

## RHS OFF SEASON LIFTING

### Week 2

#### Day 1

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Split Jumps	30 sec
Body Squats	30 sec
<b>Lift of the Day</b>	
Dead Lift Light	5 reps
Dead Lift 60% of Max	5 reps
Dead Lift	3x5
<b>Circuit</b>	
Incline Bench Press	3x10
Box Jumps	3x12
Reverse Bench Press	3x10
Lunges	3x12
Piston Press	3x16/8 each arm
Pull Ups	3x10
Burpees	3x8
Dips	3x10
<b>Core</b>	
Sit Ups	3x30 sec
Planks in Push Ups Position	3x30 sec

#### Day 2

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Jumping Jacks	30 sec
Push Ups	30 sec
<b>Lift of the Day</b>	
Bench Press Light	5 reps
Bench Press 60% of Max	5 reps
Bench Press	3x5
<b>Circuit</b>	
Mountain Climbers	3x30 sec
Pull Ups	3x10
Dips	3x10
Frog Jumps	3x10
Push Press	3x8
Med Ball Squats	3x12
Jack Knife Pushups	3x12
Close Hands Push Ups	3x10
<b>Core</b>	
Planks	3x30 sec
Side Planks	3x30 sec

#### Day 3

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Over Head Plate Press	30 sec
Box Jumps	30 sec
<b>Lift of the Day</b>	
Push Press Light	5 reps
Push Press 60% of Max	5 reps
Push Press	3x5
<b>Circuit</b>	
Hang Cleans	3x8
Spiderman Push Ups	3x8
Incline Dumbbell Bench	3x10
Lat Pull Downs	3x12
Supine Row	3x10
Step Ups	3x16/8 each leg
Frog Jumps	3x8
One Legged Burpees	3x16/8 each leg
<b>Core</b>	
Bridges	3x30 sec
Bicycles	3x30 sec

#### Day 4

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
<b>Circuit</b>	
Dips	3x10
Pull Ups	3x10
<b>Core</b>	
Box Jumps	3x12
Push Ups	3x15
Burpees	3x8
Step Ups	3x20
Frog Jumps	3x10
Jack Knife Push Ups	3x10
<b>Core</b>	
Giving Birth	3x30 sec
Planks	3x30 sec

## RHS OFF SEASON LIFTING

### Week 3

#### Day 1

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Split Jumps	30 sec
Body Squats	30 sec
<b>Lift of the Day</b>	
Back Squat Light	5 reps
Back Squat 60% of Max	5 reps
Back Squat	3x5
<b>Circuit</b>	
Dumbbell Bench Press	3x10
Dumbbell Rows	3x12
Pull Ups	3x10
Dips	3x12
Piston Press	3x16/8 each arm
Push Press	3x10
Box Jumps	3x8
Curls	3x10
<b>Core</b>	
Sit Ups	3x30 sec
Planks in Push Ups Position	3x30 sec

#### Day 2

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Med Ball Squats	30 sec
Burpees	30 sec
<b>Lift of the Day</b>	
Hang Cleans Light	5 reps
Hang Cleans 60% of Max	5 reps
Hang Cleans	3x5
<b>Circuit</b>	
Bench Press	3x10
Lat Pull Down	3x10
Wide Grip Push Ups	3x10
Split Jumps	3x10
Over Head Plate Press	3x8
Incline Dumbbell Bench Press	3x12
Jack Knife Pushups	3x12
Back Squats	3x15
<b>Core</b>	
Planks	3x30 sec
Side Planks	3x30 sec

#### Day 3

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Body Squats	30 sec
Lunges	30 sec
<b>Lift of the Day</b>	
Dead Lift Light	5 reps
Dead Lift 60% of Max	5 reps
Dead Lift	3x5
<b>Circuit</b>	
Push Press	3x8
Spiderman Push Ups	3x8
Pull Ups	3x10
Dips	3x12
Reverse Grip Bench Press	3x10
Split Jumps	3x12
Dumbbell Bench Press	3x8
Lunges	3x16
<b>Core</b>	
Bridges	3x30 sec
Bicycles	3x30 sec

#### Day 4

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Push Ups	30 sec
Jumping Jacks	30 sec
<b>Lift of the Day</b>	
Bench Press Light	5 reps
Bench Press 60% of Max	5 reps
Bench Press	3x5
<b>Circuit</b>	
Back Squats	3x10
Lat Pull Downs	3x12
Lunges	3x16
Frog Jumps	3x10
Dumbbell Rows	3x16/ 8 each arm
Over Head Plate Press	3x10
Supine Rows	3x12
Curls	3x12
<b>Core</b>	
Giving Birth	3x30 sec
Planks	3x30 sec

