNS Activity					CNS Activity						
Med Ball Overhead Reverse Throws					Med Ball Squat Throws						
Coordination: Single Leg RDL Hops											
Exercise		Work Sets				Exercise		Work Sets			
Waiter Bows		10	10	10		Goblet Squat		10	10	10	
Barbell Hang Clean		5	4	3	3	Barbell Squat		5	4	3	
Close-grip Bench		5	5	5		DB High Pulls		5	5	5	
Barbell Front Squat		4	4	10		DB FFE Split Squats		6L,6R	6L,6R	6L,6R	
DB Reverse-grip Rows		12	12			DB Step-ups + Knee Drive		6L,6R	6L,6R		
Lumberjack Press		3-Rotate x 6	3-Rotate x 6			DB Romanian Deadlift		4 Clusters for 1:30	4 Clusters for 1:30		
3 Points Jumps		5	5			Med Ball Slams		5	5		
Total Body Circuit					Core +Shoulder Circuit						
Kneeling MB Rot.		10 Each Way	10 Each Way			Front-leaning Rest		0:30	0:30		
RKC Plank		0:35	0:35			Plate Cherry Picker		0:45	0:45		
Band OH MW + Hop		4x20 yds	4x20 yds			Reverse Crocodile Walks		2x20 yds	2x20 yds		

Girls Block 1											
Name					Monday						
Monday		Date 7/27/2015			Wednesday		Date 7/29/2015				
Loading		<i>Medium</i>			Loading		<i>Heavy</i>				
Volume		Sets ____ x Reps ____ x Average Weight ____ = ____			Volume		Sets ____ x Reps ____ x Average Weight ____ = ____				
Chain		Total			Chain		Lower				
Warm-up T					Warm-up L						
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 						
CNS Activity					CNS Activity						
Med Ball Overhead Reverse Throws					Med Ball Squat Throws						
Coordination: Single Leg RDL Hops											
Exercise		Work Sets				Exercise		Work Sets			
Waiter Bows		10	10	10	10	Goblet Squat		10	10	10	
Barbell Hang Clean		2	2	2	2	Barbell Squat		3	3	2	
Close-grip Bench		5	5	5	5	Barbell Hang High Pulls		4	4	4	
Barbell Front Squat		3	3	3	3	DB FFE Split Squats		5L,5R	5L,5R	5L,5R	
Circuit A					Circuit B						
Lumberjack Press		6L,6R		6L,6R		DB Romanian Deadlift		6		6	
Rocket Jumps		5		5		Med Ball Slams		5		5	
Kneeling Med Ball Chops		10 Each Way		10 Each Way		Front-leaning Rest		0:30		0:30	
RKC Plank		0:35		0:35		Plate Cherry Picker		0:45		0:45	
Band OH MW + Hop		4x20 yds		4x20 yds		Reverse Crocodile Walks		2x20 yds		2x20 yds	

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Girls Block 1											
Name					Monday					Wednesday	
Monday		Date		8/3/2015		Wednesday		Date		8/5/2015	
Loading		<i>Medium</i>					Loading		<i>Heavy</i>		
Volume		Sets _____ x Reps _____ x Average Weight _____ = _____					Volume		Sets _____ x Reps _____ x Average Weight _____ = _____		
Chain		Total						Chain		Lower	
Warm-up T						Warm-up L					
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 						<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					
CNS Activity						CNS Activity					
Med Ball Overhead Reverse Throws						Med Ball Squat Throws					
Coordination: Single Leg RDL Hops											
Exercise		Work Sets				Exercise		Work Sets			
Waiter Bows		10	10	10		Goblet Squat		10	10	10	
Barbell Hang Clean		1	1	1	1	Barbell Squat		1	1	1	1
Close-grip Bench		4	4	4		Barbell Hang High Pulls		3	3	3	
Bar Front Squat		10	10	10		DB Walking Lunges		10L,10R	10L,10R	10L,10R	
Circuit A						Circuit B					
Lumberjack Press		8L,8R		8L,8R		DB Romanian Deadlift		8		8	
Rocket Jumps		10		10		Med Ball Slams		10		10	
Kneeling Med Ball Chops		10 Each Way		10 Each Way		Front-leaning Rest		0:30		0:30	
RKC Plank		0:45		0:45		Plate Cherry Picker		0:45		0:45	
Band OH MW + Hop		4x20 yds		4x20 yds		Reverse Crocodile Walks		2x20 yds		2x20 yds	

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Girls Block 1

Name					Monday	Date	8/9/2015	Wednesday	Date	8/11/2015
Loading	<i>Medium</i>				Loading	<i>Heavy</i>				
Volume	Sets ____ x Reps ____ x Average Weight ____ = ____				Volume	Sets ____ x Reps ____ x Average Weight ____ = ____				
Chain	Total				Chain	Lower				
Warm-up T					Warm-up L					
<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					<ul style="list-style-type: none"> T-Stretch, Spiderman Lunge, Hindu Squat Squat Walks – Forward/Back Paw Lunges + Cross-over Reverse Lunges 					
CNS Activity					CNS Activity					
Med Ball Overhead Reverse Throws					Med Ball Squat Throws					
Coordination: Single Leg RDL Hops										
Exercise	Work Sets				Exercise	Work Sets				
Waiter Bows	10	10	10		Goblet Squat	10	10	10		
Barbell Hang Clean Clusters 30SRP	2+2+2	2+2+2	2+2+2	2+2+2	Barbell Jump Squat Clusters	2+2+2	2+2+2	2+2+2	2+2+2	
Close-grip Bench	4	4	4		1 Arm DB Snatch	4L,4R	4L,4R	4L,4R		
Front Squat Clusters 30SRP	3+3+3+3	3+3+3+3	3+3+3+3		DB Lunge Into Step-ups	6L,6R	6L,6R	6L,6R		
Circuit A					Circuit B					
1 Arm DB Push Press	10L,10R		10L,10R		DB Romanian Deadlift	10		10		
Rocket Jumps	15		15		Broad Jumps	15		15		
Kneeling Med Ball Chops	15 Each Way		15 Each Way		Med Ball Slams	15		15		
Band OH MW + Hop	4x20 yds		4x20 yds		Rabbits	4x20 yds		4x20 yds		
Partner Core: Contact Flutter Kicks					Partner Core: Med Ball Keep Aways					