

## **Starter Workout Program: Four Weeks**

**Warm Up- 5 minutes**

**One Mile Timed Run**

**Foam Roller - Optional**

All tight areas

**Balance Exercises- 1 set of 10 (each leg)**

One legged squat

One legged Romanian Deadlift

Windmill

Plyo-box jumps

**Upper Body - 3 Sets of 10**

Maximum number of Chin-ups, Push-ups, Dips- 1 set each.

Bench Press (neutral/incline/decline-alternate per workout)

Dumbbell or Cable Flys (neutral/incline/decline)

Arm Extensions (on rope or machine) substitute bench dips or close grip pushups

Military Press (machine or dumbbell)

“T’s” (with Squat)

Reverse Flys

Rotator cuff exercises (external arm rotations)

Reverse Wrist Curls

Rows (switch grips)

Lat Pulls

Shoulder Shrugs

Barbell or Machine Curls (include a set of hammer curls)

Horizontal Military Press on Swissball

**Legs: 3 sets of 10**

Leg Extensions. (Unless you have knee problems)

Leg Curls

Leg Press

Seated & Standing Calf Raises

Lunges or step-ups, forward and side

Hip Extensions (Glute Machine or kick backs with strap around ankle)

**Abs & Core:**

Weighted crunches- max number (Can use Swissball)

Twists with medicine ball- max number

Leg lifts- max number 3 sets

Cable pulls on Cable Cross machine- 3 different directions

Planks and Side Bridges- 30 seconds each

