

## BCHS WEIGHT TRAINING SCHEDULE

\*Core Lifts are in Red

### WORKOUT "A"

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Bench	Squats	T. Bench	Box Squats
Incline	Cleans	Military	Hang Cleans
Curls	Glute	Reverse Lats	SLDL
Upright Rows	Hams	Back/Rows	Calfs

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### WORKOUT "B"

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Groups 4</u>
Box Squats	Bench	Squats	T. Bench
Hang Cleans	Incline	Cleans	Military
SLDL	Curls	Glute	Reverse Lats
Calfs	Upright Rows	Hams	Back/Rows

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### WORKOUT "C"

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
T. Bench	Box Squats	Bench	Squats
Military	Hang Cleans	Incline	Cleans
Reverse Lats	SLDL	Curls	Glute
Back/Rows	Calfs	Upright Rows	Hams

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### WORKOUT "D"

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>	<u>Group 4</u>
Squats	T. Bench	Box Squats	Bench
Cleans	Military	Hang Cleans	Incline
Glute	Reverse Lats	SLDL	Curls
Hams	Back/Rows	Calfs	Upright Rows

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1<sup>st</sup> Week: 3 x 3 +

2<sup>nd</sup> Week: 5 x 5 +

3<sup>rd</sup> Week: 10 – 8 – 6 + (Cleans & Hang Cleans 4 – 4 – 2 +)

After Two Cycles: 5 - 4 - 3 - 2 - 1 +

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AUX LIFTS: (Incline & Military) follow core lifts sets & reps!

AUX LIFTS: Curls, Up-Rows, Glute, Hams, R. Lats, Back, SLDL, Calfs,  
Two Week Schedule: 1<sup>st</sup> Week: 3 X 10, 2<sup>nd</sup> Week: 15 – 10 – 5 +

\*Other Valuable Lifts: Lunges, Hip Sled, Front Squats, Triceps, Decline Bench, High Pulls