



The FiT Club

Initials

Females in Training

Name:

Coach April Schermann, meet Tue and Thu 6/4/19 to 8/15/19 from 8-9AM at Normal West High School

Week #	Activity	Day 1 (Tuesday 6/4/19, 6/11/19)	Day 2 (Thursday 6/6/19, 6/13/19)
1	Warmup	2 rounds of: Jog for 1 min then 6-8 reps total of: Cobra, Inchworm, Hurdler, High Knee Pull w/Samson, Lunge w/ trunk rotation	
	Testing	Push-up Max Consecutive Reps in 1 minute = <input type="text"/>	Forearm plank Max hold with perfect form = <input type="text"/> sec
	Testing	Sit-up Max Consecutive Reps in 1 minute = <input type="text"/>	Side Planks Max Right Sided Plank Hold = <input type="text"/> sec Max Left Sided Plank hold = <input type="text"/> sec
	Core lift	Close Grip Bench Press warm up, then 1 set x 5 reps Build to a moderate/heavy set of 5 reps 5 rep weight = <input type="text"/> lbs	Back Squats (warm up, then 1 set x 5 reps) Build to a moderate/heavy set of 5 reps, no fails! 5 rep weight = <input type="text"/> lbs
	Auxiliary lift	Single Arm Dumbbell Row – 4 sets <input type="text"/> 5-8 reps per arm per set, start light	8 min EMOM Every Minute on the Minute Minute 1/3/5/7 - Perform 15 Weighted Walking Lunges Minute 2/4/6/8 - Perform :30 bottom of Air Squat Hold
	Other	Run: Max Distance Max Distance in 8 Minutes: Run max distance in 8 minutes. Keep intensity up. distance covered = <input type="text"/> laps	
	Cool down	20 sec. work, 10 sec. rest – 4 rounds of Forearm Plank, Left Side Plank, Right Side Plank	
2	Warmup	2 rounds of: Jog for 1 min then 6-8 reps total of: Cobra, Inchworm, Hurdler, High Knee Pull w/Samson, Lunge w/ trunk rotation	
	Auxiliary lift	6 Round Tabata – :20 work, :10 rest of: Spinal Balancing: 3 sets Air Squat with Hold: 3 sets	3 Rounds, not for Time 10 Box Step-ups 10 Alternating Mountain Climbers 10 Alternating sides Russian Twists (with or without Med Ball)
	Auxiliary lift	Single Arm DB Press (4 x 5-8 reps) 4 sets, 5-8 reps per set, start light. Move up if form and weight are solid <input type="text"/>	Bent-Over Barbell Row (4 x 6-8 reps) 4 sets, 6-8 reps per arm per set, start light, build to moderate weight. <input type="text"/>
	Core lift	Double Overhand Grip Deadlift warm up, then 1 set x 5 reps Work a moderate/heavy set of 5 reps 5 rep weight = <input type="text"/> lbs	Close Grip Bench Press warm up, then 1 set x 4 reps Build to a moderate/heavy set of 4 reps, no fails! 4 rep weight = <input type="text"/> lbs
	Other	Timed Sequence 200m Run, 20 Push-ups, 20 Sit-ups, 200m Run total time = <input type="text"/> sec	6 min AMRAP As Many Reps as Possible 5 Box Jump up, w/step down (sub/scale box step ups), 10 Push-ups, 30 sec Jump Rope, 30 sec rest
	Cool down	20 sec. work, 10 sec. rest – 4 rounds of Forearm Plank, Left Side Plank, Right Side Plank	

