

**LADY TIGER OFF SEASON SUMMER WORKOUT 2008-Need a days rest between  
Day 2 and Day 3**

**“Physical conditioning precedes Mental Toughness”**

NAME \_\_\_\_\_ WEEK \_\_\_\_\_ MAX \_\_\_\_\_

<b>Day 1</b>			
<b>Exercises</b>	<b>1</b>	<b>2</b>	<b>3</b>
Single Arm DB Row	_____ x 10	_____ x8	_____ X 6
DB Shoulder Fly	_____ x 10	_____ x8	_____ X 6
DB Shoulder Press	_____ x 10	_____ x8	_____ X 6
DB Up Right Rows	_____ x 10	_____ x8	_____ X 6
Triceps Extensions	_____ x 10	_____ x8	_____ X 6
Leg Press- add toes raises	Own weight x 10	+10lbs x 10	+10lbs x 10
Leg Extensions	25 lb x 12	30 lbs x 12	35x 12
Leg Curls	25 lbs x 12	25 lbs x 12	30 lbs x 12
Calf Raises	3x10	3x10	3x10
Forward Lunge	_____ x 10	_____ x8	_____ X 6
Hamstring Press	1x10- Each leg	1x10- Each leg	1x10- Each leg
Step Ups- DB in hands	3x10	3x10	3x10
Back Extensions	3x10	3x10	3x10
Abs Series	20 x 1	25 x 1	
<b>Day 2</b>			
<b>Exercises</b>	<b>1</b>	<b>2</b>	<b>3</b>
Bench Press	60% x 10	65% x 10	70% x 10
DB Bench Press	_____ x 10	_____ x8	_____ X 6
DB Alt Bench Press	_____ x 10	_____ x8	_____ X 6
Lat Pulldowns	_____ x 10	_____ x8	_____ X 6
Under Hand Pulldowns	_____ x 10	_____ x8	_____ X 6
Alt Bicep Curls	_____ x 10	_____ x8	_____ X 6
Hammer Bicep Curls	_____ x 10	_____ x8	_____ X 6
Seated Curls	_____ x 10	_____ x8	_____ X 6
Med Ball Sit-ups	_____ x 10	_____ x 8	_____ x 6
Med Ball 3 way sit ups	_____ x 10	_____ x 8	_____ x 6
Med Ball Wood Choppers	_____ x 10	_____ x 8	_____ x 6
Back Extensions	3x10	3x10	3x10
Abs Series	20 x 1	25 x 1	
<b>Day 3</b>			
<b>Exercises</b>	<b>1</b>	<b>2</b>	<b>3</b>
Bench Press	60% x 10	65% x 10	70% x 10
DB Incline Bench Press	_____ x 10	_____ x8	_____ X 6
DB Flat Chest Fly	_____ x 10	_____ x8	_____ X 6
DB Shoulder Fly	_____ x 10	_____ x8	_____ X 6
DB Up Right Rows	_____ x 10	_____ x8	_____ X 6
Alt Bicep Curls	_____ x 10	_____ x8	_____ X 6
Triceps Extensions	_____ x 10	_____ x8	_____ X 6
Leg Press- add toes raises	Own weight x 10	+10lbs x 10	+10lbs x 10
Leg Extensions	25 lb x 12	30 lbs x 12	35x 12
Leg Curls	25 lbs x 12	25 lbs x 12	30 lbs x 12
Hamstring Press	1x10- Each leg	1x10- Each leg	1x10- Each leg
Arm Bounce	x 10 sec	x 15 sec	x 10 sec
Abs Series	20 x 1	25 x 1	

**OTHER DRILLS- THESE ARE THINGS THAT WE WANT TO DO TO GET BETTER- SELF MOTIVATION**

2000-3000 shots PER WEEK                      Latter Drill (footwork)                      Medicine Ball abs workout  
 Jump Rose- Speed                      30 sec both feet 30 sec. left only 30 sec right only 30 sec alternating (30 second rest between)

Flexibility--WORK ON THIS AFTER EACH WORKOUT. “STRETCH BEFORE AND AFTER WORKOUTS”