

NAME: \_\_\_\_\_



USAJFKSWCS

6 WEEK

SFAS PREPARATION PROGRAM

SFAS 6 Week Program

DAY 1

A Dynamic Warm-Up		Week 1		Week 2		Week 2		Week 4	
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		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 Dynamic Warm-Up		Week 1		Week 2		Week 2		Week 4	
Exercise	Rest	Reps	Wt	Reps	Wt	Reps	Wt	Reps	Wt
B Deadlift		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
		15		12		10		8	
B Medicine Ball Overhead Slam	1:30	8		8		10		10	
		8		8		10		10	
		8		8		10		10	
		8		8		10		10	
C Barbell or Dumbbell Bench Press		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
		12		10		10		8	
C Plyometric Push-Up (CLAPPING)	1:00	5		5		5		5	
		5		5		5		5	
		5		5		5		5	
		5		5		5		5	
D Dumbbell Incline Bench		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
D Glute-Ham Raises		10		12		12		15	
		10		12		12		15	
		10		12		12		15	
D Sit-Ups	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
E DB 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	
E DB Lateral 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	
E Hanging Leg Lowers		10		10		10		10	
		10		10		10		10	
		10		10		10		10	
E Dips	0:30	MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
		MAX		MAX		MAX		MAX	
F FOAM ROLLING & STRETCHING		10:00		10:00		10:00		10:00	

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**DAY 1**

**A Dynamic Warm-Up**

		<b>Week 5</b>		<b>Week 6</b>		
<b>Dumbbell Circuit Day</b>		<b>Reps</b>	<b>Wt</b>	<b>Reps</b>	<b>Wt</b>	
<b>B</b>	<b>DB Upright Row</b>	10		10		
	<b>DB Step-Ups</b>	10 ea		10 ea		
	<b>DB Lateral Shoulder Raise</b>	10		10		
	<b>DB Alternate PushUp/Row</b>	10		10		
	<b>DB Alternate Lunges</b>	10 ea		10 ea		
	<b>DB Squats</b>	10		10		
	<b>DB Bent-Over Rows</b>	10		10		
	<b>DB Single Leg RDL's</b>	10 ea		10 ea		
	<b>DB Lateral Step-Ups</b>	10 ea		10 ea		
	<b>DB Alt. Curl to Press</b>	10 ea		10 ea		
	<b>DB X-Over Step-Ups</b>	10 ea		10 ea		
	<b>DB Overhead Tricep Extension</b>	10		10		
	<b>DB Lateral Lunges</b>	10 ea		10 ea		
	<b>*Rest 2-3 mins Between Rounds</b>	3 Rounds		2 Rounds		
	<b>C</b>	<b>PLANKS (Front, Left Side, Right Side)</b>	0:45 ea		0:45 ea	
			0:45 ea		0:45 ea	
			0:45 ea		0:45 ea	
		0:45 ea		0:45 ea		
<b>D</b>	<b>FOAM ROLLING &amp; STRETCHING</b>	10:00		10:00		

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

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**Day 2**

		Week 5		Week 6	
		Reps	Wt	Reps	Wt
<b>A Dynamic Warm-Up</b>					
<b>PULL/PUSH/SIT Circuit</b>		<b>Reps</b>	<b>Wt</b>	<b>Reps</b>	<b>Wt</b>
<b>B</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	
<b>C FOAM ROLLING &amp; STRETCHING</b>					
		10:00		10:00	

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