**Monday Week 1,3,5**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| A1 | High Incline DB Press (32X0)  (5 holes) | 5 | 10,10,12,12,12 |  |  | 2m |
| A2 | Chin up or Chin downs | 5 | 10,10,12,12,12 |  |  | 2m |
| B1 | OH DB Press | 3 | 12-15 |  |  | 90s |
| B2 | Sternum Pulldown | 3 | 12-15 |  |  | 90s |
| B3 | Lateral Raise\* | 3 | 12-15 |  |  | 90s |

\*Slow negative form good posture, elbows should be bent slightly and slightly behind you.

**Tuesday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| A1 | Leg Curl Machine | 5 | 6-8 |  |  | 2m |
| A2 | B Squat | 5 | 10,10,12,12,12 |  |  | 2m |
| B1 | Split Squats | 3 | 10-12per leg |  |  | 60s |

**Wednesday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
|  | stretch/rest |  |  |  |  |  |

**Thursday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| A1 | 1 arm Row | 4 | 10, 10,12,12 |  |  | 90s |
| A2 | CG Bench shoulder width | 4 | 10, 10,12,12 |  |  | 90s |
| B1 | Inc Curls DB | 3 | 10-12 |  |  | 90s |
| B2 | Inc CG DB Press | 3 | 10-12 |  |  | 90s |
| C1 | Std Rev Curl | 3 | 8-10 |  |  | 60s |
| C2 | Kusick Burger | 3 | 10-12 |  |  | 60s |
| C3 | Kneeling wrist curl | 3 | 10-12 |  |  | 90s |

B1 don’t swing the weight keep your head on the bench

**Friday weight**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| WU | F Squat | 5 | 4-6 |  | Warm up Not to failure | 2m |
| A1 | Dead lift\* | 4 | 12,15,12,15 |  |  | 90s |

\*Keep posture tall and but back don’t go down all the way if you cannot keep your butt back and stay on your heals.

**Satrurday /Sunday Stretch**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
|  | stretch/rest |  |  |  |  |  |

**Monday Week 2,4,6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| A1 | High Incline DB Press (32X0)  (5 holes) | 4 | 8, 10,8,10 |  |  | 2m |
| A2 | Chin up or Chin downs | 4 | 8, 10,8,10 |  |  | 2m |
| B1 | OH DB Press | 1-2 | 12-15 |  |  | 90s |
| B2 | Sternum Pulldown | 1-2 | 12-15 |  |  | 90s |
| B3 | Lateral Raise\* | 1-2 | 12-15 |  |  | 90s |

\*Slow negative form good posture, elbows should be bent slightly and slightly behind you.

**Tuesday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| A1 | Leg Curl Machine | 5 | 6-8 |  |  | 2m |
| A2 | Squat | 5 | 8,8,10,8,10 |  |  | 2m |
| B1 | Split Squats | 2 | 10-12per leg |  |  | 60s |

**Wednesday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
|  | stretch/rest |  |  |  |  |  |

**Thursday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| A1 | 1 arm Row | 4 | 8,10,8,10 |  |  | 90s |
| A2 | CG Bench shoulder width | 4 | 8,10,8,10 |  |  | 90s |
| B1 | Inc Curls DB | 3 | 8-10 |  |  | 90s |
| B2 | Inc CG DB Press | 3 | 8-10 |  |  | 90s |
| C1 | Std Rev Curl | 3 | 8-10 |  |  | 60s |
| C2 | Kusick Burgers | 3 | 8-10 |  |  | 60s |
| C3 | Kneeling wrist curl | 3 | 8-10 |  |  | 90s |

**Friday weight**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
| WU | F Squat | 3 | 4-6 | 95 | Warm up Not to failure | 2m |
| A1 | Dead lift\* | 4 | 8,10,8,10 |  |  | 90s |

\*Keep posture tall and but back don’t go down all the way if you cannot keep your but back

Stretch

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Lift | Sets | Reps | Weight | Reps | RI |
|  | stretch/rest |  |  |  |  |  |