

# Men's Fitness Evan Longoria Eight-Week Training Plan - Week 6

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

<b>WARM-UP:</b>	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
<b>CONDITIONING:</b>	1/2 POLES	SET # 1 X 8 RUNS		:18 / C / 1B
		REST 3 MIN.		:16 / IF
		SET # 2 X 8 RUNS		:14 / OF
		REST 3 MIN.		
		SET # 3 X 6 RUNS		
<b>CORE PROGRAM AS OUTLINED</b>				
*SQUAT	___ X 10	___ X 10	___ X 8	___ X 8
STEP-UP	___ X 15	___ X 15		
DB STRAIGHT LEG SINGLE ARM ROW OR DB ROW	___ X 10	___ X 10	___ X 10	
*DB BENCH	___ X 10	___ X 10	___ X 8	___ X 8
<b>FOREARM PROGRAM</b>				

## WEDNESDAY

<b>WARM-UP:</b>	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
<b>SPEED / POWER / AGILITY:</b>		JUMP ROPE PROGRAM		
		PRO AGILITY	X 4 RUNS	
		COMBINE AGILITY	X 4 RUNS	
		BOUNDING	6 X 30 YDS.	
		60 YD. SPRINTS @ 90%	X 8 RUNS	
		10 YD. STARTS	X 10 RUNS	
<b>CORE PROGRAM AS OUTLINED</b>				
*LUNGE	___ X 10	___ X 10	___ X 8	___ X 8
BW SINGLE LEG SQUAT	___ X 15	___ X 15		
DB STRAIGHT LEG SINGLE ARM ROW OR DB ROW	___ X 10	___ X 10	___ X 10	
*DB INCLINE BENCH	___ X 10	___ X 10	___ X 8	___ X 8
<b>FOREARM PROGRAM</b>				

## FRIDAY

<b>WARM-UP:</b>	MOVEMENT WARM-UP AND FLEXIBILITY PROGRAM			
<b>CONDITIONING:</b>	1/2 POLES	SET # 1 X 8 RUNS		:18 / C / 1B
		REST 3 MIN.		:16 / IF
		SET # 2 X 8 RUNS		:14 / OF
		REST 3 MIN.		
		SET # 3 X 6 RUNS		
<b>CORE PROGRAM AS OUTLINED</b>				
<b><u>BODY WEIGHT LEG ROUTINE</u></b>		<b>X 3 SETS 3 MIN REST BETWEEN SETS</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	