

**Incoming 6th-7th Grade  
Weight Room Plan  
June 3rd - July 3rd**



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# Basic Weight Room Fundamentals

Name of Equipment:

Barbell



Dumbbell



Plate



Bumper Plate



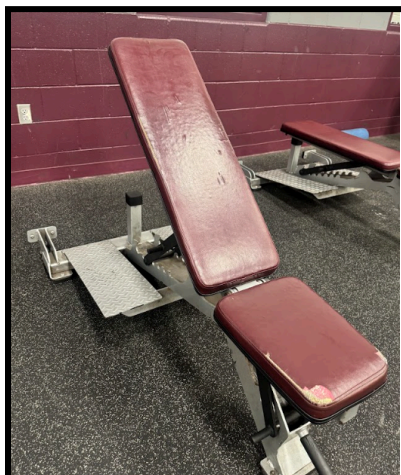
Kettlebell



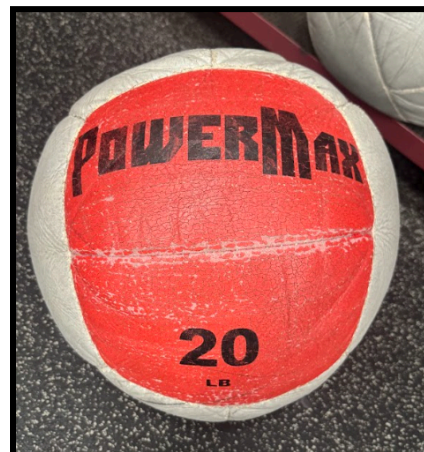
Flat Bench



Incline Bench



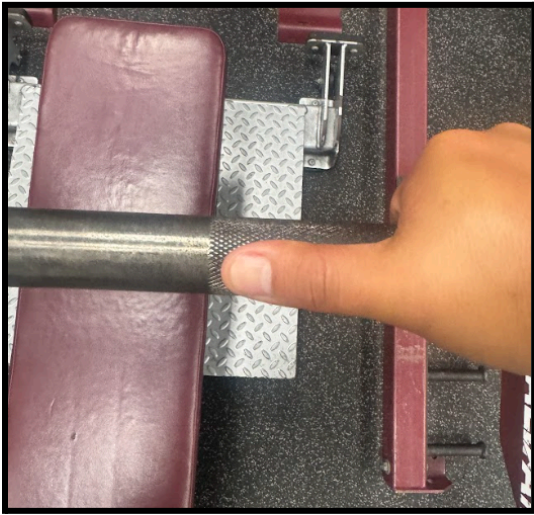
Medicine Ball





## Barbell Grip for Bench/Incline:

- Your thumbs will find the stippling (textured part) of the bar. You will put the tips of your thumbs on the edge of the stippling, then wrap your thumb around the bar.



## Hinge Position



## Auxiliary Options

- If you google the name of any of these workouts, videos will pop up of how to do these lifts.

<u>Push Auxiliaries</u>		<u>Pull Auxiliaries</u>	
Close Grip Bench Press	Skull Crushers	Barbell Bent Over Row	Barbell Upright Row
Wide Grip Bench	Overhead Dumbbell Tricep Extension	Dumbbell Bent Over Row	Bent Over Reverse Fly
Dumbbell Bench Press	Shoulder 21's	Dumbbell Lying Reverse Fly	
Dumbbell Incline Press	Power Press	Pull-Ups	
Dumbbell Close Grip Bench Press	Squat Press	Dumbbell Hammer Curls	
Dumbbell Close Grip Incline Press	(Weighted) Bench Dips	Seated Dumbbell Curls	
Straight Bar Military Press		Dumbbell Curls	
Dumbbell Military Press		Barbell Curls	
		EZ Bar Curls	

## Auxiliary Options

- If you google the name of any of these workouts, videos will pop up of how to do these lifts.

<u>Lower Body Auxiliaries</u>		<u>Explosive Auxiliaries</u>	<u>Core Auxiliaries</u>
(Weighted) Lateral Lunges	Dumbbell Bulgarian Split Squat	Medicine Ball Slams	Crunches
Calf Raises	Barbell RDL's	Medicine Ball Bench Explosive Pushes	Over Unders
Medicine Ball Squat Press	Dumbbell RDL's	Medicine Ball Chest Slams	Flutter Kicks
Barbell Forward Lunges	Kettlebell Swings	Dumbbell Explosive Jumps	(Weighted) Russian Twists
Barbell Backward Lunges	Kettlebell RDL's	Dumbbell Forward Lunge Deceleration	Barbell Roll Outs
Dumbbell Forward Lunges		Pogo Jumps	Hanging Leg Raises
Dumbbell Backward Lunges		Dumbbell Step-Ups	Toe Touches
Barbell Split Squat		Jammers	
Dumbbell Split Squat		Power Press	

## Week 1

[Begin every workout with the Dynamic Warm-up >>>>](#)



### Monday: Upper Lift



- Dynamic Warmup
- Bench Press - 3x8
- Barbell Upright Row - 3x8
- Big Man Pull-Ups - 3x8
- Bench Dips - 3x10
- Core (3 Sets)

### Tuesday: Lower Lift



- Dynamic Warmup
- Barbell Front Squat - 3x6
- Body Weight Lunges 4x4 - (Each Leg)
- Kettlebell RDL 4x6
- Squat Jumps 4x8
- Core (3 Sets)

### Wednesday: Sprint Workout



- (Full Speed, Full Rest)
- 2 x 40 yds (4 Min Rest Between)
- 4 x 30 yds (3 Min Rest Between)
- 4 x 20 yds (2 Min Rest Between)
- 8 x 10 yds (1 Min Rest Between)

### Thursday: Upper Lift



- **Incline Press - 3x8**
- **Barbell Bent Over Row - 3x8**
- **Straight Bar Military Press - 3x8**
- **Single-Arm Dumbbell Row (Lawnmower) - 3x8**
- **Core (3 Sets)**

### Friday: Lower Lift



- **Goblet Squat - 3x6**
- **Body Weight Lunges - 4x4 (Each Leg)**
- **Kettlebell RDL - 4x6**
- **Squat Jumps - 4x8**
- **Core (3 Sets)**



## Week 2

*Begin every workout with the Dynamic Warm-up >>>>*



### Monday: Upper Lift



- Dynamic Warmup
- Bench Press - Sets of 8,6,4,4
- Barbell Upright Row - 3x8
- Incline Press - Sets of 8,6,4,4
- Barbell Bent Over Rows - 3x8
- Core (3 Sets)

### Tuesday: Lower Lift



- Dynamic Warmup
- Barbell Front Squat - 3x6
- Dumbbell Split Squat - 4x6 (Each Leg)
- Kettlebell RDL - 4x6
- Explosive Jumps - 4x6
- Core (3 Sets)

### Wednesday: Plyometric Workout (3 Rounds)



- Jog in Place(20 Seconds)
- Pogo Jumps (10 Seconds)
- Pogo Jumps Over a Line (10 Seconds)
- Lateral Pogo Jumps Over a Line (10 Seconds)
- Single-Leg Line Hops (10 Seconds)
- Lateral Single-Leg Line Hops (10 Seconds)
- Knee Jumps (5 Reps)
- Knee Jumps into Explosive Jumps (5 Reps)

### Thursday: Upper Lift



- **Bench Press - Sets of 8,6,4,4**
- **Pull-Ups/Big Man Pulls - 3x6/Failure**
- **Incline Press - Sets of 8,6,4,4**
- **Overhead Tricep Extension - 3x8**
- **Medicine Ball Slams 3x8**
- **Core (3 Sets)**

### Friday: Lower Lift



- **Goblet Squat - 4x6**
- **Body Weight Lunges - 4x4 (Each Leg)**
- **Kettlebell Swings - 4x6**
- **Ski Jumps - 4x6**
- **Core (3 Sets)**

## Week 3

*Begin every workout with the Dynamic Warm-up >>>>*



### Monday: Upper Lift



- Dynamic Warmup
- Bench Press - 3x8
- Barbell Upright Row - 3x8
- Pull-Ups/Big Man Pulls - 3x8/Failure
- Bench Dips 3x10
- Core (3 Sets)