Week #	Activity	Day 1 (Tuesday 6/18/19, 6/25/18)	Day 2 (Thursday 6/20/19, 6/27/19)
3	Warmup	2 rounds of: Jog for 1 min then 6-8 reps total of: Cobra, Inchworm, Hurdler, High Knee Pull w/Samson, Lunge w/ trunk rotation	
	Auxiliary lift	Jump Rope 3 mins of jump rope- alternate between single leg, single unders, double unders (if possible), crossover, etc.	Single Arm Thruster (4 sets x 5 reps/arm) 4 sets, 5 reps per arm, per set, start light. Move up if form and weight are solid. <input type="text"/>
	Core lift	Back Squat (warm up, then 1 set x 4 reps) Build to a moderate/heavy set of 4 reps, no fails! 4 rep weight = <input type="text"/> lbs	Double Overhand Grip Deadlift warm up, then 1 set x 4 reps Work a moderate/heavy set of 4 reps 4 rep weight = <input type="text"/> lbs
	Other	6 min EMOM Every Minute on the Minute Minute 1/3/5 - 8 Weighted Box Step-ups Minute 2/4/6 - 8 reverse Goblet Squats	3 Rounds, not for Time 10 Russian Twists, with or without weight (MB/DB), 10 Push-ups, 10 Air Squats
	Testing/ Other	Burpee 3 minutes, MAX reps of burpees = <input type="text"/>	8 min AMRAP 200m run, 10 Box Jump w/step down (sub alt. step ups), 1 min rest
	Cool down	20 sec. work, 10 sec. rest – 4 rounds of Forearm Plank, Left Side Plank, Right Side Plank	
4	Auxiliary lift	6 min EMOM Odd: 30 sec Jump Rope Even: 10 alternating deadbug with or without SB ball	3 Rounds, not for Time 1 min of jump rope- (alt between single leg, single unders, DU's, crossover, etc.) :30 second bent hollow hold or bent knee hold
	Core lift	Close Grip Bench Press Build to a moderate/heavy set of <input type="text"/> 3 reps, no fails! (4-6 total sets)	3 Rounds, for Time 10 Thrusters (barbell or dumbbell) 10 Burpees
	Auxiliary lift	Double DB Bent Over Row (4 sets x 8 reps) 4 sets, 8 reps per set, start light. build to moderate weight. <input type="text"/>	6 min EMOM Minute 1/3/5 - Perform 12 Med Ball Slams (if no ball, sub 10 Kettlebell swings) Minute 2/4/6 - Perform 10 Alternating Weighted Lunge Steps
	Other	2 Rounds, 500m Run Max Effort (as fast as possible) rest 2 minutes and repeat. Try to get both done within 10 seconds of each other.	
5	Auxiliary lift	Strict Shoulder Press (4 sets x 5 reps) 4 sets, 5 reps per set, start light. Move up if form and weight are solid. <input type="text"/>	6 min EMOM Odd - :30 No Push-up Burpees Even - 10 Sit-ups + 5 Push-ups
	Core lift	Double Overhand Grip Deadlift warm up, then 1 set x 3 reps <input type="text"/> Work to a moderate/heavy set of 3 reps	Close Grip Bench Press Build to a moderate/heavy set of <input type="text"/> 2 reps, no fails! (4-6 total sets)
	Auxiliary lift	10 min EMOM Odd Minutes - 7 Push Ups & 7 Air Squats Even Minutes - :30 of Jump Rope	Bent Over Barbell Row (4 sets of 6-8 reps) 4 sets, 6-8 reps per set, <input type="text"/>
	Other	Timed Sequence 15 Alternating Box Step ups 1 minute battle rope (or run in hall) 10 Alternating Box Step ups 45 second battle rope (or run in hall) 5 Alternating Box Step ups 30 second battle rope (or run in hall)	8 min AMRAP 10 Goblet Squats (use KB or DB) 30 Double Unders or 60 Single Unders 1 minute rest

