

## Summer Workout Plan

Legs	Chest	Back	Arms	Shoulders	Core
Front Squat	DB Bench	Pullups	Hammer Curl	Arnold Press	Crunches
Box Jumps	DB Incline	Reverse Cable Flies	Concentration Curl	Shoulder Superset	Leg Lifts
Lunges	Cable Flies	Bent over one arm row	Tricep Pull down (Rope)	DB press	Med Ball Slam
Side Lunges	Pushup Routine	Low Row	Tricep Push Down (Bar)	Cable Front Raises	Med Ball Twist Toss
Single Leg RDL	Stretch	Lat Pull down	Dips	Cable Side Raises	Decline Sit up (Use barbell overhead for weight)
Calf Raises		High Row	Tricep Kick Backs	Stretch	Knee Lifts (While Hanging from pullup bar)
360 Squats		Shrugs	Tricep Push ups		Planks (1 minute)
Stretch		Stretch	Stretch		Side Planks (1 minute)

Start off Building up strength by going with high weight lower reps, something like 3 sets of 6 to 8 Do this to build up until one month before the start of the fall season. Once we are one month out change it up and go lower weight but sets of 12 to 15 reps. Always stretch after lifting!!! Before you lift do some kind of running, most of our testosterone is stored in the legs, by getting them loose we release that stored testosterone into the body allowing for bigger gains in strength. After reviewing this I assume there will be questions and a couple exercises you don't know. Please call me at 301-788-1494

I will be happy to explain the program and the HIIT cardio I will have you do leading up to the season. Good Luck, Coach Kassab