



2016 Summer Weight Training Program

“Tom Brady has never missed one day of an off season work-out”

Weight Room Exercises (light weight, high reps):



1. Box Squat (4x12)
 2. Bench Press (4x10)
 3. Power Lunges (4x12)
 4. Shoulder Raises (4x10)
 5. Dumbbell Rows (4x10)
- *Run one mile 3 x per week

Home Exercises (with no weights):

1. Push-ups (4x15)
 2. Deep Squats (4x15)
 3. Planks (4x15)
 4. Sit-ups (4 x 20)
 5. Up-downs (4 x 10)
- *Run one mile 3 x per week



- Week 1:
Week 2:
Week 3:
Week 4:
Week 5:
Week 6:

