



FIRSTDOWN!

FITNESS

STRENGTH + CONDITIONING

FREE 8 Week Lifting Plan

Go to your local gym prepared!



@FIRSTDOWNFITNESS



@FIRSTDWNFITNESS



@FIRSTDOWN_FITNESS



@FIRSTDOWNFITNESS

#BOOTCAMP 2017

POWER LIFTING PLAN

CONTACT US!

PROGRAM OFFICE

417 125th PL SE
Everett, WA 98208
(425) 448-2550
www.firstdownfitness.com

BOOTCAMP LOCATION

McCollum Pioneer Park
600 128th St SE
Everett, WA 98208

TRAINING HOURS

M, TU, TH, FRI
5:00 PM to 6:15 PM

TRAINERS

Aaron Woods
Mobile: (904) 887-1210
Email: aaron@firstdownfitness.com

Erin Bremond
Mobile: (425) 876-3216
Email: erin@firstdownfitness.com

WELCOME TO THE TEAM!

Thanks so much for stopping by our website and requesting our **FREE 8 Week Lifting Plan**. We hope that you will find this plan useful for your workouts at the local gym.

No need to waste time researching what to do each day, we've laid out the next 8 weeks for you. All you need to do is follow our routine and select your weight from the lifting charts in the back. I recommend that you print out the lifting plan and fill in your weights **PRIOR** to your workout.

At FIRSTDOWN Fitness we use simple, cross-functional exercises to help people of all ages achieve their fitness goals. We'll teach you the same fundamental techniques the pro's use to condition their minds and bodies to perform.

Our BOOTCAMP experience is organized to guide you through challenging exercises at a pace that is appropriate for your current fitness level. Through teamwork, positivity, and expert coaching we lay the foundation for losing weight, building muscle tone, and living a healthy lifestyle.

If you haven't already signed up for BOOTCAMP, we encourage you to do so while there's still room!

If you have any questions, please don't hesitate to ask.

Let's Do This!
Coach Aaron

LET'S
DO
THIS

www.firstdownfitness.com

TABLE OF CONTENTS

- 1 | WELCOME LETTER 1
- 2 | 8 WEEK LIFTING PLAN (PHASE 1)..... 4
- 3 | 8 WEEK LIFTING PLAN (PHASE 2)..... 5
- 4 | LIFTING CHARTS BY % 6
- 5 | LIFTING CHARTS BY REPS..... 8

PHASE 1 LIFTING PLAN
IN ADDITION TO SUMMER BOOTCAMP CONDITIONING

MONDAY		Week 1			Week 2			Week 3			Week 4		
EXERCISE	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS	
Hang Clean <i>rest = 3 mins</i>	60		x5	60		x5	60		x5	60		x5	
	65		x5	70		x5	75		x5	80		x5	
	65		x5	70		x5	75		x5	80		x5	
	65		x5	70		x5	75		x5	80		x5	
Back Squat <i>rest = 3 mins</i>	50		x10	50		x10	50		x8	50		x8	
	60		x10	65		x10	70		x8	75		x8	
	60		x10	65		x10	70		x8	75		x8	
	60		x10	65		x10	70		x8	75		x8	
Pull-up or Lat Pulldown	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
DB Lunge or DB Step-Ups	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
Bicep Curls	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
Sit-Ups - choice	---		x25	---		x25	---		x25	---		x25	
	---		x25	---		x25	---		x25	---		x25	
	---		x25	---		x25	---		x25	---		x25	

WEDNESDAY		Week 1			Week 2			Week 3			Week 4		
EXERCISE	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS	
Bench Press <i>rest = 3 mins</i>	50		x10	50		x10	50		x8	50		x8	
	60		x10	65		x10	70		x8	75		x8	
	60		x10	65		x10	70		x8	75		x8	
	60		x10	65		x10	70		x8	75		x8	
Dead Lift (RDL) <i>rest = 3 mins</i>	50		x10	50		x10	50		x8	50		x8	
	60		x10	65		x10	70		x8	75		x8	
DB Press (Stand - Overhead)	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
Box Jumps or Leg Curls	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
	---		x10	---		x10	---		x6	---		x6	
Triceps - choice	---		x10	---		x10	---		x8	---		x8	
	---		x10	---		x10	---		x8	---		x8	
	---		x10	---		x10	---		x8	---		x8	
Sit-Ups - choice	---		x25	---		x25	---		x25	---		x25	
	---		x25	---		x25	---		x25	---		x25	
	---		x25	---		x25	---		x25	---		x25	

