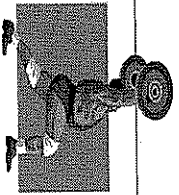


LIFTING



UPPER BODY: extras 3 x 10

1. BENCH PRESS or w/ DUMBBELLS (either 4 x 5 heavy or 10, 10, 7, 3, 1 build up)
2. INCLINE BENCH or w/ DUMBBELLS (10, 7, 7, 7)
3. FRONT / SIDE RAISES
4. SHOULDER PRESS
5. TRICEP EXTENSIONS
6. PLATE LIFTS
7. UPRIGHT ROWS
8. FLYS
9. CURLS

LOWER BODY: extras 3 x 10

1. SQUATS (4 X 10 225LB or 10, 8, 6, 4)
2. DEAD LIFTS (heavy)
3. POWER CLEANS / HANG CLEANS (4 x 5)
4. CALVE RAISES 20 reps each leg
5. DUMBBELL LUNGES each leg
6. STEP UPS each leg

DO AT LEAST 150 REPS OF ABS EVERY WORKOUT. But choose 3 Upper body workouts and 2 Lower body workouts each day. If you want to do Bench and Incline on same day do one regular and other Dumbbell. **GET BIG!**

RONNIE MASON'S TSD (THE SOLUTION DYNAMICS)

WARM UPS

(DONE EVERYDAY BEFORE YOU DO RUNNING)

• SPEED LADDER

1. ONE FOOT 2. TWO FOOT 3. SHUFFLE 4. HOP SCOTCH 5. LATERAL 6. JUMP SPLITS 7. TWO IN TWO OUT

• FLEX RUNS

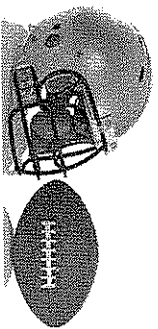
1. BUTT KICKS 2. HIGH KNEES 3. KAROKE 4. LUNGES 5. FRANKENSTEINS 6. SIDE LUNGES 7. BACK PEDAL

- LYING STARTS (start laying down in each position EACH DOWN AND BACK)

1. CHEST ON LINE 2. RIGHT SIDE 3. LEFT SIDE 4. BACK ON THE LINE 5. FEET ON LINE ON YOUR BACK 6. ON BACK ROLL LEFT GET UP 7. ON BACK ROLL RIGHT GET UP

• STRETCH

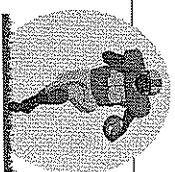
GO THRU BASIC STRETCHES BUT DO IT AT BEGINNING AND END OF WORKOUT



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RUNS



TYPE OF RUNS

(Choose 1 each day)

• 100 yard SRPINTS

(start with 4, each time add 2 reps)

• Full Gassers

(run width of the field down back twice = 1.

Start with 3, add 1 each time)

• Suicides

(mark off 4 cones at 5, 10, 15, 20. Start at 1st cone SPRINT all 3 then add 1 each time)

• Stairs

(find legit stairs and do 10 reps full speed everyone. Alt, 2 feet, skip 1

• Mile Run

(try to sprint straight away jog the curve 4 Laps)

**"NEVER GET COMFORTABLE,
NEVER BE SATISFIED, BUT YOU
SHOULD WANT TO MAKE THIS
THE BEST RIDE."**

**PLAY FAST, PHYSICAL AND
PISSSED OFF**