

## PHILOSOPHY

This program is designed to introduce incoming freshmen to a weight training program here at MSJ. We will start at an elementary level, focusing on technique and detail. By the end of the 8 week session, participants should be at an intermediate level of weight training. As the summer progresses, we will go from light weight/ high reps to moderate weight/ lower reps.

Not only is this a great opportunity to work out, it is also a great opportunity to meet new friends before class begins in the fall!!!

To maintain an optimal teaching environment, **only 30 spots** will be filled on a first come first serve basis.

## PRICE AND CONTACT INFORMATION

\$175 per person for 16 sessions over an 8 week period

To sign up Contact Josh Vicchio

Phone: 410 227-5074

Email: [jvicchio@admin.msjnet.edu](mailto:jvicchio@admin.msjnet.edu)



## MOUNT SAINT JOSEPH SUMMER WEIGHT TRAINING FOR FRESHMEN

June 21—August 11, 2010

Monday and Wednesday Evenings

6:00 PM – 7:30 PM

Incoming Freshmen Only

**16 TOTAL SESSIONS  
OVER AN 8 WEEK PERIOD**

## CORE EXERCISES

We will focus on the following core lifts and exercises each week ( 1-8)

**Bench Press**

**Incline and Military Press**

**Butterflies**

**Bicep Curls**

**Upright and Leaning Rows**

**Front Lat Raises**

**Lat Pull Downs**

**Triceps Overhead and Dips**

**Leg Press**

**Leg Curls and Leg Extensions**

**Lunges**

**Calf Raises**

**Abdominals**



## SPECIALTY LIFTS

In weeks 4, 5, and 6 we will introduce and add the following lifts to the core regimen.

**Week 4**      Squats

**Week 5**      Dead Lifts

**Week 6**      Power Cleans

## STAFF

Over 50 Years Combined of Moderating Weight Training

**Josh Vicchio**

-MSJ class of 1995  
-Social Studies Department  
-Head freshmen football coach  
-Assistant varsity lacrosse coach

**Brion Townshend**

-MSJ class of 1991  
-Depaul Program  
-Assistant JV football coach

**Steve Jeffrey**

-MSJ class of 1974  
-Social Studies Department  
-Assistant freshmen football coach  
-Assistant varsity lacrosse coach