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|  | **Week** **1** | **Week** **2** | **Week****3** | **Week****4** | **Week****5** | **Week****6** | **Week****7** | **Week****8** |
| **Walking Lunge** | 4x20 no weight | 4x30no weight | 4x10 low weight | 4x16 low weight | 4x20 low weight | 4x10 mid weight | 4x10 high weight | 4x20 high weight |
| **Bucket Swing** | 4x12low weight | 4x12low weight | 4x6mid weight | 4x6 mid weight | 4x12 low weight | 4x12 low weight | 4x6 mid weight | 4x6 mid weight |
| **Squats** | 4x20 no weight | 4x20 no weight | 4x15low weight | 4x15 low weight | 2x10 low weight2x10 high weight | 2x10 low weight2x10 high weight | 3x10 high weight1x As Many as Possible | 3x10 high weight1x As Many as Possible |
| **Ground to Truck** | 3x5 each sidelow weight | 3x5 each sidelow weight | 3x8 each sidelow weight | 3x8 each sidelow weight | 3x10 each sidelow weight | 3x10 each sidelow weight | 3x12 each sidelow weight | 3x12 each sidelow weight |

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|  | **Week** **1** | **Week** **2** | **Week****3** | **Week****4** | **Week****5** | **Week****6** | **Week****7** | **Week****8** |
| **Bucket Front Raise** | 4x20 no weight | 4x30no weight | 4x10low weight | 4x16low weight | 4x20low weight | 4x10mid weight | 4x10high weight | 4x20high weight |
| **Paint Cans** | 4x12low weight | 4x12low weight | 4x6mid weight | 4x6mid weight | 4x12low weight | 4x12low weight | 4x6mid weight | 4x6mid weight |
| **Curls** | 4x20 no weight | 4x20 no weight | 4x15low weight | 4x15low weight | 2x10low weight2x10high weight | 2x10low weight2x10high weight | 3x10high weight1x As Many as Possible | 3x10high weight1x As Many as Possible |
| **One Armed, Lawn Mower Rows** | 3x5 each sidelow weight | 3x5 each sidelow weight | 3x8 each sidelow weight | 3x8 each sidelow weight | 3x10 each sidelow weight | 3x10 each sidelow weight | 3x12each sidelow weight | 3x12each sidelow weight |

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|  | **Week** **1** | **Week** **2** | **Week****3** | **Week****4** | **Week****5** | **Week****6** | **Week****7** | **Week****8** |
| **Bucket Swings** | 4x20 no weight | 4x30no weight | 4x10low weight | 4x16low weight | 4x20low weight | 4x10mid weight | 4x10high weight | 4x20high weight |
| **Truck Bed Dips** | 3x5 | 3x5 | 4x5 | 4x10 | 4x10 | 2x82x10 | 3x101x As Many as Possible | 3x101x As Many as Possible |
| **Grip Strengthener** | 4x20 no weight | 4x20 no weight | 4x15low weight | 4x15low weight | 2x10low weight2x10high weight | 2x10low weight2x10high weight | 3x10high weight1x As Many as Possible | 3x10high weight1x As Many as Possible |
| **Squats** | 4x20 no weight | 4x20 no weight | 4x15low weight | 4x15low weight | 2x10low weight2x10high weight | 2x10low weight2x10high weight | 3x10high weight1x As Many as Possible | 3x10high weight1x As Many as Possible |