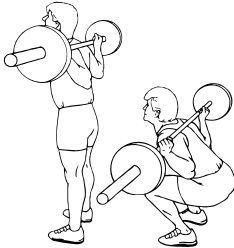




LEGS: GLUTES / THIGHS - 3 Back Parallel Squat (Barbell)

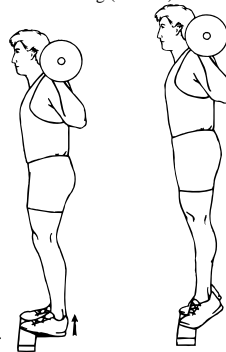
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

LEGS: CALVES - 2 Heel Raise: Standing (Barbell)

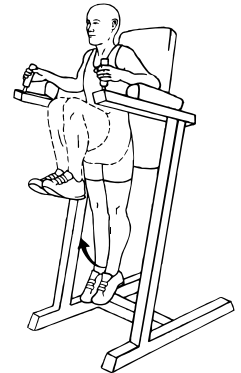
Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

ABS - 33 Knee Raise

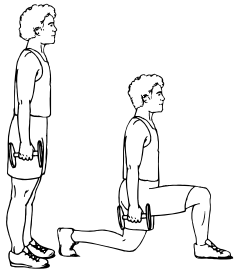
Tighten abdominals and bend legs, pulling knees toward chest.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

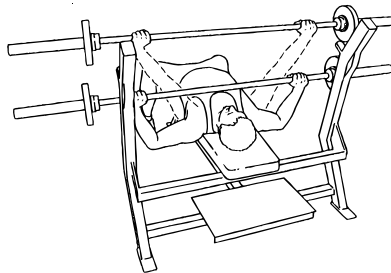
LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

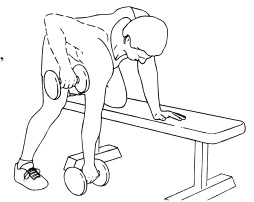
CHEST - 22 Bench Press: Wide Grip (Barbell)



Press to straight arms.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

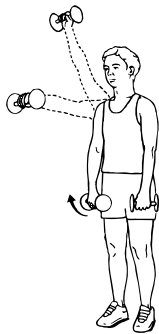
Lift weight to side of chest, keeping elbow close to body.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

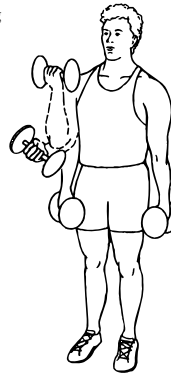
Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

ARMS: BICEPS - 9 Curl: Standing Alternating (Dumbbell)

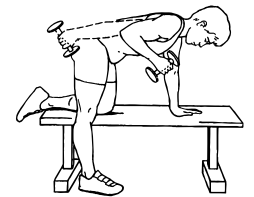
Knees slightly bent, hold weights at sides, palms in. Curl arm toward shoulder rotating to palm up while beginning curl. Alternate arms.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over - Single Arm (Dumbbell)

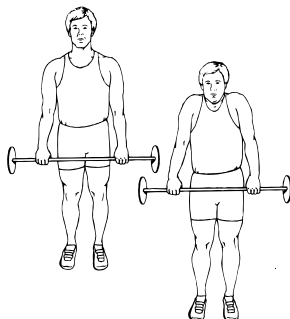
Straighten arm, keeping upper arm in line with body.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

BACK: TRAPS - 8 Shrug: Medium Grip (Barbell)

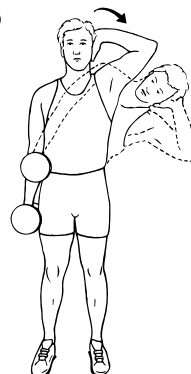
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

ABS - 37 Side Bend (Dumbbell)

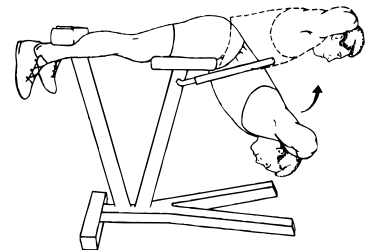
Tighten abdominals and bend to side as far as possible.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

BACK: LOW - 9 Extension

Bent at hips, back straight, hands behind head, raise torso until in line with legs. Do NOT extend past parallel to floor.



Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.



## TRAINING GOALS

If your goal is to increase muscle size and achieve maximum strength:

1. Complete 3 sets of each exercise:
    - Set #1 - medium weight / 10 repetitions
    - Set #2 - heavier weight / 6 - 8 repetitions (add 5 - 15 lbs)
    - Set #3 - heavier weight / 3 - 5 repetitions (add 5 - 15 lbs)
  2. Rest 2 to 3 minutes between each set.
  3. The last few repetitions in each set will require a challenging effort if the weight is correct.
  4. Increase weight for Set #1 by 5 - 10 pound increments over a 2 to 3 week period.
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