PH Weightlifting Worksheet

Pyramids

Constant weight, Reps: 5,10,15,10,5 Constant Reps, Weight: 5,10,15, 10, 5

Name/Date

Name/Date

Weights

Free Weights (FW), Dumbells (DB), Medicine Ball (MB), Kettle Bell (KB)

Station 1

Pull ups (CW)

chin, pull, wide, narrow, back.

Station 2

Sit-ups (CW) 2x50each

crunches, full crunch, bicycles, toe-touch

Station 3

Medicine Ball

Side To Side, CR Squats, CR

Station 4/5

Free Wights/ Kettle Bells

Squats, CW Lunges, CW

Toe Ups, CW Stairs, CW

Lawnmowers (FW), CR

Flybacks (FW), CR

Row (KB or DB), CW or CR

Forearms

Hold kettle bell arms out (3x hold until you can't)x2

KB or FW up and down with wrist

Station 6

Bar Weight

Delts, CR or CW $\,$

Curls, CR or CW

Station 7

Press

Squats CR or CW

Weight/Reps	Weight/Reps
Weight/Reps	Weight/Reps
Weight/Reps	Weight/Reps