FRIDAY		Week 1			Week 2			Week 3			Week 4		
EXERCISE	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS	
Front Squat <i>rest = 3 mins</i>	60		x8	60		x8	60		x8	60		x8	
	65		x8	70		x8	75		x8	80		x8	
	65		x8	70		x8	75		x8	80		x8	
	65		x8	70		x8	75		x8	80		x8	
Incline Bench <i>rest = 3 mins</i>	50		x10	50		x10	50		x8	50		x8	
	60		x10	65		x10	70		x8	75		x8	
	60		x10	65		x10	70		x8	75		x8	
	60		x10	65		x10	70		x8	75		x8	
DB Shoulder Shrugs	---		x10	---		x10	---		x8	---		x8	
	---		x10	---		x10	---		x8	---		x8	
	---		x10	---		x10	---		x8	---		x8	
Sit-Ups - choice	---		x25	---		x25	---		x25	---		x25	
	---		x25	---		x25	---		x25	---		x25	
	---		x25	---		x25	---		x25	---		x25	

PHASE 2 LIFTING PLAN
IN ADDITION TO SUMMER BOOTCAMP CONDITIONING

MONDAY		Week 5		Week 6		Week 7		Week 8	
EXERCISE	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS
Hang Clean <i>rest = 3 mins</i>	75		x6	75		x6	80		x6
	75		x6	75		x6	85		x4
	80		x4	85		x4	90		x2
	80		x4	85		x4	90		x2
Back Squat <i>rest = 3 mins</i>	75		x5	75		x5	80		x6
	75		x5	75		x5	85		x4
	80		x5	85		x5	90		x4
	80		x5	85		x5	90		x2
Pull-up or Lat Pulldown	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
DB Lunge or DB Step-Ups	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
Bicep Curls	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
Sit-Ups - choice	---		x25	---		x30	---		x30
	---		x25	---		x30	---		x30
	---		x25	---		x30	---		x30

WEDNESDAY		Week 5		Week 6		Week 7		Week 8	
EXERCISE	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS
Bench Press <i>rest = 3 mins</i>	75		x5	75		x5	80		x6
	75		x5	75		x5	85		x4
	80		x5	85		x5	90		x4
	80		x5	85		x5	90		x2
Dead Lift (RDL) <i>rest = 3 mins</i>	75		x5	75		x5	80		x6
	75		x5	75		x5	85		x4
DB Press (Stand - Overhead)	---		x8	---		x8	---		x5
	---		x8	---		x8	---		x5
	---		x8	---		x8	---		x5
Box Jumps or Leg Curls	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
Triceps - choice	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
Sit-Ups - choice	---		x25	---		x30	---		x30
	---		x25	---		x30	---		x30
	---		x25	---		x30	---		x30

FRIDAY		Week 5		Week 6		Week 7		Week 8	
EXERCISE	%	WEIGHT	REPS	%	WEIGHT	REPS	%	WEIGHT	REPS
Front Squat <i>rest = 3 mins</i>	75		x4	75		x4	80		x4
	75		x4	75		x4	85		x4
	80		x4	85		x4	90		x2
	80		x4	85		x4	90		x2
Incline Bench <i>rest = 3 mins</i>	75		x5	75		x5	80		x6
	75		x5	75		x5	85		x4
	80		x5	85		x5	90		x4
	80		x5	85		x5	90		x2
DB Shoulder Shrugs	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
	---		x10	---		x10	---		x6
Sit-Ups - choice	---		x25	---		x30	---		x30
	---		x25	---		x30	---		x30
	---		x25	---		x30	---		x30



