

Chaplin

Washington College Swimming Weight Card

Upper Body Workout

Exercise	Week #1		Week #2		Week #3		Week #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press								
Set #1	12		12		12		12	
Set #2	12		12		10		10	
Set #3	10		10		10		10	
Super Set: Shoulder Circuit	3 Sets of 12		Set #1		Set #1		Set #1	
			Set #2		Set #2		Set #2	
			Set #3		Set #3		Set #3	
Shoulder Press								
Set #1	12		12		10		10	
Set #2	12		12		10		10	
Set #3	10		10		8		8	
Set #4	10		10		8		8	
Super Set: Bicep Curls 3 x 10	3 Sets of 10		3 Sets of 10		3 Sets of 10		3 Sets of 10	
Back Extensions w/Twist	12		12		12		12	
	12		12		12		12	
	12		12		12		12	
Super Set: Plate Rotations	3 Sets of 20		3 Sets of 20		3 Sets of 20		3 Sets of 20	
Tricep Extensions 4 x 12	12		12		12		12	
	12		12		12		12	
	12		12		12		12	
	12		12		12		12	
Super Set: Lat Sweep 3 x 12	12		12		12		12	
	12		12		12		12	
	12		12		12		12	

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Lower Body Workout

Exercise	Week #1		Week #2		Week #3		Week #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Squats or Leg Press								
Set #1	12		12		12		12	
Set #2	12		12		12		12	
Set #3	10		10		10		10	
Super Set: Shoulder Circuit	3 Sets of 12		3 Sets of 12		3 Sets of 12		3 Sets of 12	
Leg Extensions (Quads)	12		12		12		12	
	12		12		12		12	
	10		10		10		10	
	10		10		10		10	
Super Set: Leg Curls (Hamstrings)	12		12		12		12	
	12		12		12		12	
	10		10		10		10	
	10		10		10		10	
Roman Dead Lifts (RDL's)	3 Sets of 10		10		10		10	
			10		10		10	
			10		10		10	
Super Set: Jump Shrugs	3 Sets of 10		10		10		10	
			10		10		10	
			10		10		10	
Lunges	Each Leg		Each Leg		Each Leg		Each Leg	
Set #1	10/10		10/10		12/12		12/12	
Set #2	10/10		10/10		12/12		12/12	
Set #3	10/10		10/10		12/12		12/12	
Super Set: Calf Raises	3 Sets of 7/7/7		3 Sets of 7/7/7		3 Sets of 7/7/7		3 Sets of 7/7/7	

Additional Leg Exercise: 3 sets of 30 box step-ups (15 each leg), to be done with squats and shoulder circuit exercises.