Week #	Activity	Day 1 (Tuesday 7/2/19, 7/9/19, 7/16/19)	Day 2 (Thur 7/4/19, 7/11/19, 7/18/19)
6	Warmup	2 rounds of: Jog for 1 min then 6-8 reps total of: Cobra, Inchworm, Hurdler, High Knee Pull w/Samson, Lunge w/ trunk rotation	
	Auxiliary lift	8 Tabata Rounds (:20 work, :10 rest) Alternate – 4 Rounds of Bent Knee Hold and 4 Rounds of Arch Hold	Single Arm DB Press (4 sets x 5 reps/arm) 4 sets, 5 reps per arm, per set, start light. Move up if form and weight are solid. <input type="text"/>
	Core lift	Back Squat (warm up, then 1 set x 2 reps) Build to a moderate/heavy set of 2 reps, no fails! (4-6 total sets) <input type="text"/>	Double Overhand Grip Deadlift warm up, then 1 set x 2 reps Work to a moderate/heavy set of 2 reps <input type="text"/>
	Auxiliary lift	Single Arm DB Push Press (4 sets x 5/arm) 4 Sets of 5 Reps per arm, start with light dumbbell. <input type="text"/>	4 Rounds, not for Time Move through at a good pace 6 Push-ups, 6 Sit-ups, 6 Air Squats
	Other	8 min EMOM Minute 1/3/5/7 - :30 Jump Rope Minute 2/4/6/8 - 8 Weighted box Step-ups	3 Rounds, for Time 250m run 10 Dumbbell Thrusters 10 Box Jump w/step down
	Cool down	20 sec. work, 10 sec. rest – 4 rounds of Forearm Plank, Left Side Plank, Right Side Plank	
7	Auxiliary lift	2 Rounds, for Time 20 Push-ups, 15 Sit-ups, 5 Burpees	6 min EMOM (:20 work, :10 rest) Odd - 10 Scapular Push-ups Even - :30 Air Squat Hold
	Core lift	Close Grip Bench Press Build to a moderate/heavy set of 5 reps, build up from week 2 no fails! (4-6 total sets) <input type="text"/>	Back Squat Build to a moderate/heavy set of 5 reps, build up from week 1 no fails! (4-6 total sets) <input type="text"/>
	Auxiliary lift	Single Arm DB row (4 sets x 6-8 reps) 4 sets, 6-8 reps per set, per arm, build to moderate weight. <input type="text"/>	Single Arm DB Push Press 4 Sets of 5 Reps per arm, start with lighter dumbbell.
	Other	Endurance Time Trial 1 mile run	8 min EMOM Minute 1/3/5/7 - :30 Jump Rope Minute 2/4/6/8 - 8 Weighted box step ups
8	Auxiliary lift	Timed Sequence 15 Burpees, 1 Minute Rest, 15 Burpees	6 min EMOM Odd - 10 to 12 burpees Even - 8 Weighted Box Step-ups (use light/moderate dumbbells)
	Core lift	Double Overhand Grip Deadlift Work to a moderate/heavy set of 4 reps <input type="text"/>	Close Grip Bench Press Build to a moderate/heavy set of 4 reps, build up from previous weeks – no fails! (4-6 total sets) <input type="text"/>
	Auxiliary lift	6 min EMOM Odd- :30 of Russian Twist (weighted or unweighted) Even- :30 Single Leg Squat - Weighted (alternate leg each minute)	Bent-Over Barbell Row (4 sets x 6-8 reps) 4 sets, 6-8 reps per set, start light, build to moderate weight. <input type="text"/>
	Other	3 Rounds, for Time 10 Box Jump Over 5 Barbell Thrusters 45 sec battle rope (or run hard in hall)	8 min AMRAP 1 minute battle rope (or run hard in hall) 8 Dumbbell Thrusters, pick weight. :30 sec Forearm Plank Hold 1 min rest