LIFTING CHARTS BASED ON % OF 1RM

%	SINGLE REP MAX																
	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
100	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
96	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
94	95	100	105	110	115	120	120	125	130	135	140	145	150	155	160	165	170
92	90	95	100	105	110	115	120	125	130	135	140	145	145	150	155	160	165
90	90	95	100	105	110	115	115	120	125	130	135	140	145	150	155	160	160
88	90	90	95	100	105	110	115	120	125	130	130	135	140	145	150	155	160
86	85	90	95	100	105	110	110	115	120	125	130	135	140	140	145	150	155
84	85	90	90	95	100	105	110	115	120	120	125	130	135	140	145	145	150
82	80	85	90	95	100	105	105	110	115	120	125	125	130	135	140	145	150
80	80	85	90	90	95	100	105	110	110	115	120	125	130	130	135	140	145
78	80	80	85	90	95	100	100	105	110	115	115	120	125	130	135	135	140
76	75	80	85	85	90	95	100	105	105	110	115	120	120	125	130	135	135
74	75	80	80	85	90	95	95	100	105	105	110	115	120	120	125	130	135
72	70	75	80	85	85	90	95	95	100	105	110	110	115	120	120	125	130
70	70	75	75	80	85	90	90	95	100	100	105	110	110	115	120	125	125
65	65	70	70	75	80	80	85	90	90	95	100	100	105	105	110	115	115
60	60	65	65	70	70	75	80	80	85	85	90	95	95	100	100	105	110

%	SINGLE REP MAX																
	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
100	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
96	180	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255
94	175	180	185	190	195	195	200	205	210	215	220	225	230	235	240	245	250
92	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235	240	245
90	165	170	175	180	185	190	195	200	205	205	210	215	220	225	230	235	240
88	165	165	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235
86	160	165	170	170	175	180	185	190	195	200	200	205	210	215	220	225	230
84	155	160	165	170	170	175	180	185	190	195	195	200	205	210	215	220	225
82	150	155	160	165	170	170	175	180	185	190	195	195	200	205	210	215	215
80	150	150	155	160	165	170	170	175	180	185	190	190	195	200	205	210	210
78	145	150	150	155	160	165	170	170	175	180	185	185	190	195	200	205	205
76	140	145	150	150	155	160	165	165	170	175	180	180	185	190	195	200	200
74	135	140	145	150	150	155	160	165	165	170	175	180	180	185	190	190	195
72	135	135	140	145	150	150	155	160	160	165	170	175	175	180	185	185	190
70	130	135	135	140	145	145	150	155	160	160	165	170	170	175	180	180	185
65	120	125	125	130	135	135	140	145	145	150	155	155	160	165	165	170	170
60	110	115	115	120	125	125	130	130	135	140	140	145	145	150	155	155	160

%	SINGLE REP MAX																
	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
100	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
96	260	265	270	275	280	285	290	295	300	300	305	310	315	320	325	330	335
94	255	260	265	270	275	275	280	285	290	295	300	305	310	315	320	325	330
92	250	255	260	260	265	270	275	280	285	290	295	300	305	310	315	315	320
90	245	250	250	255	260	265	270	275	280	285	290	295	295	300	305	310	315
88	240	240	245	250	255	260	265	270	275	275	280	285	290	295	300	305	310
86	230	235	240	245	250	255	260	260	265	270	275	280	285	290	290	295	300
84	225	230	235	240	245	250	250	255	260	265	270	275	275	280	285	290	295
82	220	225	230	235	240	240	245	250	255	260	260	265	270	275	280	285	285
80	215	220	225	230	230	235	240	245	250	250	255	260	265	270	270	275	280
78	210	215	220	220	225	230	235	240	240	245	250	255	255	260	265	270	275
76	205	210	215	215	220	225	230	230	235	240	245	245	250	255	260	260	265
74	200	205	205	210	215	220	220	225	230	235	235	240	245	250	250	255	260
72	195	200	200	205	210	210	215	220	225	225	230	235	240	240	245	250	250
70	190	195	195	200	205	205	210	215	215	220	225	230	230	235	240	240	245
65	175	180	180	185	190	190	195	200	200	205	210	210	215	220	220	225	230
60	160	165	170	170	175	175	180	185	185	190	190	195	200	200	205	205	210



