

WeightLifting Day One (GO LIGHT SINCE YOUR A BEGINNER LEAVE YOUR EGO AT THE DOOR!)	Sets * Reps
Bench Press (For this I want you to go down slowly and pause for 3 seconds then explode) Super Set With Lateral Raises	3 x 10 (For Both)
Tricep Extension (Same idea I want you to get you to use to exploding so as you extend your arm down I want you to go slow on the way up (controlling eccentric)	3 x 12
Dumbbell Shoulder Press (The same idea go light explode on the way up, and slow down on the way down) Super Set Front Raises	3 x 8
Incline Chest Press (Prefer Machine if not use Dumbbells same idea as the other ones) Super Set Diamond Push-Ups (Go on Knees if needed)	3 x 8 (incline) 3 x 5 (For diamond)
Plyometric Beginner Program (Do it on the same say as day one)	Sets * Reps
Forward Line Hops	3 x 15
Ankle Hop	3 x 30
Quarter Jump Squats	3 x 12
Plyometric Push-Ups (if you cannot do regular Push-Ups do not be afraid to go onto your knees)	3 x 12
Single Leg Squat (Go to your lowest point without getting unbalanced hold for three seconds explode back up	2 x 15
WeightLifting Day Two	Sets * Reps
Back Rows (The same idea go nice and slow, then explode) Super Set With Hammer Curls	3 x 10 For Both
Dumbbell Single Arm Row (The same idea go nice and slow, then explode)	3 x 10 For Both Arms
Seated Row (The same idea go nice and slow, then explode) Super Set With Straight Bar Curls	3 x 8 (Seated Row) 3 x 5 (Curls)
Lat-Pull Down Super Set With assisted Pull-Ups or Chin-ups (Chin-ups = biceps or Pull-Ups a lot more lats and back)	3 x 10 (Lat Pull- Down) 3 x 5 (Pull-Ups)
Plyometric Beginner Program (Do it on the same say as Day Two)	Sets * Reps
Forward Line Hops	3 x 15
Ankle Hop	3 x 30
Quarter Jump Squats	3 x 12
Plyometric Push-Ups (if you cannot do regular Push-Ups do not be afraid to go onto your knees)	3 x 12
Single Leg Squat (Go to your lowest point without getting unbalanced hold for three seconds explode back up	2 x 15
WeightLifting Day Three	Sets * Reps
Squats (GO LIGHT and slow controlled then explode)	4 x 8
Hamstring Curl (For this I want you to bring it up with two legs then bring it down with one slowly (working on eccentric)	4 x 10
Hip Thrust (Go very light when I mean light go light... I prefer if you use machine one over a barbell for safety) Super Set Dumbbell Squat	3 x 8 (Hip Thrust) 3 x 5 (Squat)
Walking Lunges (Dumbbell or GO WITH ZERO WEIGHT AND USE YOUR BODY WEIGHT! matters how you are feeling)	3 x 8
Plyometric Beginner Program (Do it on the same say as Day Three)	Sets * Reps
Forward Line Hops	3 x 15
Ankle Hop	3 x 30
Quarter Jump Squats	3 x 12
Plyometric Push-Ups (if you cannot do regular Push-Ups do not be afraid to go onto your knees)	3 x 12
Single Leg Squat (Go to your lowest point without getting unbalanced hold for three seconds explode back up	2 x 15
You can repeat this program for six days split if you want but, a three-day split should be more than enough, especially if you are starting.	RohitRamFitness