

Queen Anne School Summer Lifting/Workout Guide

While the summer is an excellent time to hang around and relax, it is also a perfect time to get in shape and get better at whatever sport you do. These workouts are meant to help you get better, and while they don't have to be followed to the letter, the goal is to make sure that you do something during the summer to get in better shape. Before starting these workouts, it is recommended that you get a workout journal to keep track of your lifts (how much, how it felt, number of reps, etc.). If you have a workout journal, it will help to ensure that you are not just lifting the same amount at the beginning of the summer as you were at the end of the summer. Additionally, make sure that you warm up and stretch before you start lifting for the day. You should also make sure to stretch after every lifting session. If you aren't playing a sport, you should also try and get a run in on the days that you aren't lifting. If you can workout at least 3 days a week for the entire summer, you will be in much better condition than you would be otherwise. As this guide is set up as 4 days a week, make sure that you don't work out for 4 straight days. If you can get 4 days out of 7, with a day or two off in between, you will feel much better, especially in the beginning.

If you have any questions about lifts on here, or other ones that you want to do, please contact Mr. Kolade (lkolade@gmail.com or lkolade@queenanne.org) and he can help you out. Additionally, if you would like to see exactly what a lift looks like, look it up on the internet or again, email Mr. Kolade. Good luck and we look forward to seeing you in the fall.

Notes before lifting:

- Warm up / stretch before every lifting session. This is very important.
- Make sure to take a short rest between each set. Every exercise is listed in terms of (Sets x Reps)
- Make sure that you are increasing the weight that you lift for every exercise. The best way to get stronger is to "confuse" your muscles.
- Keep track of everything you lift and exactly how you felt lifting. This will make future sessions much easier and give you a better idea of how you are progressing.
- Remember, this is a guide. You can change the lifts, the reps, or the sets. The main goal is to **DO SOMETHING!**

Day 1

15 Mins of Cardio as Warmup

Squat/Leg Press - (4 x 5) Squatting is the preferred exercise here.

Leg Curls (single or double) - (3 x 8) – If single leg, make sure to equally work both legs.

Leg Extensions (single or double) - (3 x 8) – If single leg, make sure to equally work both legs.

Bench Press - (4 x 6)

DB Calf Raises - (3 x 12) - You can start without a weight, but should be able to do it weighted.

Decline Abs w/ twist - (3 x 12) - Add a weight to make it harder as you get more comfortable..

Planks - (3 x 60 seconds) - Increase time as you get more comfortable.

Day 2

15 Mins of Cardio as Warmup

Pull Ups - (3 x To Fail) - Eventually you should be able to do sets of at least 10

Incline DB Bench Press - (4 x 5)

Lat Pulldowns (Front & Back) - (3 x 10) – You can alternate days with Front and Back

DB Curls - (3 x 8) – You can alternate this with **Hammer Curls**

DB Tricep Extensions - (3 x 8)

DB Rows - (3 x 8)

Upright Rows - (4 x 8)

Hanging Leg / Knee Raise - (3 x 15) - Add a weight to make it harder

Cable Woodchop - (3 x 12)

Day 3

15 Mins of Cardio as Warmup

Jump Squats - (4 x 6) – Make sure to explode up and catch yourself softly.

DB Bench Press - (4 x 6)

Hang / Power Clean - (5 x 5) – These are explosive and quick.

Lunges - (4 x 6) – You can do this walking, or in place.

Curls - (4 x 8)

Tricep Pulldowns (3 x 10)

DB Calf Raises - (3 x 12)

Side Bends w/ DB or weight - (3 x 12 each side)

Sit Ups - (3 x 25)

Crunches - (3 x 25)

Day 4

15 Mins of Cardio as Warmup

Pull Ups - (3 x To Fail)

Dead Lifts - (4 x 6)

Incline Bench Press - (4 x 6)

DB or Bar Step Ups - (4 x 6)

DB or Bar Shrugs - (3 x 8)

Lat Raises - (3 x 8)

Seated Row - (3 x 8)

Standing Cable Crunch - (3 x 12)

Russian Twists - (3 x 12)