

UPPER BODY



Chest Press



Horizontal Row



Overhead Press



Arm Curl



Arm Extension



Trunk Flexion

LOWER BODY



Deadlift



Lateral Lunge



Knee Extension



Stiff-Leg Deadlift



Trunk Flexion



Trunk Extension

	Week 1			Week 2			Week 3		
Day	1	2	3	1	2	3	1	2	3
Upper	2 x 10					2 x 15		2 x 10	
Lower		2 x 10		2 x 15					2 x 10
Combo			1 x 10		1 x 10		1 x 15		

Follow the plan as outlined in the table above, each day performing either an upper body, lower body, or combination upper-lower routine. On combination days, perform one set of each exercise, alternating between upper and lower body exercises. For additional work, repeat each pair of upper and lower body exercises before moving on to the next pair.

The values in each box indicate the number of sets and repetitions to be performed with each exercise (i.e. 2 x 10 means two sets of ten repetitions).

Select workloads that are challenging, but not too difficult, allowing you to complete the required number of repetitions for each set of your workout. Increase your workload if you can do the established number of sets and repetitions over two consecutive workouts.

You can repeat this program for a second three-week cycle. For a greater challenge, add another set to each workout.

This program contains movements and intensities that may be inappropriate and or dangerous for certain individuals. All participants should consult their physician before exercising. Proper technique and form are essential for safe performance of all exercises.