

GREENHEADS DRYLAND SCHEDULE

WEEK/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WARM UP (3 Rounds x :30SEC EACH)	<i>Upper Body:</i>		<i>Core:</i>	<i>Lower Body:</i>		REST DAYS	
		Arm Circles Forward		Good Mornings			Right Leg Hip Circles Backwards
		Arm Circles Backwards		Bird Dog (Right Arm+Left Leg)			Left Leg Hip Circles Backwards
		Shouder Circles Forward		Bird Dog (Left Arm+Right Leg)			Right Leg Hip Circles Forward
		Shouder Circles Backwards		Right Leg Swing (Balance)			Left Leg Hip Circles Forward
		Standing Walkout High Plank w/ T-Rotation		Left Leg Swing (Balance)			Full Hip Circles (:15sec one way/switch)
	Alternating Arm Crossovers		Cat-Cows		Walking Leg Swings		
1st WEEK	<i>Upper Body:</i>		<i>Core:</i>	<i>Lower Body:</i>		REST DAYS	
	PUSH	PULL	(3 rounds x :45sec Each) - REST 1min btw rounds	PUSH	PULL		
	<i>(3-4 Sets Each / 10-12 Reps) - 1:30 Rest btw</i>		<i>(3-4 Sets Each / 10-12 Reps) - 1:30 Rest btw</i>				
		Pushups (Hands Elevated)	Front Shoulder Raise (RA)	High to Low Plank Transitions	Overhead Split Squat (RL)		Suitcase Deadlift (RA)
		L-Sit Overhead Press (RA)	Front Shoulder Raise (LA)	L-Sit Roll-Ups	Overhead Split Squat (LL)		Suitcase Deadlift (LA)
		L-Sit Overhead Press (LA)	Shrugs	Slow Mountain Climbers	Alternating Reverse Lunges		Sliding Hamstring Curls
	Floor Press (Both Arms)	Bent Over Rows	Slow Oblique Twists	Goblet Box Squat	Sliding Lateral Lunge (RL)		
	Tricep Dips	Bicep Hammer Curls	Dead Bug	Goblet Sumo Squat	Sliding Lateral Lunge (LL)		
2nd WEEK	<i>Upper Body:</i>		<i>Core:</i>	<i>Lower Body:</i>		REST DAYS	
	PUSH	PULL	(3 rounds x 1min Each) - REST 1min btw rounds	PUSH	PULL		
	<i>(3-4 Sets Each / 12-15 Reps) - 1:30 Rest btw</i>		<i>(3-4 Sets Each / 12-15 Reps) - 1:30 Rest btw</i>				
		Pushups (Hands Elevated)	Front Shoulder Raise (RA)	High to Low Plank Transitions	Overhead Split Squat (RL)		Suitcase Deadlift (RA)
		L-Sit Overhead Press (RA)	Front Shoulder Raise (LA)	L-Sit Roll-Ups	Overhead Split Squat (LL)		Suitcase Deadlift (LA)
		L-Sit Overhead Press (LA)	Shrugs	Slow Mountain Climbers	Alternating Reverse Lunges		Sliding Hamstring Curls
	Floor Press (Both Arms)	Bent Over Rows	Slow Oblique Twists	Goblet Box Squat	Sliding Lateral Lunge (RL)		
	Tricep Dips	Bicep Hammer Curls	Dead Bug	Goblet Sumo Squat	Sliding Lateral Lunge (LL)		
3rd WEEK	<i>Upper Body:</i>		<i>Core:</i>	<i>Lower Body:</i>		REST DAYS	
	PUSH	PULL	(4 rounds x :45sec Each) - REST 1min btw rounds	PUSH	PULL		
	<i>(3-4 Sets Each / 15 - MAX Reps) - 2min Rest btw</i>		<i>(3-4 Sets Each / 15 - MAX Reps) - 2min Rest btw</i>				
		Pushups (Hands Elevated)	Front Shoulder Raise (RA)	High to Low Plank Transitions	Overhead Split Squat (RL)		Suitcase Deadlift (RA)
		L-Sit Overhead Press (RA)	Front Shoulder Raise (LA)	L-Sit Roll-Ups	Overhead Split Squat (LL)		Suitcase Deadlift (LA)
		L-Sit Overhead Press (LA)	Shrugs	Slow Mountain Climbers	Alternating Reverse Lunges		Sliding Hamstring Curls
	Floor Press (Both Arms)	Bent Over Rows	Slow Oblique Twists	Goblet Box Squat	Sliding Lateral Lunge (RL)		
	Tricep Dips	Bicep Hammer Curls	Dead Bug	Goblet Sumo Squat	Sliding Lateral Lunge (LL)		