



Scorpions Strength & Conditioning

Back & biceps + Plyometrics

Warm-up

10 minutes incline jogging on treadmill before chest and triceps
5 minutes skipping before plyometrics

Back & biceps

Exercise	Sets	Reps	Rest
Deadlift	4	6	90 secs
Lat pull-down	3	8	60 secs
Incline row	3	8	60 secs
Straight bar biceps curl	3	8	60 secs
Alternate hammer curls	3	8	60 secs

Plyometrics

Exercise	Sets	Reps	Rest
Knee to Feet	3	5	60 secs
Box switch Jumps	3	15	60 secs
Two feet Box Jumps	2	10	60 secs
Single leg Box Jumps	4	10	60 secs

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, weather negligent or otherwise, undertaken in connection with this information.



Scorpions Strength & Conditioning

Chest & triceps + Plyometrics

Warm-up

10 minutes incline jogging on treadmill before chest and triceps
5 minutes skipping before plyometrics

Chest & triceps

Exercise	Sets	Reps	Rest
Barbell bench press	3	8	60 secs
Dumbbell incline bench press	3	8	60 secs
Cable triceps pushdown	3	8	60 secs
Dips	3	8	60 secs
Push-ups	3	8	60 secs

Plyometrics

Exercise	Sets	Reps	Rest
Med-Ball Slams	3	15	60 secs
Jump squats	4	15	60 secs
Lateral jumps	3	15	60 secs
Switch & Go	3	8 second intervals	60 secs

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Scorpions Strength & Conditioning

Legs & shoulders + plyometrics

Warm-up

10 minutes incline jogging on treadmill before chest and triceps
5 minutes skipping before plyometrics

Legs & shoulders

Exercise	Sets	Reps	Rest
Back squat	5	8	60 secs
Laying hamstring curl	4	10	60 secs
Calf raises with dumbbells	3	15	60 secs
Dumbbell shoulder press	3	8	60 secs
Front raises	3	8	60 secs

Plyometrics

Exercise	Sets	Reps	Rest
Drop Push Up	3	10	60 secs
Crossover Push Up	3	10	60 secs
Box switch Jumps	3	15	60 secs
Two feet Box Jumps	2	10	60 secs
Single leg Box Jumps	4	10	60 secs

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