

# Santa Rosa High School

Name: \_\_\_\_\_

## Weight Training Workout Card

Period: \_\_\_\_\_

Date:	Date:	Date:	Date:	Date:	Date:
Pre 1RM	Week 1 (3 X12) 70% 1RM	Week 2 (4 X 8) 80% 1RM	Week 3 (5X5) 90% 1RM	Week 4 (4X3) 95% 1RM	Post 1RM
	<b>Legs (A)</b>	<b>Legs (A)</b>	<b>Legs (A)</b>	<b>Legs (A)</b>	<b>Legs (A)</b>
1. Leg Curl	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
2. Leg Press	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
3. Squat /PowerSquat	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
4. Leg Extension	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
5. Ab Boards	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
6. Hip Flexor	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
	<b>Back &amp; Shoulders (B)</b>	<b>Back &amp; Shoulders (B)</b>	<b>Back &amp; Shoulders (B)</b>	<b>Back &amp; Shoulders (B)</b>	<b>Back &amp; Shoulders (B)</b>
1. Shoulder Raises	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
2. Incline Row	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
3. Seated Row	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
4. D.B. Biceps Curl	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
5. Shoulder Press	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
6. Lat Pulldown	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
	<b>Chest (C)</b>	<b>Chest (C)</b>	<b>Chest (C)</b>	<b>Chest (C)</b>	<b>Chest (C)</b>
1. Incline Press	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
2. Chest Fly	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
3. Triceps Dips	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
4. D.B. Chest Press	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
5. Chest Press	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	
6. Bench Press	1. 2. 3.	1. 2. 3. 4.	1. 2. 3. 4. 5.	1. 2. 3. 4.	

“You can't get much done in life if you only work on the days when you feel good.”

~Jerry West