

Level - 1 || Weeks - 1 & 2



| Team Sports Performance |
Programs by:

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Pg #		Micro 1,2,3,4							REVOLUTION FITNESS	Week 1			Week 2			Day 2	Week 1			Week 2			Day 3	Week 1			Week 2				
0		Meso 1								Day 1			Day 2				Day 3			Day 4				Day 5							
#	Name	Yr	Pos.	CL	Sq	BP	DL	PU																							
0	Average	0	0	220.	---	---	---	---																							
		Week 1			Week 2			Week 1			Week 2			Week 1			Week 2														
		%	rep.	wgt.	%	rep.	wgt.				%	rep.	wgt.	%	rep.	wgt.				%	rep.	wgt.	%	rep.	wgt.						
L	BW Squat w/ mini Band		10			10		L	PVC Overhead Squat		10			10		U	Pushups		10			10		10							
0%			10			10		0%			10			10		0%			10			10		10							
0						10		0						10		0						10		10							
L	DB Step Ups		10			10		L	Keiser Pull Through		10			10		U	Keiser Split Kneel 1 Arm		10			10		10							
0%	b1		10			10		0%	b1		10			10		0%	b3		10			10		10							
0	b2					10		0	b2					10		0	b4					10		10							
0		75%	5		75%	5		0		75%	5		75%	5		0		75%	5		75%	5		75%	5						
#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		#N/A		75%	5		75%	5		75%	5						
		75%	5		75%	5				75%	5		75%	5				75%	5		75%	5		75%	5						
L	Back Extension		10			10		L	Glute Bridge w/march		15			15		L	PB Leg Curl		5-3:1:1			5-3:1:1		5-3:1:1							
0%	d1		10			10		0%			15			15		0%			5-3:1:1			5-3:1:1		5-3:1:1							
0	d2					10		0						15		0						5-3:1:1		5-3:1:1							
U	DB Chest Supported Row		10			10		A	Prone T's		15			15		U	Keiser Tall Kneel Pulldown		5-3:1:1			5-3:1:1		5-3:1:1							
0%	e1		10			10		0%			15			15		0%			5-3:1:1			5-3:1:1		5-3:1:1							
0	e2					10		0						15		0						5-3:1:1		5-3:1:1							
A	Band Pull Aparts		10			10		A	Modified Clams		15			15		A	Lateral Bridge		:20			:25		:25							
0%	f1		10			10		0%			15			15		0%			:20			:25		:25							
0	f2					10		0						15		0						:25		:25							