

Braves Lifting Workout

"You Can Never Be Too Strong!" General George Patton

Upper Body

Lower Body

Reps	Lift
	Core Lifts
	CORE LIFTS. The BFS Core Lifts are weight training exercises designed specifically for athletes to enable them to get stronger, run faster, jump higher and farther, increase flexibility, endurance and agility, be less prone to injury and, finally, to WIN!
wk 1 3x3	Bench
wk 2 5x5	Incline Bench
wk 3 5-4-3-2-1	
Wk 4 Max	when working 4 days per week you may substitute Towel Bench for one of your bench days
	Auxillary Lifts
	AUXILIARY EXERCISES. Auxiliary exercises are supplements to the core lifts, often used to work muscles emphasized or commonly injured in sports. We do these lifts as a Circuit to get a little cardio as we lift. We always do Aux circuits in 3 sets of 10 reps!
3x10	
	<u>Circuit 1</u>
	Dumbell Flies
	Alternating Curls
	Overhead Extensions
	Crunches (3x25)
	<u>Circuit 2</u>
	Concentration Curls
	Pulldowns
	Leg Lifts (Abs 3x25)

Reps	Lift
	Core Lifts
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wk 1 3x3	Box Squat
wk 2 5x5	Dead Lift
wk 3 5-4-3-2-1	Power Clean
Wk 4 Max	Make sure you use proper techniques and a belt when doing these exercises!
	Auxillary Lifts
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3x10	
	<u>Circuit 1</u>
	Leg Ext & Curls
	Military Press
	Saw the Log
	Crunches (3x25)
	<u>Circuit 2</u>
	Seated Rows
	Reverse Situps
	Lunges

You do the core lifts in 4 Week cycles as you change the # of sets and Reps each week, then after 4 weeks you repeat! The Aux Lifts are always done as a Circuit (Which means go from one exercise to the next with NO rest) 3 sets of 10 reps for each exercise.

Week	Core Lifts
1	3x3
2	5x5
3	5-4-3-2-1
4	Max
5	3x3
6	5x5
7	5-4-3-2-1
8	Max
9	3x3
10	5x5
11	5-4-3-2-1
12	Max

Week	Core Lifts
13	OFF
14	OFF
15	3x3
16	5x5
17	5-4-3-2-1
18	Max
Nov 2	Practice BEGINS