

# ***In-Season Lifting Routine***

## **Core Lifts (3 x 8)**

- Bench
- Squat
- Clean
- Quick Dead Lift (Hex Bar)

## **Auxiliary Lifts (3 X 8)**

- Incline Dumbbell Press
  - Leg Press
  - Weight Lunges

## **Exit Ticket**

- Battle Rope (2 X 30 Seconds)
- Flutter Kicks (2 X 30 Seconds)
- Partner “High 5” Pushups (2 X 15)

