

Bethel Shooting Sports Training Guide

Level Two

Name _____

Weekly Training Log

date _____

Workout:	Training Plan:	M	TU	W	TH	F	SAT	S
Ten-Minute Stretching	4 x week							
	<i>Record completion of stretching in shaded areas.</i>							
Sprint 8 cardio	20 minutes 3 x week (begin with two cardio sprints and progressively build to all eight cardio sprints)							
	<i>Record completion of Sprint 8 cardio with number or check in shaded areas.</i>							
Strength Training:	Exercise:	Record Sets & Reps sets / reps		Record amount of weight used during sets in shaded areas. Begin with one set on strength training for one to two weeks, then to two sets for two weeks before going to Level Two.				
Chest	Chest press 3/10							
	Chest Flys 2/10							
Back	Lat pull downs 3/10							
	Machine Rows 2/10							
Shoulders	Shoulder press 3/10							
Sports Specific Strength	DB lateral raises 2/10							
	DB front raises 2/10							
	Bands 3-ways 1/10ea							
	Gun up& hold 3/10 sec x 3							
	Split-leg snatch DB 3/10							
Biceps	Machine curls 3/10							
Triceps	Rope Tricep Press 3/10							
Forearms	Wrist superset 1/10 ea							
Leg superset:								
1. Quads	Leg press 3/10							
2. Calves	3-way calf raises 3/10							
3. Bosu Balance Ball	pause jumps 1/10 10 seconds each leg							
Quads	Leg extensions 2/20							
Adductors	Inner-out thigh 1/20 ea							
Hamstrings	Leg curls 3/10							
Low back	Hyperextensions 1/20 with Russian twist							
Tibialis	Reverse calf raises 1/40							
Abs	Crunches 3/20							
	Leg raises 3/20							