

Men's Fitness Evan Longoria Eight-Week Training Plan - Week 5

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:	1/2 POLES	SET # 1 X 8 RUNS REST 3 MIN.		:18 / C / 1B :16 / IF
		SET # 2 X 8 RUNS REST 3 MIN.		:14 / OF
		SET # 3 X 6 RUNS		
CORE PROGRAM AS OUTLINED				
*SQUAT	___ X 8	___ X 8	___ X 8	___ X 8
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 8	___ X 8	___ X 8	___ X 8

FOREARM PROGRAM

WEDNESDAY

WARM-UP:	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
SPEED / POWER / AGILITY:	JUMP ROPE PROGRAM			
	CONE DRILL PROGRAM		X 1 EACH	
	STRAIGHT LEG BOUNDING		6 X 30 YDS.	
	60 YD. SPRINTS @ 90%		X 8 RUNS	
CORE PROGRAM AS OUTLINED	10 YD. STARTS		X 10 RUNS	
*LUNGE	___ X 8	___ X 8	___ X 8	___ X 8
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 8	___ X 8	___ X 8	___ X 8

FOREARM PROGRAM

FRIDAY

WARM-UP:	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
CONDITIONING:	1/2 POLES	SET # 1 X 8 RUNS REST 3 MIN.		:18 / C / 1B :16 / IF
		SET # 2 X 8 RUNS REST 3 MIN.		:14 / OF
		SET # 3 X 6 RUNS		
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
	1 MIN /
WALL SITS	1MIN

**X 3 SETS
3 MIN REST BETWEEN SETS**

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