

# Men's Fitness Evan Longoria Eight-Week Training Plan - Week 1

EXERCISE DAY & NAME	SET 1 WT & REPS	SET 2 WT & REPS	SET 3 WT & REPS
<b>MONDAY</b>			
<b>WARM-UP:</b>	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM		
<b>CONDITIONING:</b>	3/4 LAPS	SET # 1 X 5 RUNS REST 3 MIN. SET # 2 X 5 RUNS	1:10 / C / 1B :60 / IF :55 / OF
<b>CORE PROGRAM AS OUTLINED</b>			
*SQUAT	___ X 10	___ X 10	___ X 10
STEP-UP	___ X 15	___ X 15	
DB STRAIGHT LEG	___ X 10	___ X 10	___ X 10
SINGLE ARM ROW OR DB ROW	___ X 10	___ X 10	___ X 10
*DB BENCH	___ X 10	___ X 10	___ X 10
<b>FOREARM PROGRAM</b>			
<b>WEDNESDAY</b>			
<b>WARM-UP:</b>	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM		
<b>SPEED / POWER / AGILITY:</b>	JUMP ROPE PROGRAM CONE DRILL PROGRAM BUILD-UPS STRAIGHT LEG BOUNDING		X 1 EACH X 6 RUNS 6 X 30 YDS.
<b>CORE PROGRAM AS OUTLINED</b>			
*LUNGE	___ X 10	___ X 10	___ X 10
BW SINGLE LEG SQUAT	___ X 15	___ X 15	
DB STRAIGHT LEG	___ X 10	___ X 10	___ X 10
SINGLE ARM ROW OR DB ROW	___ X 10	___ X 10	___ X 10
*DB INCLINE BENCH	___ X 10	___ X 10	___ X 10
<b>FOREARM PROGRAM</b>			
<b>FRIDAY</b>			
<b>WARM-UP:</b>	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM		
<b>CONDITIONING:</b>	3/4 LAPS	SET # 1 X 5 RUNS REST 3 MIN. SET # 2 X 5 RUNS	1:10 / C / 1B :60 / IF :55 / OF
<b>CORE PROGRAM AS OUTLINED</b>			
<b><u>BODY WEIGHT LEG ROUTINE</u></b>	<b>X 1 SET</b>		
SINGLE LEG SQUAT /	X 10 EACH LEG		
SQUAT / CHEST PASS	X 20		
FEET TOGETHER SQUAT	X 20		
WALKING LUNGE / TWIST	X 10 EACH LEG		
SIDE LUNGE	X 10 EACH LEG		
STEP-UP / TWIST	X 10 EACH LEG		
CROSSOVER STEP-UP	X 10 EACH LEG		
SINGLE LEG PICKUP	X 10 EACH LEG		
WALL SITS	1 MIN / 1MIN		
PUSH-UP / CHIN-UP SUPERSET	X MAX	X MAX	X MAX