

Workout Schedule ONE

3 days per week for Beginner Level

Day 1	Exercise		Repetitions			
Chest						
		Weight				
Exercise A	Bench Press	Reps	15	10	10	
		Weight				
Exercise B	Incline Dumbbell Press	Reps	12	12	10	
		Weight				
Exercise C	Dumbbell Fly	Reps	12	12	12	
Biceps						
		Weight				
Exercise D	Straight Bar Curl	Reps	15	10	8	
		Weight				
Exercise E	E-Z Bar Curl - Inside	Reps	12	12		
		Weight				
Exercise F	Concentration Cable Curl, 1 arm	Reps	10	10		

Day 2

Back							
		Weight					
Exercise G	Bent Over Row - Straight Bar	Reps		15	12	10	10
Exercise blank							
		Weight					
Exercise H or I	One Arm Dumbbell Row	Reps		12	12	12	12

Triceps							
		Weight					
Exercise J	Lying Tri - Extension (a.k.a. scull crushers)	Reps		15	10	10	10
Exercise blank							
Exercise K or L	Tricep Kick Backs, one arm	Reps		12	12	12	

Day 3

Legs							
		Weight					
Exercise M	Leg Curl, Lying	Reps		15	12	12	12-10
		Weight					
Exercise N	Squats	Reps		15	12	10	10
Exercise blank							
Exercise O or P	Leg Extensions	Reps		12	10	10	10

Shoulders							
		Weight					
Exercise Q	Military Press, Behind Neck	Reps		15	10	10	
Exercise blank							
		Weight					
Exercise R or S	Bent Over Lateral Raises	Reps		12	12	12	

Day Off

Aerobics

Elliptical

Time

15

next time 18

next time 21

next time 25

Stretching

Legs

Time

20

Very

Little

Rest

Abs

Full Crunch

extend the legs out then crunch in

Reps

25

25

25

25

Reverse Crunch

Legs straight up, very little lift of the hip

Reps

15

15

15

15

Alternate Exercises

Exercise A

Incline Bench Press

Decline Bench Press

Exercise B

Flat Dumbbell Press

Dumbbell Pull Over

Exercise C

Peck Deck

Cable Cross Over

Exercise D

Wide Straight Bar Curl

Drag Curl, drag the bar up along torso

Exercise E

E-Z Bar Curl, Outside Grip

Alternating Dumbbell Curl

Dumbbell Curl, Same Time

Exercise F

Concentration Curl

Standing Cable Curl

Exercise G

Reverse Grip Bent Over Row

T-Bar Row

Exercise H

Dumbbell Row, Arms at the same time

Close Grip Pull Downs

Parallel Grip Pull Downs

Exercise I

Pull Downs Behind Neck

Seated Cable Row

Exercise J

Lying Dumbbell Extensions

Dips

Exercise K

One Arm, Lying Dumbbell Ext, cross to opposite side of head

Tricep Cable Extensions

Exercise L

Tricep Kick Backs, Both arms same time

Exercise M

Stiff Legged Dead Lift

Seated Leg Curl

Exercise N

Duck Toe Squats

Close Footed Squats

Exercise O

Leg Press

Dumbbell Lunges

Exercise P

Close Footed Hack Squat

Sissy Squat

Exercise Q & R

Military Press, Front

Upright Row

Machine Military Press

Exercise S

Lateral Raises

Bent Over Lateral Raises

Dumbbell Upright Row

Abs should be added to the end of the workout or on days off, 2-3 times per week