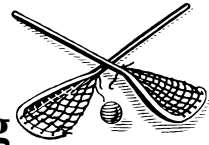




Tiger Lax Off-Season Weight Training



WEEKS 1 and 2 (Dec. 7-12) (Light weight)

Day 1:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Bench Press	15	2	
Lat Pull Down	15	2	
Shoulder Press	15	2	
Squats	15	2	
Step Ups on Bench	15	2	Body Weight
Hamstring Curls	15	2	

AB Circuit #1

Sit-up on a Swiss Ball	3x15
Russian Twist w/ MB(10-12lbs)	3x20
Back Extensions	3x15

Day 2:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Incline Press	15	2	
Seated Row	15	2	
Lateral Raise(DB)	15	2	
Leg Press	15	2	
Leg Extensions	15	2	
Calf Raises	15	2	

Day 3:

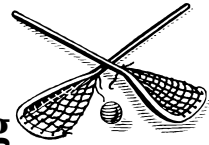
<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Push Ups	15	2	BW
Pull Ups	15	2	BW
Reverse Fly	15	2	
Lateral Lunges	15 (each side)	2	BW
Lunges w/Twist	20	2	Medicine Ball
Step Ups on Bench	15	2	BW

AB Circuit #2

Cable Rope Crunches	3x15
Lemon Squeezers	3x15
Decline Sit-ups	3x15
Leg Lifts	3x15



Tiger Lax Off-Season Weight Training



WEEKS 3, 4, 5 (Dec. 21-Jan. 8)

Day 1:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Shoulder Press	12,10,8,6	4	(Increase by 5lbs each set)
DumbBell Lateral Raises	12	3	
DB Front Raises	12	3	
DB 45 Degree Raises	12	3	
Pull Ups	MAX	4	BW

AB Circuit #1

Sit-up on a Swiss Ball	3x20
Russian Twist w/ MB(10-12lbs)	3x20
Back Extensions	3x20

Day 2:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Leg Press	12,10,8,6	4	(Increase by 10lbs each set)
Hamstring Curls	12,10,8,6	4	(Increase by 10lbs each set)
Leg Extension	12,10,8,6	4	(Increase by 10lbs each set)
Calf Raises	12,10,8,6	4	(Increase by 10lbs each set)
Squats	12,10,8,6	4	(Increase by 10lbs each set)

Day 3:

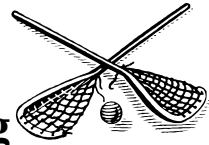
<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Single Arm DB Row on Bench	12,10,8,6	4	(Increase by 5lbs each set)
Lateral Pull down	12,10,8,6	4	(Increase by 10lbs each set)
Bent Over Wide Grip Row	12,10,8,6	4	(Increase by 5lbs each set)
Reverse Fly	12,10,8,6,	4	(Increase by 5lbs each set)
Roman Deadlift	12,10,8,6	4	(Increase by 10lbs each set)

AB Circuit #2

Cable Rope Crunches	3x20
Lemon Squeezers	3x20
Decline Sit-ups	3x20
Leg Lifts	3x15



Tiger Lax Off-Season Weight Training



WEEKS 6, 7, 8 (Jan.11-29) (Moderate weight)

Day 1:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Single Arm Cable Row	8-10	3	
Neutral Grip Lateral Pull Down	8-10	3	
Wide Grip T-Bar Row	8-10	3	
Bench Press	8-10	3	
Reverse Fly	8-10	3	

AB Circuit #1

Sit-up on a Swiss Ball	3x25
Russian Twist w/ MB(10-12lbs)	3x30
Back Extensions (hold 5lbs plate)	3x15

Day 2:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Leg Press	10 reps (rest 10sec), 9(rest 9sec), 8(rest 8sec) ...1	2	155lbs or less!!!
Hamstring Curls	8-10	3	
Leg Extension	8-10	3	
DB Step Ups on Bench	8-10	3	
Squats	8-10	3	

Day 3:

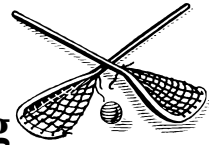
<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Shoulder Press	8-10	3	
DB Lateral Raises	8-10	3	
DB Front Raises	8-10	3	
Incline Press	8-10	3	
Pull Ups	MAX	3	BW

AB Circuit #2

Cable Rope Crunches	3x25
Lemon Squeezers	3x25
Decline Sit-ups	3x25
Leg Lifts	3x20



Tiger Lax Off-Season Weight Training



WEEKS 9, 10, 11 (Feb.1-19) (Heavy weight w/ a Spotter)

Day 1:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
DB Shoulder Press	6	3	
DB Lateral Raise	6	3	
DB Front Raise	6	3	
DB Incline Press	6	3	
Pull Ups	Max	3	

AB Circuit #1

Sit-up on a Swiss Ball	3x30
Russian Twist w/ MB(10-12lbs)	3x30
Back Extensions (hold 5lbs plate)	3x15

Day 2:

<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Leg Press	6	3	
Hamstring Curls	6	3	
Leg Extension	6	3	
Calf Raises	6	3	
Bench Squats	6	3	(Butt must touch bench each rep)

Day 3:

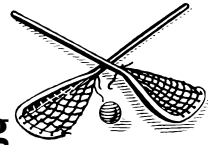
<u>Exercise</u>	<u>Repetitions</u>	<u>Sets</u>	<u>Weight</u>
Seated Close Grip Row	6	3	
Lateral Pull Down	6	3	
Seated Wide Grip Row	6	3	
DB Bench Press	6	3	
Roman Deadlift	6	3	

AB Circuit #2

Cable Rope Crunches	3x30
Lemon Squeezers	3x30
Decline Sit-ups	3x30
Leg Lifts	3x20



Tiger Lax Off-Season Weight Training



WEEK 12 (Feb. 22-26)

NO WEIGHTS!!!

Continue AB Circuit #1 and #2

Continue doing Coach Blouin's Cardio Work-outs

Rest up for TRY-OUTS