

NAME: _____



SFAS 14 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

NAME: _____



DAY 2

A Dynamic Warm-Up		Week 1		Week 2		Week 3		Week 4	
Exercise	Rest	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

NAME: _____



USAJFKSWCS

14 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, Right Side, Left 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	

NAME: _____



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 Lowers</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		Week 11		Week 12	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Bulgarian Split Squat		15 ea		12 ea		10 ea		8 ea	
		15 ea		12 ea		10 ea		8 ea	
		15 ea		12 ea		10 ea		8 ea	
		15 ea		12 ea		10 ea		8 ea	
B Weighted Pull-Ups (or Weighted Negatives)	1:30	4		5		6		7	
		4		5		6		7	
		4		5		6		7	
		4		5		6		7	
C Walking Lunges		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
C DB 2 Arm Bent-Over Row		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
C Pallof Press	1:00	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 Back Extension		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
D Burpees		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
D Planks (w/Leg and Arm Lifts)	0:30	5 ea		5 ea		5 ea		5 ea	
		5 ea		5 ea		5 ea		5 ea	
		5 ea		5 ea		5 ea		5 ea	
F FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

NAME: _____



DAY 2

		Week 9		Week 10		Week 11		Week 12	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Reverse Hypers		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
B Single Arm DB Bench Press	1:30	15 ea		12 ea		12 ea		10 ea	
		15 ea		12 ea		12 ea		10 ea	
		15 ea		12 ea		12 ea		10 ea	
		15 ea		12 ea		12 ea		10 ea	
C Single Leg Hamstring Curls (on Exercise Ball or Machine)		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
		10 ea		10 ea		10 ea		10 ea	
C 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	
C Hanging Oblique Crunches	1:00	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 Sit-Ups		30+		30+		30+		30+	
		30+		30+		30+		30+	
		MAX		MAX		MAX		MAX	
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	
F FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

NAME: _____



DAY 1

		Week 13		Week 14	
		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		
	<i>*Rest 2-3 mins Between Rounds</i>	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 13		Week 14	
		Reps	Wt	Reps	Wt
PULL/PUSH/SIT Circuit					
B	Pull-Ups	3		3	
	Push-Ups	10		10	
	Sit-Ups	15		15	
	<i>*No Rest Between Exercises or Rounds</i>	10 Rounds		10 Rounds	
C	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	

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