

NAME: _____



SFAS 10 Week Program

DAY 1

A Dynamic Warm-Up		Week 1		Week 2		Week 3		Week 4	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Front Squat		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B Lat Pulldown	1:30	15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
C Barbell Split Squat		12 ea		12 ea		10 ea		10 ea	
		12 ea		12 ea		10 ea		10 ea	
		12 ea		12 ea		10 ea		10 ea	
C Barbell Bent-Over Row		12		12		10		10	
		12		12		10		10	
		12		12		10		10	
C Seated Medball Side to Side Twists	1:00	12 ea		12 ea		12 ea		12 ea	
		12 ea		12 ea		12 ea		12 ea	
		12 ea		12 ea		12 ea		12 ea	
D Single Leg Piston Squats to Bench		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
D Pull-Ups		5+		5+		5+		5+	
		5+		5+		5+		5+	
		MAX		MAX		MAX		MAX	
D Push-Ups	0:30	20+		20+		20+		20+	
		20+		20+		20+		20+	
		MAX		MAX		MAX		MAX	
E Back Extension		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
E DB Combo Raise		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
E Planks (Front, Left Side, Right Side)	0:30	0:30		0:40		0:50		1:00	
		0:30		0:40		0:50		1:00	
		0:30		0:40		0:50		1:00	
F FOAM ROLLING & STRETCHING			10:00		10:00		10:00		10:00

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DAY 2

A <i>Dynamic Warm-Up</i>		Week 1		Week 2		Week 3		Week 4			
		Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt		
B	Kettle Bell Deadlift		15		12		10		8		
			15		12		10		8		
			15		12		10		8		
			15		12		10		8		
B	DB Flat Bench Press	1:30	15		12		10		8		
			15		12		10		8		
			15		12		10		8		
			15		12		10		8		
C	Hamstring Curls		12		12		10		10		
			12		12		10		10		
			12		12		10		10		
C	Single Arm DB Incline Bench Press		12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
C	Standing Oblique DB Crunch	1:00	12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
			12 ea		12 ea		10 ea		10 ea		
D	DB Single Arm Shoulder Press		10 ea		10 ea		10 ea		10 ea		
			10 ea		10 ea		10 ea		10 ea		
			10 ea		10 ea		10 ea		10 ea		
D	Hanging Knee Tucks to Chest		10		10		10		10		
			10		10		10		10		
			10		10		10		10		
D	Glute Hip Bridges <i>w/3 second holds</i>	0:30	10		10		10		10		
			10		10		10		10		
			10		10		10		10		
E	Sit-Ups		20		20		20		20		
			20		20		20		20		
			Max		Max		Max		Max		
E	Chin-Ups		10		10		10		10		
			10		10		10		10		
			Max		Max		Max		Max		
E	Dips	0:30	10		10		10		10		
			10		10		10		10		
			Max		Max		Max		Max		
F		FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

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USAJFKSWCS

10 WEEK

SFAS PREPARATION PROGRAM

Day 3

A Dynamic Warm-Up

		Week 1		Week 2		Week 3		Week 4	
Work Capacity Circuit		Reps		Reps		Reps		Reps	
B Rowing/Burpee Ladder	Rest	100m	1 Burp	100m	4 Burp	500m	5 Burp	1000m	10 Burp
		200m	2 Burp	200m	4 Burp	250m	5 Burp	900m	9 Burp
		300m	3 Burp	300m	4 Burp	500m	5 Burp	800m	8 Burp
		400m	4 Burp	400m	4 Burp	250m	5 Burp	700m	7 Burp
		500m	5 Burp	500m	4 Burp	500m	5 Burp	600m	6 Burp
		500m	5 Burp	500m	4 Burp	250m	5 Burp	500m	5 Burp
		400m	4 Burp	400m	4 Burp	500m	5 Burp	400m	4 Burp
		300m	3 Burp	300m	4 Burp	250m	5 Burp	300m	3 Burp
		200m	2 Burp	200m	4 Burp	500m	5 Burp	200m	2 Burp
		None	100m	1 Burp	100m	4 Burp	250m	5 Burp	100m
F									
FOAM ROLLING & STRETCHING			10:00		10:00		10:00		10:00

