

Workout Schedule ONE

3 days per week for Intermediate, 3Days on 1 Day off for Advanced

Day 1	Exercise	Repetitions					
Chest							
		Weight					
Exercise A	Bench Press	Reps		30	25	20	20
		Weight					
Exercise B	Incline Dumbbell Press	Reps		20	20	20	15
		Weight					
Exercise C	Dumbbell Fly	Reps		20	20	20	15
Biceps							
		Weight					
Exercise D	Straight Bar Curl	Reps		30	25	20	
		Weight					
Exercise E	E-Z Bar Curl - Inside	Reps		20	20	20	
		Weight					
Exercise F	Concentration Cable Curl, 1 arm	Reps		20	20	20	

Day 2

Back							
		Weight					
Exercise G	Bent Over Row - Straight Bar	Reps		30	30	25	15
		Weight					
Exercise H	Pull Downs, front of neck	Reps		25	25	25	
		Weight					
Exercise I	One Arm Dumbbell Row	Reps		15	15	15	

Triceps							
		Weight					
Exercise J	Lying Tri - Extension (a.k.a. scull crushers)	Reps		20	20	20	
		Weight					
Exercise K	Tricep Push Downs	Reps		25	25	25	
		Weight					
Exercise L	Tricep Kick Backs, one arm	Reps		15	15	15	

Day 3

Legs							
		Weight					
Exercise M	Leg Curl, Lying	Reps		25	20	20	
		Weight					
Exercise N	Squats	Reps		20	15	15	12
		Weight					
Exercise O	Lunges, with Barbell	Reps		12	12	12	
		Weight					
Exercise P	Leg Extensions	Reps		20	20	20	15

Shoulders							
		Weight					
Exercise Q	Military Press, Behind Neck	Reps		25	20	20	
		Weight					
Exercise R	Dumbbell Press	Reps		20	15	15	
		Weight					
Exercise S	Bent Over Lateral Raises	Reps		15	15	15	

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
Reverse Crunch Legs straight up, very little lift of the hip

Reps

25

25

25

25

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