



UTAH MARSHALLS STRENGTH 2026

Weeks 1-4

Monday: Upper Body Weights + Lower Body Plyometrics

- Bench Press: 3x6-8
- Pull-Ups (Weighted if needed): 3x8-10
- Incline Dumbbell Press: 3x 6-8-10
- Dumbbell Lateral Raises: 3x 10
- Forearm Curls: 3x15
- Reverse Forearm Curls: 3x15

Plyometrics

- Box Jumps: 3x6
- Split Jumps: 3x8 per side
- Depth Jumps: 3x8

Core

- Plank with Shoulder Taps: 3x30 seconds per side
- Dead Bug: 3x10-12 reps per side

Wednesday: Lower Body Weights + Upper Body Plyometrics

- Back Squats/Safety Bar: 3x6-8
- Romanian Deadlifts: 3x8-10
- Walking Lunges: 3x6-8 per leg
- Goblet Squats: 3x6-8

Plyometrics

- Medicine Ball Chest Pass: 3x8
- Plyometric Push-Ups: 3x10
- Overhead Medicine Ball Slam: 3x8

Core

- Hanging Leg Raises: 3x10-12
- Side Plank with Hip Lift: 3x10 per side

Friday: Full Body Weights + Full Body Plyometrics

- Hex Bar Deadlifts: 3x6-8
- Landmine shoulder Press: 3x8
- Squats: 3x6-8
- Pull-Ups or Lat Pulldown: 3x8-10
- Farmer Carries: 3x
- Isolation Bicep Curl 3x10
- Overhead Tricep Extension 3x10

Plyometrics

- Skater Jumps: 3x10 per side
- Box Jumps: 3x8-10
- Medicine Ball Rotational Throw: 3x8

Core

- Cable Woodchoppers: 3x10 per side
- Ab Rollouts (Using a Wheel): 3x10

Weeks 5-8

Monday: Upper Body Weights + Lower Body Plyometrics

- Kneeling landmine shoulder press: 3x6-8
- Chin-Ups: 3x8-10
- Single-Arm Dumbbell Rows: 3x 6-8-10
- Face Pulls: 3x8-10
- Seated forearm squeeze 3x 30 sec
- Hammer Curls: 3x10-12

Plyometrics

- Broad Jumps: 3x8
- Lateral Bounds: 3x8 per side
- Tuck Jumps: 3x8

Core

- Stability Ball Stir the Pot: 3x30 seconds
- Side Plank with arm ext 3x30 seconds

Wednesday: Lower Body Weights + Upper Body Plyometrics

- Trap Bar Deadlift: 3x6-8
- Bulgarian Split Squats: 3x8 per side
- Hip Thrusts: 3x10
- Sumo Deadlift: 3x8-10
- Hamstring sliders 3x10

Plyometrics

- Medicine Ball Rotational Throw: 3x8 per side
- Explosive Push-Ups: 3x8-10
- Overhead Ball Slam with Jump: 3x8

Core

- Stability Ball Side Crunch: 3x15
- Bird Dog: 2x15

Friday: Full Body Weights + Full Body Plyometrics

- Kettlebell Swings: 3x6
- Incline Dumbbell Bench Press: 3x6-8-10
- Barbell Squats: 3x6-8-10
- Chin-Ups (Weighted if needed): 3x8
- Farmer Carries: 3x
- Alt Dumbbell Curl 3x 10
- Rope Tricep Extension 3x10

Plyometrics

- Depth Jumps: 3x8
- Rotational Box Jumps: 3x8
- Medicine Ball Slams: 3x8-10

Core

- Plank Right, Center, Left: 3x30 seconds per side
- Supermans: 3x10-12 reps per side

Weeks 9-12

Monday: Upper Body Weights + Lower Body Plyometrics

- Flat Dumbbell Press: 3x6-8
- Pull-Ups: 3x8-10
- Incline chest Flyes: 3x10
- Standing landmine shoulder press Press: 3x8 -10
- Reverse Forearm Curls: 3x15
- Farmer Carries (static hold with forearm focus): 3x

Plyometrics

- Single-Leg Box Jumps: 3x8 per leg
- Lateral Bounds: 3x8 per side
- Depth Jumps: 3x8

Core

- Bent Knee Sit-Up: 3x15

- Stability Ball Rollout: 3x15

Wednesday: Lower Body Weights + Upper Body Plyometrics

- Barbell/DB Step-Ups: 3x6-8 per leg
- Deficit Deadlifts: 3x8
- Front Rack Lunges: 3x6-8 per leg
- Glute Ham Raises: 3x10

Plyometrics

- Explosive Medicine Ball Chest Pass: 3x8
- Plyometric Push-Ups: 3x8
- Overhead Medicine Ball Throw: 3x8

Core

- Stability Ball Crunch: 3x15
- Stability Ball Reverse Back Extension: 3x15

Friday: Full Body Weights + Full Body Plyometrics

- Kettlebell Swing: 3x6
- Incline Barbell Press: 3x6-8
- Trap Bar Deadlift: 3x6-8
- Barbell Row: 3x8
- Farmer Carries: 3x
- Hammer Bicep curl 3x10
- Tricep Extension 3x10

Plyometrics

- Skater Bounds: 3x8 per side
- Rotational Medicine Ball Throws: 3x8 per side
- Tuck Jumps: 3x8

Core

- Abdominal Rope Crunch: 3x15
- Stability Ball Pike-Up: 3x15