

LSU BODY BUILDING TRAINING - SPRINTS/HURDLES

Instructions: 30 continuous repetitions with light weight in approximately 40 seconds

Set your beeper watch on 40 seconds for exercise / 20 seconds for rest

Day 1	Day 2
Lat Pull Down	Upright Row
Leg L's	Alternating Toe Touch
Seated Behind Neck Press	Frog Hangs
Hanging Double Leg Eagles	Double Arm Curl
Leg Extension (Up quick/down slow)	Triceps Extension
Leg Curl (Up quick/down slow)	Standing Russian Twist
Alternating Pull up/Chin up	Leg Extension (Up quick/2 pauses down)
Dips	Leg Curl (Up quick/2 pauses down)
Dorsi Flexor	Back Hyperextension
Toe Raise (Heel in/out)	Pushup
Back Hyperextension	Hip Flexor
Standing Russian Twist	Dorsi Flexor
Box Jumps	Running Arms
Hip Flexor	Leg L's
Running Arms	Dips
Cable Exercises x 10 each leg Abductor/Adductor/Hip Extensor/Trail Leg Circles	Cable Exercises x 10 each leg