

Drum Corps Training Plan

by Rob Stein

www.standingomarching.com | stein@standingomarching.com

Chest and Back

*All movements should be controlled, not explosive or sloppy. 2-3 seconds for each movement will keep tension in the targeted muscle. Longer TUT (time under tension) will produce more muscle growth.

Always start with a lighter weight than you think is necessary to ensure you don't injure yourself.

REP (short for repetition) = The number of times you perform a specific movement.

Ex: You curl a dumbbell 15 times, you just performed 15 reps.

SET = How many times you repeat the exercise.

Ex: Curl the dumbbell 15 times, rest a minute, curl the dumbbell 15 times again. You just performed 2 sets. In this program you will perform 3 sets of every exercise within the rep range listed for that exercise.

Date:	Sets	Reps	Set 1 (Weight x reps)	Set 2 (Weight x reps)	Set 3 (Weight x reps)
1. Incline Dumbbell Press	3	8-10			
2. Pec Deck	3	10-15			
3. Chest Cable Crossovers	3	12-15			

1. Lat Pull Downs (Wide attachment, pronated)	3	8-10			
2. Seated Cable Row (Narrow attachment, neutral)	3	12-15			
3. Back Extensions	3	10-12			
4. Dumbbell Shrugs	3	8-10			

Date:	Sets	Reps	Set 1 (Weight x reps)	Set 2 (Weight x reps)	Set 3 (Weight x reps)
1. Incline Dumbbell Press	3	8-10			
2. Pec Deck	3	10-15			
3. Chest Cable Crossovers	3	12-15			

1. Lat Pull Downs (Wide attachment, pronated)	3	8-10			
2. Seated Cable Row (Narrow attachment, neutral)	3	12-15			
3. Back Extensions	3	10-12			
4. Dumbbell Shrugs	3	8-10			

Drum Corps Training Plan

by Rob Stein

www.standingmarching.com | stein@standingmarching.com

Arms and Calves

*All movements should be controlled, not explosive or sloppy. 2-3 seconds for each movement will keep tension in the targeted muscle. Longer TUT (time under tension) will produce more muscle growth.

Always start with a lighter weight than you think is necessary to ensure you don't injure yourself.

REP (short for repetition) = The number of times you perform a specific movement.

Ex: You curl a dumbbell 15 times, you just performed 15 reps.

SET = How many times you repeat the exercise.

Ex: Curl the dumbbell 15 times, rest a minute, curl the dumbbell 15 times again. You just performed 2 sets. In this program you will perform 3 sets of every exercise within the rep range listed for that exercise.

Date:	Sets	Reps	Set 1 (Weight x reps)	Set 2 (Weight x reps)	Set 3 (Weight x reps)
1. EZ Bar Curls (Narrow, supinated)	3	8-10			
2. Dumbbell Hammer Curls (Neutral)	3	10-15			
3. Cable Curls w/ Straight Bar (Supinated)	3	12-15			

1. V-Bar Pushdown	3	8-10			
2. Rope Pulldown	3	10-15			
3. Overhead Tricep Extension	3	12-15			

1. Seated Calf Raise	3	15-20			
2. Standing Calf Raise	3	10-12			

Date:	Sets	Reps	Set 1 (Weight x reps)	Set 2 (Weight x reps)	Set 3 (Weight x reps)
1. EZ Bar Curls (Narrow, supinated)	3	8-10			
2. Dumbbell Hammer Curls (Neutral)	3	10-15			
3. Cable Curls w/ Straight Bar (Supinated)	3	12-15			

1. V-Bar Pushdown	3	8-10			
2. Rope Pulldown	3	10-15			
3. Overhead Tricep Extension	3	12-15			

1. Seated Calf Raise	3	15-20			
2. Standing Calf Raise	3	10-12			

Drum Corps Training Plan

by Rob Stein

www.standingomarching.com | stein@standingomarching.com

Legs, Shoulders and Abs

*All movements should be controlled, not explosive or sloppy. 2-3 seconds for each movement will keep tension in the targeted muscle. Longer TUT (time under tension) will produce more muscle growth.

Always start with a lighter weight than you think is necessary to ensure you don't injure yourself.

REP (short for repetition) = The number of times you perform a specific movement.

Ex: You curl a dumbbell 15 times, you just performed 15 reps.

SET = How many times you repeat the exercise.

Ex: Curl the dumbbell 15 times, rest a minute, curl the dumbbell 15 times again. You just performed 2 sets. In this program you will perform 3 sets of every exercise within the rep range listed for that exercise.

Date:	Sets	Reps	Set 1 (Weight x reps)	Set 2 (Weight x reps)	Set 3 (Weight x reps)
1. Lying Leg Curls	3	8-12			
2. Leg Extensions	3	10-15			
3. Leg Press	3	10-15			

1. Front/Side Raises	3	8-10			
2. Rear Pec Deck	3	10-15			
3. Dumbbell Press	3	12-15			

1. Captain's Chair	3	8-15			
2. Decline Situps	3	8-15			

Date:	Sets	Reps	Set 1 (Weight x reps)	Set 2 (Weight x reps)	Set 3 (Weight x reps)
1. Lying Leg Curls	3	8-12			
2. Leg Extensions	3	10-15			
3. Leg Press	3	10-15			

1. Front/Side Raises	3	8-10			
2. Rear Pec Deck	3	10-15			
3. Dumbbell Press	3	12-15			

1. Captain's Chair	3	8-15			
2. Decline Situps	3	8-15			