



MLCHS Strength Training – Lift to Failure

NUMBER OF SETS: 1-2; **Maximum Time: Per Station = 3:00; Per Set = 18:00;** Note: lifting to failure you should be lifting 75-90% of the maximum you can lift. It is very important to have athletes spot you.

	Station / Workout	Description	Weight	# Reps / Set
1	Lower Back Workout	On Roman Chair machine - tuck legs under holder and rest stomach on pad. With arms behind head, stretch down and back up.	N/A	10-20
2	Squats	On weight cage do reps with both legs. Keep back straight, eyes, chest and head up. Have someone spot on each side of you.	B 150-250 G 100-200	LTF
3	Jump Lunge	With 5-20 lb. barbells in each hand, get in the lunge position with back leg almost touching ground (90 degrees) and front leg at 90 deg. Jump straight up as high as you can. Repeat fast.	5-20 lb. barbells	10-15
4	Calf Raisers	On weight cage raise both feet up at the ankles all the way up and all the way down.	B 175-275 G 150-225	LTF
5	Dip Station	Do first set of "knees up" lifting knees just past waist line and alternating side to side; next set can be with both legs straight out at 90 degrees to torso (waist level in front of you)	N/A	10-20
6	Curls	With either a dumbbell in each hand or a barbell with weights on each end rest bar on thigh with arms straight down and lift at elbows until weights come to chest. Do: 1) regular curls; 2) hammer curls (bend at elbows); 3) runner curls (move from shoulder, elbow locked at 90 degrees); 4) lateral curls (arms by your side and straight up)	B 15-25 G 10-20 (weight ea. arm)	LTF
7	Bench Press	Have someone spot you for this. Don't raise feet or back off bench. Breathe in on the way down and exhale as you push barbell back up. Bring barbell down to your chest then extend arms all the way out.	B 70-150 G 40-100	LTF

Note: LTF = Lift to failure (you can't do one more rep.). The barbell weights approximately 45 pounds.

The objective is to build muscle strength. You will build muscle endurance from running. Amount of reps should be fairly low 5-15. Weight should be 75-90% of the maximum amount you can lift one time. We are trying to build muscle strength as well as work the whole neuromuscular complex. While waiting for machines, you can either do pushups, sit ups, core work, or pull ups.