

Weight Training Unit Schedule

Week 1: Fitness Testing

Weeks 2-3: Functional Strength Training (Density, GH, Dynamic, Complexes)

Week 4: Push-Pull (3 day Split Beginner Routine)

Weeks 5-6: Push-Pull (3 day Advanced Routine)

Week 7: 4 Day Split Routine

Week 8: Design your own 4 Day Split Routine (Push-Pull, or Opposites)

Weeks 9-10: 5-10-20 Strength Training

Week 11: 5 x 5 Training

Week 12: TRX Training / Kettlebells

Week 13: P90X Light Weight / Body Weight Training

Week 14: Dumbbell Circuits / Weight Training Games

Week 15: Design your own 3-Day Split Routine with small circuits

Weeks 16-17: Design your own 4-Day Split Routine (Start with same major lift, add supplementary lifts)

Week 18: Fitness Testing