

# STRENGTH N HONOR TRAINING

ATHLETE: \_\_\_\_\_

DATE	WEEK 1			WEEK 2			WEEK 3			WEEK 4		
	BW									BW		
<b>S N H WARM UP</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
EACH LEG												
SEAL STRETCH	2	30 SECONDS		2	30 SECONDS		2	30 SECONDS		2	30 SECONDS	
T-SPINE	2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
<b>STRENGTH N HONOR PREHAB</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
<b>MAIN COUMPOUND LIFT</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SQUAT	1		10									
	1		8									
	2		5									
	1		3									
<b>FILLERS FOR MAIN LIFT</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>SUPERSET 1</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>AUX./SPORT SPECIFIC</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>UPPER BACK / NECK</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>POSTERIOR CHAIN / CORE</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

PRE-WORKOUT SNACK Y/N    HYDRATED Y/N    HOURS OF SLEEP \_\_\_\_\_    INJURIES \_\_\_\_\_

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	BW									BW		
<b>S N H WARM UP</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
EACH LEG												
SEAL STRETCH	2	30 SECONDS		2	30 SECONDS		2	30 SECONDS		2	30 SECONDS	
T-SPINE	2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
<b>STRENGTH N HONOR PREHAB</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
BANDED HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
<b>MAIN COUMPOUND LIFT</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
TRAP BAR DEAD LIFT	1		10									
	1		8									
	2		5									
	1		3									
<b>FILLERS FOR MAIN LIFT</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>SUPERSET 1</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>AUX./SPORT SPECIFIC</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>UPPER BACK / NECK</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>POSTERIOR CHAIN / CORE</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

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PRE-WORKOUT SNACK Y/N    HYDRATED Y/N    HOURS OF SLEEP \_\_\_\_    INJURIES \_\_\_\_\_

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	BW									BW		
<b>S N H WARM UP</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
2 MIN. JOG / 60 JUMP JACKS	1			1			1			1		
HIP FLEXOR KNEELING	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
EACH LEG												
SEAL STRETCH	2	30 SECONDS		2	30 SECONDS		2	30 SECONDS		2	30 SECONDS	
T-SPINE	2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10		2	EACH SIDE 10	
PIGEON STRETCH	2	20 SECONDS		2	20 SECONDS		2	20 SECONDS		2	20 SECONDS	
SPIDER MANS	1		10	1		10	1		10	1		10
FOAM ROLL	1		3 MIN	1		3 MIN	1		3 MIN	1		3 MIN
<b>STRENGTH N HONOR PREHAB</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
HANGING LEG LIFTS	3	BDY	10	3	BDY	10	3	BDY	10	3	BDY	10
FACE PULLS	3	BAND	20	3	BAND	20	3	BAND	20	3	BAND	20
BANDED HIP THRUSTS	3	BAND	10	3	BAND	10	3	BAND	10	3	BAND	10
MED BALL SLAMS	3		3	3		3	3		3	3		3
<b>MAIN COUMPOUND LIFT</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
BENCH	1		10									
	1		8									
	2		5									
	1		3									
<b>FILLERS FOR MAIN LIFT</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>SUPERSET 1</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>AUX./SPORT SPECIFIC</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
<b>UPPER BACK / NECK</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

<b>POSTERIOR CHAIN / CORE</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

PRE-WORKOUT SNACK Y/N    HYDRATED Y/N    HOURS OF SLEEP\_\_\_    INJURIES\_\_\_\_\_

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