

# STRATEGIC FITNESS PLAN

## Level Three

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>10-Minute Stretching Routine</b> <i>Chapter 6</i>	<b>Weights</b> 1 hour <i>Chapter 10</i>	<b>10-Minute Stretching Routine</b>	<b>10-Minute Stretching Routine</b>	<b>10-Minute Stretching Routine</b>	<b>Weights</b> 1 hour	<b>Rest</b>
<b>Sprint 8</b> 20 minutes <i>Chapter 8</i>	<b>Cardio-20</b> 20 minutes <i>Chapter 7</i>	<i>Make up day</i>	<b>Weights</b> 1 hour	<b>Sprint 8</b>	<b>Plyometrics</b> <i>Chapter 9</i>	
30 minutes	1 hour 20 minutes	10 minutes	1 hour 10 minutes	30 minutes	1 hour 20 minutes	<b>TOTAL WEEK TIME:</b> 5 hours

## STRATEGIC FITNESS PLAN

**Training Log    Level Three    Week 1    Date \_\_\_\_\_**

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, Th, F)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 1 x week</b> <i>Chapter 7</i> <i>Tuesday or Thursday</i>							
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>Chapter 8</i> <i>90-95% speed/intensity. 8 reps 70-yards</i>							
<b>Plyometrics</b>	<b>20 minutes 1 x week</b> <i>Chapter 9</i> <i>1 set plyo-drills</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. <b>NOTE: Perform E-Lifts (Chp 9) on push &amp; press exercises</b></i>				
<b>Chest</b>	Bench press      3/12							
	Incline press      2/12							
	Cable flies          1/10							
	Chest stretch      30 sec							
	Pullovers            1/20							
<b>Back</b>	Pull downs          3/12							
	Cable rows          1/12							
	Up back stretch    30 sec							
	Hyper ext            1/20							
<b>Shoulders</b>	Shoulder press      3/10							
	Front raises          2/10							
	Shrugs                2/20							
	Shoulder stretch   30 sec							
	Rotator cuff         1/15							
<b>Biceps</b>	Curls                  3/10							
	Incl DB curls        2/10							
<b>Triceps</b>	Press downs         3/20							
	Kick backs           1/20							
<b>Quads</b>	Leg press            3/20							
	Leg ext                2/20							
	Lunges                1/10							
<b>Hamstrings</b>	Leg curls             2/20							
<b>Calves</b>	3-way calf raises    3/30							
	Rev calf raises      1/40							
<b>Abs</b>	Leg raises            2/20							
	Crunches             1/25							
<b>Obliques</b>	Twists                 1/20							

## STRATEGIC FITNESS PLAN

**Training Log    Level Three    Week 2    Date \_\_\_\_\_**

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, Th, F)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 1 x week</b> <i>Chapter 7</i> <i>Tuesday or Thursday</i>							
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>Chapter 8</i> <i>90-95% speed/intensity. 8 reps 70-yards</i>							
<b>Plyometrics</b>	<b>20 minutes 1 x week</b> <i>Chapter 9</i> <i>1 set plyo-drills</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push &amp; press exercises</i>				
<b>Chest</b>	Bench press    3/12							
	Decline press    2/12							
	Cable flies    1/10							
	Chest stretch    30 sec							
	Pullovers    1/20							
<b>Back</b>	Pull downs    3/12							
	Cable rows    1/12							
	Up back stretch    30 sec							
	Hyper ext    1/20							
<b>Shoulders</b>	Shoulder press    3/10							
	Side raises    2/10							
	Shrugs    2/20							
	Shoulder stretch    30 sec							
	Rotator cuff    1/15							
<b>Biceps</b>	Curls    3/10							
	Bicep 21s    1/10							
<b>Triceps</b>	Press downs    3/20							
	French press    1/20							
<b>Quads</b>	Leg press    3/20							
	One-leg leg ext    2/20							
<b>Hamstrings</b>	Leg curls    2/20							
	Stiff dead lift    1/10							
<b>Calves</b>	3-way calf raises    3/30							
<b>Abs</b>	Leg raises    2/20							
	Crunches    1/25							
<b>Obliques</b>	Side bends    1/20							

