

RIDGE 2022 SUMMER WORKOUT

Week 1,2 M, W, F

Incline /Squat	3x8	Agilities (hi knees, butt kicks, grapevines (l/r)	
Military Press/ Leg extension	3x8	high skips, toe taps, bounds)	2X10m
Tricep extensions/ Leg curl	3x8	Block jumps	3x8
Pushups /Toe Raise	3x8	Calf jumps	3x10
Butterfly/ Arch lunges	3x8	Repeaters	3x8
Lat pull-down/Lateral Step-ups	3X8	Block, retreat, approach	3X5
<u>ABS</u>		Push-ups	3x8
Crunches	3X20	<u>ABS</u>	
Crunches w/wt.	3X8	Side crunches (each side)	3x10
		Bicycle crunches	3x10

Weeks 3, 4 M, W, F

Incline /Squat jumps (15)	3x10	Agilities (hi knees, butt kicks, grapevines (l/r)	
Military Press/ Leg extension	3x10	high skips, toe taps, bounds)	2X10m
Tricep dips/ straight leg DL	3x10	3 step blocking	3x10
Pushup claps/Toe Raises	3x10	1 step blocking	3x12
Reverse Butterfly/Arch lunges	3x10	Repeaters	3x10
Seated Row/Lateral Step-ups	3X10	Switches	3X15
<u>ABS</u>		Push-ups	3x10
Suitcase crunches	3X25	<u>ABS</u>	
Leg Raises	3X10	Side crunches (each side)	3x15
		Twisting crunch	3x15

Week 5,6 (ADD WEIGHT TO LIFTS THESE 2 WEEKS)

M, W, F

Close grip bench/bottom out Squat	3x10	Agilities (hi knees, butt kicks, grapevines	
Military Press/ Leg extension	3x10	high skips, toe taps, bounds)	2X10m
Tricep extensions/ Leg curl	3x10	Block jumps	3x12
Decline Push up/toe raise	3x10	Calf jumps	3x10
Butterfly/ Arch lunges	3x10	Repeaters	3x12
Lat pull-down/Lateral Step-ups	3X10	Block, retreat, approach	3X7
<u>ABS</u>		Push-ups	3x12
Crunches	3X30	<u>ABS</u>	
Crunches w/wt.	3X12	Side crunches (each side)	3x20
		Bicycle crunches	3x15

Week 7,8 (Go back to your original weight or less these 2 weeks)

M, W, F

Incline /Squat Jump (15)	3x12	Agilities (hi knees, butt kicks, grapevines (l/r)	
Military Press/ Leg extension	3x12	high skips, toe taps, bounds)	2X10m
Tricep dips/straight leg DL	3x12	3 step blocking	3x12
Diamond Push ups/toe raise	3x12	1 step blocking	3x10
Reverse Butterfly/ Arch lunges	3x12	Repeaters	3x15
Seated Row/Lateral Step-ups	3X12	Switches	3x20
<u>ABS</u>		Quad blasters (l/r)	3x12
Crunches	3X35	Block, Retreat, Approach	4x7
Crunches w/wt.	3X15	Push-ups	3x15
		<u>ABS</u>	
		Side crunches (each side)	3x25
		Twisting crunch	3x15