



UW-Oshkosh Strength & Conditioning
Whole Body Fitness Phase 1
Hammer Strength Equipment



Name: _____

Lesson 1:	1	2	3
Date:			
Linear Leg Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Iso-Lateral Shoulder Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Iso-Lateral Row			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Seated Biceps			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15			
10-15			
10-15			
Notes:			
Calf Raise (Performed on Leg Press)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			
Abdominal Crunch (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			
Back Extension (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			

Lesson 2:	1	2	3
Date:			
Iso-Lateral Front Lat Pulldown			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Ground Based Squat Lunge (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Iso-Lateral Incline Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Seated Dip			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15			
10-15			
10-15			
Notes:			
Lateral Raise			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Russian Twist (Bodyweight or Med Ball)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			
Glute-Ham Raise (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			

Lesson 3:	1	2	3
Date:			
Iso-Lateral Chest Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Pullover			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Iso-Lateral Leg Press			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Seated Leg Curl			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Biceps Curl (Free Weight)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
10-15			
10-15			
10-15			
Notes:			
Abdominal Crunch (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
12-20			
12-20			
12-20			
Notes:			
Back Extension (Bodyweight Area)			
REP RANGE	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			



UW-Oshkosh Strength & Conditioning
Whole Body Fitness Phase 2
Hammer Strength Equipment



Name: _____

Lesson 4:	1	2	3
Date:			
Linear Leg Press			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Iso-Lateral Shoulder Press			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Iso-Lateral Row			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Seated Biceps			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-10			
8-10			
8-10			
Notes:			
Calf Raise (Performed on Leg Press)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Abdominal Crunch (Bodyweight Area)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Back Extension (Bodyweight Area)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			

Lesson 5:	1	2	3
Date:			
Iso-Lateral Front Lat Pulldown			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Ground Based Squat Lunge (Bodyweight Area)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Iso-Lateral Incline Press			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Seated Dip			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-10			
8-10			
8-10			
Notes:			
Lateral Raise			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Russian Twist (Bodyweight or Med Ball)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Glute-Ham Raise (Bodyweight Area)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			

Lesson 6:	1	2	3
Date:			
Iso-Lateral Chest Press			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Pullover			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Iso-Lateral Leg Press			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Seated Leg Curl			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
5-8			
5-8			
5-8			
Notes:			
Biceps Curl (Free Weight)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-10			
8-10			
8-10			
Notes:			
Abdominal Crunch (Bodyweight Area)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
8-12			
8-12			
8-12			
Notes:			
Back Extension (Bodyweight Area)			
REPS ACTUAL	WEIGHT	REPS ACTUAL	WEIGHT
6-10			
6-10			
6-10			
Notes:			