## RHS OFF SEASON LIFTING

### Week 4

#### Day 1

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Jumping Jacks	30 sec
Over Head Plate Press	30 sec
<b>Lift of the Day</b>	
Push Press Light	5 reps
Push Press 60% of Max	5 reps
Push Press	3x5
<b>Circuit</b>	
Hang Cleans	3x8
Burpees	3x8
Pull Ups	3x10
Dips	3x12
Box Jumps	3x16
Push Ups	3x10
Lunges	3x16
Curls	3x10
<b>Core</b>	
Sit Ups	3x30 sec
Planks in Push Ups Position	3x30 sec

#### Day 2

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Med Ball Squats	30 sec
Burpees	30 sec
<b>Lift of the Day</b>	
Hang Cleans Light	5 reps
Hang Cleans 60% of Max	5 reps
Hang Cleans	3x5
<b>Circuit</b>	
Bench Press	3x10
Lat Pull Down	3x10
Wide Grip Push Ups	3x10
Split Jumps	3x10
Over Head Plate Press	3x8
Incline Dumbell Bench Press	3x12
Jack Knife Pushups	3x12
Back Squats	3x15
<b>Core</b>	
Planks	3x30 sec
Side Planks	3x30 sec

#### Day 3

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
Body Squats	30 sec
Lunges	30 sec
<b>Lift of the Day</b>	
Back Squat Light	5 reps
Back Squat 60% of Max	5 reps
Back Squats	3x5
<b>Circuit</b>	
Push Press	3x8
Jack Knife Push Ups	3x8
Piston Press	3x10
Single Arm Tricept Pull Down	3x16/8 each arm
Body Squats	3x10
Split Jumps	3x12
Dumbell Bench Press	3x10
Wide Grip Push Press	3x16
<b>Core</b>	
Bridges	3x30 sec
Bicycles	3x30 sec

#### Day 4

<b>Warm Up</b>	<b>Set</b>
Bike	5 min
<b>Circuit</b>	
Dips	3x10
Pull Ups	3x10
Box Jumps	3x12
Push Ups	3x15
Burpees	3x8
Step Ups	3x20
Frog Jumps	3x10
Jack Knife Push Ups	3x10
<b>Core</b>	
Giving Birth	3x30 sec
Planks	3x30 sec

## RHS OFF SEASON LIFTING

### Week 1

<b>Day 1</b>		<b>Day 2</b>		<b>Day 3</b>		<b>Day 4</b>	
<b>Warm Up</b>	<b>Set</b>	<b>Warm Up</b>	<b>Set</b>	<b>Warm Up</b>	<b>Set</b>	<b>Warm Up</b>	<b>Set</b>
Bike	5 min	Bike	5 min	Bike	5 min	Bike	5 min
Squat Jumps	30 sec	Jumping Jacks	30 sec	Med Ball Squats	30 sec		
Burpees	30 sec	Push Ups	30 sec	Box Jumps	30 sec		
<b>Lift of the Day</b>		<b>Lift of the Day</b>		<b>Lift of the Day</b>		<b>Lift of the Day</b>	
Hang Clean Light Weight	5 reps	Bench Press Light	5 reps	Back Squat Light	5 reps	Push Press Light	5 reps
Hang Clean 60% of Max	5 reps	Bench Press 60% of Max	5 reps	Back Squat 60% of Max	5 reps	Push Press 60% of Max	5 reps
Hang Clean	3x5	Bench Press	3x5	Back Squat	3x5	Push Press	3x5
<b>Circuit</b>		<b>Circuit</b>		<b>Circuit</b>		<b>Circuit</b>	
Incline Bench Press	3x10	Lunges	3x20	Push Press	3x8	Bench Press	3x10
Split Squats	3x12	Pull Ups	3x10	Jack Knife Push Ups	3x8	Dips	3x10
Dumbbell Rows	3x16/8 each arm	Dips	3x10	Incline Dumbbell Bench	3x10	Pull Ups	3x10
Box Jumps	3x8	Curls	3x10	Lat Pull Downs	3x12	Box Jumps	3x10
Piston Press	3x16/8 each arm	Front Squats	3x8	Supine Row	3x10	Dead Lift	3x8
Curls	3x10	Burpees	3x8	Step Ups	3x16/8 each leg	Burpees	3x8
One Legged Burpees	3x8/4 each leg	Spiderman Push Ups	3x12	Frog Jumps	3x8		
Push Press	3x8	Over Head Plate Press	3x10	Single Leg Line Jump	3x40sec/20 sec each leg		
<b>Core</b>		<b>Core</b>		<b>Core</b>		<b>Core</b>	
Six Inches	2x30 sec	Planks	3x30 sec	Bridges	3x30 sec	Giving Birth	3x30 sec
Regular Sit Ups	2x50	Side Planks	3x30 sec	Bicycles	3x30 sec	Planks	3x30 sec