

## Workout Schedule ONE

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

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

## Day 2

<b>Back</b>							
		Weight					
Exercise G	<b>Bent Over Row - Straight Bar</b>	Reps		15	12	10	10
		Weight					
Exercise H	<b>Pull Downs, front of neck</b>	Reps		10	10	10	10
		Weight					
Exercise I	<b>One Arm Dumbbell Row</b>	Reps		12	12	12	

<b>Triceps</b>							
		Weight					
Exercise J	<b>Lying Tri - Extension</b> (a.k.a. scull crushers)	Reps		15	10	10	
		Weight					
Exercise K	<b>Tricep Push Downs</b>	Reps		10	10	10	
		Weight					
Exercise L	<b>Tricep Kick Backs, one arm</b>	Reps		12	12	12	

### Day 3

<b>Legs</b>							
		Weight					
Exercise M	<b>Leg Curl, Lying</b>	Reps		15	12	12	12-Jan
		Weight					
Exercise N	<b>Squats</b>	Reps		15	12	10	10
		Weight					
Exercise O	<b>Lunges, with Barbell</b>	Reps		10	10	10	10-Jan
		Weight					
Exercise P	<b>Leg Extensions</b>	Reps		12	10	10	10

<b>Shoulders</b>							
		Weight					
Exercise Q	<b>Military Press, Behind Neck</b>	Reps		15	10	10	
		Weight					
Exercise R	<b>Dumbbell Press</b>	Reps		10	10-8	10-8	
		Weight					
Exercise S	<b>Bent Over Lateral Raises</b>	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 J    Lying Dumbbell Extensions  
Dips

Exercise B    Flat Dumbbell Press  
Dumbbell Pull Over

Exercise K    One Arm, Lying Dumbbell Ext, cross to opposite side of head  
Tricep Cable Extensions

Exercise C    Peck Deck  
Cable Cross Over

Exercise L    Tricep Kick Backs, Both arms same time  
Exercise M    Stiff Legged Dead Lift

Exercise D    Wide Straight Bar Curl  
Drag Curl, drag the bar up along torso

Exercise N    Duck Toe Squats  
Seated Leg Curl

Exercise E    E-Z Bar Curl, Outside Grip  
Alternating Dumbbell Curl  
Dumbbell Curl, Same Time

Exercise O    Leg Press  
Dumbbell Lunges

Exercise F    Concentration Curl  
Standing Cable Curl

Exercise P    Close Footed Hack Squat  
Sissy Squat

Exercise G    Reverse Grip Bent Over Row  
T-Bar Row

Exercise Q & R    Military Press, Front  
Upright Row

Exercise H    Dumbbell Row, Arms at the same time  
Close Grip Pull Downs

Exercise S    Machine Military Press  
Lateral Raises

Exercise I    Parallel Grip Pull Downs  
Pull Downs Behind Neck

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