## STRATEGIC FITNESS PLAN

**Training Log    Level Three    Week 3    Date \_\_\_\_\_**

<b>Workout:</b>	<b>Training Plan:</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sat</b>	<b>S</b>
<b>10-Minute Stretching</b>	<b>4 x week (M, W, Th, F)</b> <i>Chapter 6</i>							
<b>Cardio</b>	<b>30 minutes 1 x week</b> <i>Chapter 7</i> <i>Tuesday or Thursday</i>							
<b>Sprint 8</b>	<b>20 minutes 2 x week</b> <i>Chapter 8</i> <i>90-95% speed/intensity. 8 reps 70-yards</i>							
<b>Plyometrics</b>	<b>20 minutes 1 x week</b> <i>Chapter 9</i> <i>1 set plyo-drills</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. <b>NOTE: Perform E-Lifts (Chp 9) on push &amp; press exercises</b></i>				
<b>Chest</b>	Bench press      3/12							
	Incline press      2/12							
	Cable flies          1/10							
	Chest stretch      30 sec							
	Pullovers            1/20							
<b>Back</b>	Pull downs          3/12							
	T-bar rows           1/12							
	Up back stretch    30 sec							
	Hyper ext            1/20							
<b>Shoulders</b>	Shoulder press      3/10							
	Front raises          2/10							
	Shrugs                2/20							
	Shoulder stretch   30 sec							
	Rotator cuff          1/15							
<b>Biceps</b>	Curls                  3/10							
	Incl DB curls        2/10							
	Hammer curls        1/10							
<b>Triceps</b>	Press downs          3/20							
	Rev press downs    1/20							
<b>Quads</b>	Leg press            3/20							
	Leg ext                2/20							
	Lunges                1/10							
<b>Hamstrings</b>	Leg curls              2/20							
<b>Calves</b>	3-way calf raises    3/30							
	Rev calf raises      1/40							
<b>Abs</b>	Leg raises            2/20							
	Crunches             1/25							
<b>Obliques</b>	Twists                 1/20							

# STRATEGIC FITNESS PLAN

**Training Log    Level Three    Week 4    Date \_\_\_\_\_**

Workout:	Training Plan:	M	T	W	Th	F	Sat	S
<b>10-Minute Stretching</b>	<b>4 x week (M, W, Th, F)</b> <i>Chapter 6</i>							
<b>Cardio</b> <i>Chapter 7</i>	<b>30 minutes 1 x week</b> <i>Tuesday or Thursday</i>							
<b>Sprint 8</b> <i>Chapter 8</i>	<b>20 minutes 2 x week</b> <i>90-95% speed/intensity. 8 reps 70-yards</i>							
<b>Plyometrics</b> <i>Chapter 9</i>	<b>20 minutes 1 x week</b> <i>1 set plyo-drills</i>							
<b>Weight Training:</b>	<b>Exercise:</b> <i>Chapter 10</i>	<b>Record Sets &amp; Reps Performance</b> <i>sets/reps</i>		<i>Record amount of weight used during sets in shaded areas. NOTE: Perform E-Lifts (Chp 9) on push &amp; press exercises</i>				
<b>Chest</b>	Bench press    3/12							
	Decline press    2/12							
	Cable flies    1/10							
	Chest stretch    30 sec							
	Pullovers    1/20							
<b>Back</b>	Pull downs    3/12							
	Cable rows    1/12							
	Up back stretch    30 sec							
	Hyper ext    1/20							
<b>Shoulders</b>	Shoulder press    3/10							
	Side raises    2/10							
	Shrugs    2/20							
	Shoulder stretch    30 sec							
	Rotator cuff    1/15							
<b>Biceps</b>	Curls    3/10							
	Bicep 21s    1/10							
<b>Triceps</b>	Press downs    3/20							
	Tricep ext    1/20							
<b>Quads</b>	Leg press    3/20							
	One-leg leg ext    2/10							
<b>Hamstrings</b>	Leg curls    2/20							
	Stiff dead lift    1/10							
<b>Calves</b>	3-way calf raises    3/30							
<b>Abs</b>	Leg raises    2/20							
	Crunches    1/25							
<b>Obliques</b>	Side bends    1/20							

# NOTES:

**NOTE:** Continue the Fitness Plan for this Level until you complete your initial Eight-Week Commitment. For program continuation, additional copies of the Strategic Fitness Plans may be obtained from [www.readysetgofitness.com/plans.shtml](http://www.readysetgofitness.com/plans.shtml). All purchasers of this book have permission to copy plans for personal use. After the initial eight weeks of training, repeat the Fitness Level adding intensity (more weight, reps, speed), or move to the next Fitness Level.