

# Newts Spring Lift

**START DATE**  
3/24/2016

**AGE**  
18-22

**GENDER**  
M

**HEIGHT (FEET)**  
6

**HEIGHT (IN)**  
6

**WEIGHT (LBS)**  
660

## WARM-UP

EXERCISES	REPS	WEIGHT	WEEKS	FREQUENCY	START
Play some touch?	like 4		4	Daily	3/24/2016
Walking Secretary	3		4	Daily	3/24/2016
Lunge w/ Twist	3		4	Daily	3/24/2016
Crowd Pleasers	DOWN		4	Daily	3/24/2016

Notes: Stretch out your shoulders, necks, arms

## STRENGTH

EXERCISES	SETS	REPS	WEEKS	FREQUENCY	START
Bench Press	5	5	4	Daily	3/24/2016
Incline Bench	3	8	4	Daily	3/24/2016
Decline Bench	3	8	4	Daily	3/24/2016
Dumbell Bench	3	8	4	Daily	3/24/2016
Curls	3	8	4	Daily	3/24/2016
Pressdowns	3	8	4	Daily	3/24/2016

## CARDIO

EXERCISES	TIME	WEIGHT	WEEKS	FREQUENCY	START
Play some touch?	until	you get	tired	Daily	3/24/2016
Don't smoke?	idk		4	Daily	3/24/2016
bikeses			4	Daily	3/24/2016
Elliptical	5		4	Daily	3/24/2016
Jake Style Elliptical	5		4	Daily	3/24/2016

## COOL-DOWN

EXERCISES	REPS	WEIGHT	WEEKS	FREQUENCY	START

lol