



Summer Training Camp

Daily Weight Workout Exercises

Day 1

CHEST		
Flat Bench – Straight Bar	Incline Dumb Bell - Alternate	Flat Bench Dumb Bell Fly
3 x 10	3 x 10	3 x 10
BACK		
Lat Pull Downs	Upright Rows	Shrugs
3 x 10	3 x 10	3 x 10

Day 2

ARMS-TRICEPS		
Reverse Curls + Press	Bench Dips	Press Downs
3 x 10	3 x 10	3 x 10
LEGS		
Squats	Box Jumps	Lunges
3 x 10	3 x 10	3 x 10 L/R

Day 3

SHOULDERS		
Military Press – Straight Bar	Dumb Bell Military Press	Arnolds Dumb Bells
3 x 10	3 x 10	3 x 10
ABS		
Medicine Ball Sit Ups	Knee Raises	Medicine Ball Seated Twist
3 x 20	3 x 20	3 x 20

Day 4

CHEST		
Incline Bench – Straight Bar	Flat Bench Dumb Bell - Alt	Incline Dumb Bell Fly
3 x 10	3 x 10	3 x 10
BACK		
Lat Pull Downs	Upright Rows	Shrugs
3 x 10	3 x 10	3 x 10

Day 5

ARMS		
Standing Curl Bar	Dumb Bell Hammer Curls L/R	Straight Bar Sevens
3 x 10	3 x 10	3 Sets
LEGS		
Squats	Box Jumps	Lunges
3 x 10	3 x 10	3 x 10 L/R



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Round #1: Recording Sheet for Summer Training Camp

Athlete Name:						
Enter Date after ea. day	Reps & Weight					
Day 1	Set 1 Reps	Weight	Set 2 Reps	Weight	Set 3 Reps	Weight
Incline Bench - BB						
Flat Bench - DB						
Incline DB Fly						
Lat Pull Down						
Upright Rows						
Shrugs						
Day 2	Set 1 Reps	Weight	Set 2 Reps	Weight	Set 3 Reps	Weight
Standing Curl Bar						
DB Hammer Curls L/R						
Straight Bar Sevens						
Squats						
Box Jumps						
Lunges						
Day 3	Set 1 Reps	Weight	Set 2 Reps	Weight	Set 3 Reps	Weight
Seated Military BB						
DB Military						
Arnolds						
Med Ball Sit-ups						
Knee raises						
Seated Twists						
Day 4	Set 1 Reps	Weight	Set 2 Reps	Weight	Set 3 Reps	Weight
Flat Bench BB						
Incline DB - Alternate						
Flat Bench DB Fly						
Lat Pull Down						
Upright Rows						
Shrugs						
Day 5	Set 1 Reps	Weight	Set 2 Reps	Weight	Set 3 Reps	Weight
Standing SB Curl						
DB Hammer Curl L/R						
SB Curl - Sevens						
Squats						
Box Jumps						
Lunges						