

Men's Fitness Evan Longoria Eight-Week Training Plan - Week 4

EXERCISE DAY & NAME	SET 1 WT & REPS	SET 2 WT & REPS	SET 3 WT & REPS	SET 4 WT & REPS
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MONDAY

WARM-UP:	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
CONDITIONING:	POLES	SET # 1 X 6 RUNS		:38 / C / 1B
		REST 3 MIN.		:36 / IF
		SET # 2 X 6 RUNS		:34 / OF

CORE PROGRAM AS OUTLINED

*SQUAT	___ X 5	___ X 5	___ X 5	___ X 5
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 5	___ X 5	___ X 5	___ X 5

FOREARM PROGRAM

WEDNESDAY

WARM-UP:	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
SPEED / POWER / AGILITY:		JUMP ROPE PROGRAM		
		60 YD.		
		SHUTTLE		X 6 RUNS
		FLYING 30'S		X 6 RUNS
		BOUNTING		6 X 30 YDS.

CORE PROGRAM AS OUTLINED

*LUNGE	___ X 5	___ X 5	___ X 5	___ X 5
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 5	___ X 5	___ X 5	___ X 5

FOREARM PROGRAM

FRIDAY

WARM-UP:	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
CONDITIONING:	POLES	SET # 1 X 6 RUNS		:38 / C / 1B
		REST 3 MIN.		:36 / IF
		SET # 2 X 6 RUNS		:34 / OF

CORE PROGRAM AS OUTLINED

BODY WEIGHT LEG ROUTINE

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

**X 2 SETS
2 MIN REST BETWEEN SETS**

PUSH-UP / CHIN-UP SUPERSET	X MAX	X MAX	X MAX
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