

Bethel Dance Training Plan

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week Record completion in shaded areas.							
Skills	Skills Drills 3 x week							
Sprint 8 cardio	20 minutes 3 x week							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Use E-Lifting technique on push and press exercises to failure in the "range" of 10 reps (6-12).				
Chest	Chest press 3/10							
	Chest flies 3/10							
Back	DB pull overs 3/10							
	Lat pull downs 3/10							
Shoulders	Shoulder press 3/10							
	Rear delt flies 1/10							
	shrugs 1/20							
	Platform lift sequence							
Biceps	Machine curls 3/10							
Triceps	Rope Triceps 3/20							
Leg superset: 1. Quads 2. Calves 3. Bosu Balance Ball	Leg press 3/10 (or Squats)							
	3 way calf raises 3/10							
	pause jumps 3/10							
	10 seconds each leg x3							
ACL test	Box drop jump -correct knee position landing							
Sports Specific	Overspeed jumps 1/10							
	Single-leg box jump 3/8							
Hamstrings	Leg curls 3/10							
Tibialis	Reverse calf raises 1/40							
Abs	Crunches 3/20							
	Leg raises 2/20							
Low back Obliques	Hyperextensions with Russian twist 2/15							