NAME: _____



DAY 1

		Week 5		Week 6		Week 7		Week 8		
Exercise		Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B	Back Squat		15		12		10		8	
			15		12		10		8	
			15		12		10		8	
			15		12		10		8	
B	Squat Jump (BODYWEIGHT)	1:30	5		5		5		5	
			5		5		5		5	
			5		5		5		5	
			5		5		5		5	
C	Pull-Ups		MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
C	DB Step-Ups	1:00	12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
			12 ea		10 ea		10 ea		8 ea	
D	Inverted Rows		10		12		12		15	
			10		12		12		15	
			MAX		MAX		MAX		MAX	
D	Lunges		8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
			8 ea		8 ea		8 ea		8 ea	
D	Push-Ups	0:30	MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
			MAX		MAX		MAX		MAX	
E	DB Single Arm Bent-Over Row		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	DB Shoulder Circuit		10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
			10 ea		10 ea		10 ea		10 ea	
E	Planks (Front, Left Side, Right Side)	0:30	0:30 ea		0:40 ea		0:50 ea		1:00 ea	
			0:30 ea		0:40 ea		0:50 ea		1:00 ea	
			0:30 ea		0:40 ea		0:50 ea		1:00 ea	
F	FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

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DAY 2

A <i>Dynamic Warm-Up</i>		Week 5		Week 6		Week 7		Week 8	
<i>Exercise</i>	<i>Rest</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>	<i>Reps</i>	<i>Wt</i>
B <i>Deadlift</i>		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B <i>Medicine Ball Overhead Slam</i>	1:30	8		8		10		10	
		8		8		10		10	
		8		8		10		10	
		8		8		10		10	
C <i>Barbell or Dumbbell Bench Press</i>		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
C <i>Plyometric Push-Up (CLAPPING)</i>	1:00	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
D <i>Dumbbell Incline Bench</i>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
D <i>Glute-Ham Raises</i>		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
D <i>Sit-Ups</i>	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
E <i>DB Shoulder Press</i>		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
E <i>DB Lateral Lunges</i>		8 ea		8 ea		8 ea		8 ea	
		8 ea		8 ea		8 ea		8 ea	
		8 ea		8 ea		8 ea		8 ea	
E <i>Hanging Leg Loweres</i>		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
E <i>Dips</i>	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
F <i>FOAM ROLLING & STRETCHING</i>		10:00		10:00		10:00		10:00	

NAME: _____



DAY 1

		Week 9		Week 10	
		Reps	Wt	Reps	Wt
A Dynamic Warm-Up					
Dumbbell Circuit Day					
B	DB Upright Row	10		10	
	DB Step-Ups	10 ea		10 ea	
	DB Lateral Shoulder Raise	10		10	
	DB Alternate PushUp/Row	10		10	
	DB Alternate Lunges	10 ea		10 ea	
	DB Squats	10		10	
	DB Bent-Over Rows	10		10	
	DB Single Leg RDL's	10 ea		10 ea	
	DB Lateral Step-Ups	10 ea		10 ea	
	DB Alt. Curl to Press	10 ea		10 ea	
DB X-Over Step-Ups	10 ea		10 ea		
DB Overhead Tricep Extension	10		10		
DB Lateral Lunges	10 ea		10 ea		
*Rest 2-3 mins Between Rounds		3 Rounds		2 Rounds	
C	PLANKS (Front, Left Side, Right Side)	0:45 ea		0:45 ea	
		0:45 ea		0:45 ea	
		0:45 ea		0:45 ea	
		0:45 ea		0:45 ea	
D	FOAM ROLLING & STRETCHING	10:00		10:00	

***USE Dumbells that are 10% of your Body Weight in each hand.**

NAME: _____



Day 2

A Dynamic Warm-Up		Week 9		Week 10	
		Reps	Wt	Reps	Wt
PULL/PUSH/SIT Circuit					
B	Pull-Ups	3		3	
	Push-Ups	10		10	
	Sit-Ups	10		10	
<i>*No Rest Between Exercises or Rounds</i>		10 Rounds		10 Rounds	
FOAM ROLLING & STRETCHING					
		10:00		10:00	

Dynamic Warm-Up (perform movements over 10-15 yards)	
Walking Lunge w/Twist	
Walking Lunge w/Overhead Reach	
Lateral Lunge	
Walking Lunge>Elbow to Instep>Twisting Overhead Reach	
Knee Pull to Chest	
Heel Pull to Butt	
Leg Cradle	
Frankensteins	
Lateral Shuffle	
Carioca	
High Knee Run	
Power Skipping	
T, Y, W & L's x 10 each	