**Simple Sharks off-season workout weeks 1-4**

**Monday**

**Upper Body Day I**

* **50 Sit-ups & Flex**
* **Bench-Press** – 6 sets of 8-10reps. increase weight each rep must find max first! Ex: set 1-50% of max, set 2- 60% set 3- 65% set 4- 70% set 5-70% set 6 75-80%!
* **Incline Bench-Press** – (All linemen and linebacker) Do close grip incline bench. 5 sets Use Cycle Program that is 60 lbs less than your bench press max – (if you are doing close grip incline drop 100 lbs)
* **Weighted Dips** – 4 sets of 8-10 reps. Use a weight belt and try to increase weight each week.
* **Military Press** – (standing) 4 sets.
* **Lat pulls** – 4 x10-12 reps.  You can do pull in front or behind head.
* **Power shrugs** – 3x10-12 reps. Use heavy weight. Build traps.
* **Dumbbell Work** – If you have time.
  + Dumbbell Bench
  + Dumbbell Incline
  + Dumbbell Military Press
* **Neck work** – 2 sets of 10 – 12 reps
* **Curls and Triceps** – 3 sets each.

**Tuesday**

**Lower Body Day I**

* **50 sit-ups & stretch**
* **Squats** – 6 sets of 8-10 reps
* **Front Squats** – 4 sets of 8-10 reps of 60%. Make sure form is perfect and you go deep.
* **Power Cleans** – 6 sets. Never do more than 6 reps.
* **Lunges** – 3 sets of 10 reps each leg. You can use dumbbells or bar. Increase weight each week.
* **Toe raisers** – 4x10-15 reps. You can do them on leg press or squat back combo with jumping rope in between sets
* **Leg extensions** – 2 sets x 10 reps

**Wednesday**

**OFF DAY**

(Do running program & flex program)

**Thursday**

**Upper Body Day II**

* **50 Sit-ups & Flex**
* **Bench Press** – same as Monday
* **Close grip Bench** – use 5 sets of 100 lbs less than bench max. Start at workout #2
* **Seated Dumbbell Military** – 5 set of 8 reps
* **Weighted Dips** – Same as Monday
* **Back work** – Same as Monday
* **Shrugs & Neck Work**

**Friday**

**Lower Body Day II**

* **50 Sit-ups & stretch**
* **Front Squats** – 6 sets 10 reps
* **Light Back Squats** – 3 x 8-10 reps, 60% Work on Form and Depth
* **Power Cleans** – same as Tuesday
* **Lunges** – same as Tuesday
* **Toe Raisers** – 4 sets of 10-15 reps/ combo with Jumping rope
* **Leg extensions** – 2x10-12 reps
* **Leg Curl** – 2x10-12 reps

**Saturday**

**OFF DAY**

(Do running program & stretch)

**Sunday**

**OFF DAY**

(REST!)