



UW-Oshkosh Strength & Conditioning

Whole Body Strength Phase 1

Free Weight



Name: _____

Lesson 1:	1	2	3
Date:			
Front Squat (Sit Back; Keep Elbows Up)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Dumbbell Shoulder Press (Non-Alternate)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Front Lat Pulldown (Retract Shoulder Blades)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Double Leg Hip Press (On Box)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Biceps Curl			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Abdominal Crunch (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			

Lesson 2:	1	2	3
Date:			
Seated Row (On Cable Motion Series)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Split Squat (Bodyweight or Dumbbells)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10 ea			
10 ea			
8 ea			
Notes:			
Incline Dumbbell Press (Non-Alternate)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Single Leg Hip Press (On Box)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10 ea			
10 ea			
8 ea			
Notes:			
Lateral Raise			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
10			
10			
Notes:			
Russian Twist (Bodyweight or Med Ball)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			

Lesson 3:	1	2	3
Date:			
Dumbbell Bench Press (Non-Alternate)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Single Arm Cable Row (Cable Motion Series)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10 ea			
10 ea			
8 ea			
Notes:			
Overhead Squat (Sit Back; Lock Elbows Out)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10			
10			
10			
Notes:			
Stability Ball Leg Curl			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10			
10			
8			
Notes:			
Triceps Extension			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12			
12			
10			
Notes:			
Core Bridge (Prone; Lt Side; Rt Side)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
30 sec			
30 sec			
30 sec			
Notes:			



UW-Oshkosh Strength & Conditioning

Whole Body Strength Phase 2

Free Weight



Name: _____

Lesson 1:						
1		2		3		
Date: _____						
Back Squat (Sit Back; Open Up Hips)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
8						
6						
6						
Notes:						
Dumbbell Shoulder Press (Alternate; Arms Extended)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
10						
8						
Notes:						
Front Lat Pulldown (Close Grip)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
8						
6						
Notes:						
Double Leg Hip Press (On Stability Ball)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
10						
8						
Notes:						
Dumbbell Hammer Curl						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
12 ea						
12 ea						
10 ea						
Notes:						
Abdominal Crunch (Bodyweight Area)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
15						
15						
15						
Notes:						

Lesson 2:						
1		2		3		
Date: _____						
Seated Row (On Cable Motion Series)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
8						
6						
6						
Notes:						
Forward Lunge						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10 ea						
8 ea						
8 ea						
Notes:						
Incline Dumbbell Press (Alternate; Arms Extended)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
8						
6						
Notes:						
Back Extension						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
12						
10						
10						
Notes:						
Bent-over Raise						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
10						
8						
Notes:						
Russian Twist (Feet up; Use Med Ball)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
12						
12						
12						
Notes:						

Lesson 3:						
1		2		3		
Date: _____						
Dumbbell Bench Press (Alternate; Arms Extended)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
8						
6						
6						
Notes:						
Single Arm Dumbbell Row (Staggered Stance)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10 ea						
8 ea						
8 ea						
Notes:						
Front Squat (Sit Back; Keep Elbows Up)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
8						
6						
Notes:						
Glute Ham Raise						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
10						
8						
Notes:						
Lying Triceps Extension (Use Dumbbells)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
10						
10						
8						
Notes:						
Core Bridge (Prone; Lt Side; Rt Side)						
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT	REPS ACTUAL
40 sec						
40 sec						
40 sec						
Notes:						