Week #	Activity	Day 1 (Tue 7/23/19, 7/30/19, 8/6/19, 8/13/19)	Day 2 (Thu 7/25/19, 8/1/19, 8/8/19, 8/15/19)
9	Auxiliary lift	Timed Sequence 15 Push-ups, 15 Sit-ups, 15 Alternating Mountain Climbers, :30 Arch Hold	6 min EMOM Odd - :30 Spinal Balancing Even - :30 Hollow Rock Hold
	Core lift	Back Squat Build to a moderate/heavy set of 4 reps, build up from week 2 no fails! (4-6 total sets) <input type="text"/>	Double Overhand Grip Deadlift Work to a moderate/heavy set of 3 reps <input type="text"/>
	Auxiliary lift	6 min EMOM Odd - Perform 12 Med Ball Slams or 10 KB swings Even - Perform 10 Alternating Weighted Lunge Steps	Single Arm Dumbbell Push Press (4x5/arm) 4 sets, 5 reps per arm per set, start light. Move up if form and weight are solid. <input type="text"/>
	Other	8 min AMRAP 5 Burpee Box Jump, 5 Single Arm Thrusters (LEFT) 5 Single Arm Thrusters (RIGHT), 45 sec battle rope (or run), 1 min rest	12 min EMOM 1st Min - :30 Alternating Box Step-ups 2nd Min - :30 of Med Ball Slams 3rd Min - :30 'Light' Barbell Thrusters 4th Min - Rest
10	Auxiliary lift	3 Rounds, not for Time 10 Air Squats, 8 Sit-ups, 6 Scapular Push-up 4 Plank Walkups	Timed Sequence 15 Push-ups, 15 Sit-ups 15 Alternating Mountain Climbers, 15 Air Squats
	Core lift	Close Grip Bench Press (4-6 sets x 3 reps) Build to a moderate/heavy set of 3 reps, build up from previous week – no fails! (4-6 total sets) <input type="text"/>	Back Squat (4-6 sets x 5 reps) Build to a moderate/heavy set of 5 reps, build up from week 1 no fails! (4-6 total sets) <input type="text"/>
	Auxiliary lift	Double Dumbbell Bent Over Row 4 sets x 8 reps per set, start light, build to moderate weight <input type="text"/>	6 min EMOM Odd - 12 Med Ball Slams (or 10 Kettlebell swings) Even - 10 Alternating Weighted Lunge Steps
	Other	3 Rounds, for Time 10 Alternating Jump Lunges, 10 Push Ups, 400m run 1 Minute Rest	For 9 minutes, on the minute alternate between Min 1/4/7 – 30 sec battle rope (or run in hall) Min 2/5/8 - 10 jump squats Min 3/6/9 - :20 to :30 bent hollow hold
11	Auxiliary lift	3 Rounds, not for Time 20 Alternating Mountain Climbers 10 Air Squats with 2 sec pause at bottom	3 Rounds, not for Time 8 Alternating Reverse Lung Steps 8 Push-ups, 8 Sit-ups
	Core lift	Barbell Strict Press (4 sets x 5 reps) 4 sets, 5 reps per set, start light/moderate. Move up if form and weight are solid. <input type="text"/>	Close Grip Bench Press Build to a moderate/heavy set of 2 reps, build up from previous wks, no fails! (4-6 total sets) <input type="text"/>
	Auxiliary lift	Double Overhand Grip Deadlift Work to a moderate/heavy set of 2 reps <input type="text"/>	Single Arm Dumbbell Row (4 sets x 8 reps/arm) 4 sets, 8 reps per arm per set, start light, build to moderate weight. <input type="text"/>
	Other	8 min AMRAP 12 Alternating Jump Lunges (switch lunge position in the air), 8 No Push-up burpees 45 sec battle rope (or run hard in hall)	Run Pyramid Run 2:00, Rest 2:00, Run 1:30, Rest 1:30 Run 1:00, Rest 1:00, Run :30, Done!
12	Auxiliary lift	6 min EMOM Odd - 10 Jump Squats (Air Squat with a jump at the end like a burpee) + 5 Push-ups Even - 10 Alternating Mountain Climbers + 5 Sit-ups	Testing - Push-ups Max Consecutive Reps in 1 minute <input type="text"/>
	Core lift	Back Squat Build to a moderate/heavy set of 3 reps, build up from previous wks, no fails! (4-6 total sets) <input type="text"/>	Testing - Sit-ups Max Consecutive Reps in 1 minute <input type="text"/>
	Auxiliary lift	Single Arm DB Push Press (4 sets x 5 reps/arm) 4 Sets of 5 Reps per arm, start with light/moderate DB, move up if form is good and if able. <input type="text"/>	Testing - Forearm Plank Max hold with perfect form <input type="text"/> sec
	Other	3 Rounds, for Time 45 sec battles ropes (or run hard in the hall) 10 No Push-up Burpees 10 Dumbbell Thrusters (do double arm)	Testing - Max Distance in 8 Minutes Run max distance in 8 minutes. <input type="text"/> laps