LIFTING CHARTS BASED ON % OF 1RM

%	SINGLE REP MAX																
	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435
100	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435
96	340	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415	420
94	335	340	345	350	355	355	360	365	370	375	380	385	390	395	400	405	410
92	325	330	335	340	345	350	355	360	365	370	375	375	380	385	390	395	400
90	320	325	330	335	340	340	345	350	355	360	365	370	375	380	385	385	390
88	310	315	320	325	330	335	340	345	350	350	355	360	365	370	375	380	385
86	305	310	315	320	325	325	330	335	340	345	350	355	355	360	365	370	375
84	300	300	305	310	315	320	325	330	330	335	340	345	350	355	355	360	365
82	290	295	300	305	310	310	315	320	325	330	330	335	340	345	350	355	355
80	285	290	290	295	300	305	310	310	315	320	325	330	330	335	340	345	350
78	275	280	285	290	295	295	300	305	310	310	315	320	325	330	330	335	340
76	270	275	275	280	285	290	295	295	300	305	310	310	315	320	325	325	330
74	265	265	270	275	280	280	285	290	290	295	300	305	305	310	315	320	320
72	255	260	265	265	270	275	275	280	285	290	290	295	300	300	305	310	315
70	250	250	255	260	265	265	270	275	275	280	285	285	290	295	300	300	305
65	230	235	235	240	245	245	250	255	255	260	265	265	270	275	275	280	285
60	215	215	220	220	225	230	230	235	235	240	245	245	250	250	255	260	260

%	SINGLE REP MAX																
	440	445	450	455	460	465	470	475	480	485	490	495	500	505	510	515	520
100	440	445	450	455	460	465	470	475	480	485	490	495	500	505	510	515	520
96	420	425	430	435	440	445	450	455	460	465	470	475	480	485	490	495	500
94	415	420	425	430	430	435	440	445	450	455	460	465	470	475	480	485	490
92	405	410	415	420	425	430	430	435	440	445	450	455	460	465	470	475	480
90	395	400	405	410	415	420	425	430	430	435	440	445	450	455	460	465	470
88	385	390	395	400	405	410	415	420	420	425	430	435	440	445	450	455	460
86	380	385	385	390	395	400	405	410	415	415	420	425	430	435	440	445	445
84	370	375	380	380	385	390	395	400	405	405	410	415	420	425	430	435	435
82	360	365	370	375	375	380	385	390	395	400	400	405	410	415	420	420	425
80	350	355	360	365	370	370	375	380	385	390	390	395	400	405	410	410	415
78	345	345	350	355	360	365	365	370	375	380	380	385	390	395	400	400	405
76	335	340	340	345	350	355	355	360	365	370	370	375	380	385	390	390	395
74	325	330	335	335	340	345	350	350	355	360	365	365	370	375	375	380	385
72	315	320	325	330	330	335	340	340	345	350	355	355	360	365	365	370	375
70	310	310	315	320	320	325	330	335	335	340	345	345	350	355	355	360	365
65	285	290	295	295	300	300	305	310	310	315	320	320	325	330	330	335	340
60	265	265	270	275	275	280	280	285	290	290	295	295	300	305	305	310	310



LIFTING CHARTS BASED ON DESIRED # OF REPS PER SET

REPS	SINGLE REP MAX																
	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
1	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
2	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
3	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170
4	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165
5	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160
6	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155
7	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150
8	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145
9	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140
10	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135

REPS	SINGLE REP MAX																
	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
1	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
2	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255
3	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250
4	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245
5	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240
6	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235
7	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230
8	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225
9	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220
10	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215

REPS	SINGLE REP MAX																
	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
1	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
2	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335
3	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330
4	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320
5	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315
6	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310
7	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305
8	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300
9	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290
10	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285

REPS	SINGLE REP MAX																
	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435
1	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435
2	335	340	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415
3	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400	405
4	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395
5	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385
6	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380
7	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375
8	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370
9	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355
10	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350

REPS	SINGLE REP MAX																
	440	455	460	465	470	475	480	485	490	495	500	505	510	515	520	525	530
1	440	455	460	465	470	475	480	485	490	495	500	505	510	515	520	525	530
2	420	430	435	440	445	450	455	460	465	470	475	480	485	490	495	500	505
3	405	420	425	430	435	440	445	450	455	460	465	470	475	480	485	490	495
4	390	405	410	415	420	425	430	435	440	445	450	455	460	465	470	475	480
5	380	395	400	405	410	415	420	425	430	435	440	445	450	455	460	465	470
6	370	385	390	395	400	405	410	415	420	425	430	435	440	445	450	455	460
7	365	380	385	390	395	400	405	410	415	420	425	430	435	440	445	450	455
8	355	370	375	380	385	390	395	400	405	410	415	420	425	430	435	440	445
9	345	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430
10	335	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415	420