### Tuesday: Lower Lift



- Dynamic Warmup
- Barbell Front Squat - 3x6
- Body Weight Lunges - 4x6 (Each Leg)
- Kettlebell RDL - 4x6
- Squat Jumps - 4x8
- Core (3 Sets)

### Wednesday: Sprint Workout



- (Full Speed, Full Rest)
- 2 x 40 yds (4 Min Rest Between)
- 4 x 30 yds (3 Min Rest Between)
- 4 x 20 yds (2 Min Rest Between)
- 8 x 10 yds (1 Min Rest Between)

### Thursday: Upper Lift



- **Incline Press - 3x8**
- **Barbell Bent Over Row - 3x8**
- **Straight Bar Military Press - 3x8**
- **Single-Arm Dumbbell Row (Lawnmower) - 3x8**
- **Core (3 Sets)**

### Friday: Lower Lift



- **Goblet Squat - 3x6**
- **Body Weight Lunges - 4x4 (Each Leg)**
- **Kettlebell RDL - 4x6**
- **Squat Jumps - 4x8**
- **Core (3 Sets)**

## Week 4

*Begin every workout with the Dynamic Warm-up >>>>*



### Monday: Upper Lift



- Dynamic Warmup
- Bench Press - Sets of 8,6,4,4
- Barbell Upright Row - 3x8
- Incline Press - Sets of 8,6,4,4
- Barbell Bent Over Rows 3x8
- Core (3 Sets)

### Tuesday: Lower Lift



- Dynamic Warmup
- Barbell Front Squat 3x6
- Dumbbell Split Squat - 4x6 (Each Leg)
- Kettlebell RDL - 4x6
- Dumbbell Explosive Jumps - 4x4
- Core (3 Sets)

### Wednesday: Plyometric Workout (3 Rounds)



- Jog in Place(20 Seconds)
- Pogo Jumps (10 Seconds)
- Pogo Jumps Over a Line (10 Seconds)
- Lateral Pogo Jumps Over a Line (10 Seconds)
- Single-Leg Line Hops (10 Seconds)
- Lateral Single-Leg Line Hops (10 Seconds)
- Knee Jumps (5 Reps)
- Knee Jumps into Explosive Jumps (5 Reps)



### Thursday: Upper Lift



- **Bench Press - Sets of 8,6,4,4**
- **Pull Ups/Big Man Pulls - 3x6/Failure**
- **Incline Press - Sets of 8,6,4,4**
- **Overhead Tricep Extension - 3x8**
- **Core (3 Sets)**

### Friday: Lower Lift



- **Goblet Squat - 4x6**
- **Body Weight Lunges - 4x4 (Each Leg)**
- **Kettlebell RDL - 4x6**
- **Dumbbell Explosive Jumps - 4x4**
- **Core (3 Sets)**

## Week 5

*Begin every workout with the Dynamic Warm-up >>>>*



### Monday: Upper Lift



- Dynamic Warmup
- Bench Press - 3x8
- Barbell Upright Row - 3x8
- Pull-Ups/Big Man Pulls - 3x8/Failure
- Bench Dips 3x10
- Core (3 Sets)

### Tuesday: Lower Lift



- Dynamic Warmup
- Barbell Front Squat - 3x6
- Body Weight Lunges - 4x4 (Each Leg)
- Kettlebell RDL - 4x6
- Squat Jumps - 4x8
- Core (3 Sets)

### Wednesday: Sprint Workout



- (Full Speed, Full Rest)
- 2 x 40 yds (4 Min Rest Between)
- 4 x 30 yds (3 Min Rest Between)
- 4 x 20 yds (2 Min Rest Between)
- 8 x 10 yds (1 Min Rest Between)

### Thursday: Upper Lift



- Incline Press - 3x8
- Barbell Bent Over Row - 3x8
- Straight Bar Military Press - 3x8
- Single-Arm Dumbbell Row (Lawnmower) - 3x8
- Core (3 Sets)

### Friday: Lower Lift



- Goblet Squat - 3x6
- Body Weight Lunges - 4x4 (Each Leg)
- Kettlebell RDL - 4x6
- Squat Jumps - 4x8
- Core (3 Sets)