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GPP – Ultimate Single Lift Workout For Sport

The following workout is designed to develop an athlete's work capacity in an incredibly simple manner. It is recommended that the athlete perform this drill with a partner, so one athlete is resting while the other is exercising. If the athlete performs the drill alone, make sure that the rest interval is equal to the same amount of time utilized to perform the drill. Use dumbbells ranging in weight from 15 to 25 pounds.

The drill shown in the video below represents just **one** repetition. Check the box to the right to prescribe the desired amount of sets and repetitions.

GPP Complete Lift 1

Description:

1. Start in push-up position on the dumbbells and complete a push up
2. Stand up and perform an RDL
3. Perform a lunge with a bent over row in the low position (alternate leg for each repetition)
4. Perform a step up and then a curl to press (alternate the step up leg for each repetition – opposite of the lunge leg)

Helpful Hint:

- Mark the initial starting spot on the floor. This will ensure that the athlete returns to the proper starting position after completing each repetition. As fatigue sets in, athletes will often shorten the necessary distance. A marked spot on the floor will prevent this from occurring.

Check one of the following boxes to indicate the desired work level:

☐	Level 1	4 sets	6 Reps
☐	Level 2	5 sets	8 Reps
☐	Level 3	6 sets	10 Reps
☐	Level 4	7 sets	10 Reps
☐	Level 5	8 sets	10 Reps
☐	Level 6	9 Sets	10 Reps
☐	Level 7	10 Sets	10 Reps

