



TRAINING GOALS

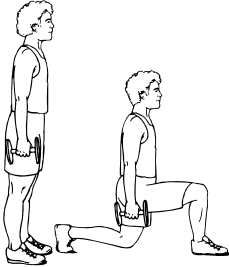
If your goal is to increase muscle size and achieve maximum strength:

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.
-



LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

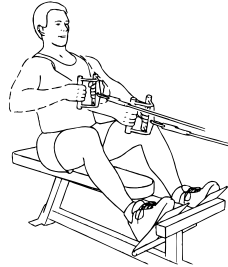
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do ____ sets.
Complete ____ repetitions.

BACK: LATS - 20 Row (V-Bar, Cable)

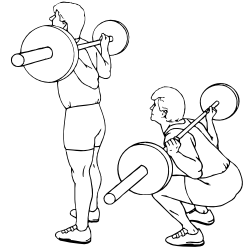
Torso erect, pull bar to chest.



Do ____ sets.
Complete ____ repetitions.

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.

SHOULDERS - 1 Press: Standing (Dumbbell)

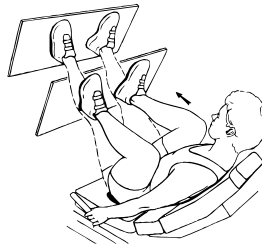
Knees slightly bent, palms in, press to straight arms, rotating to palms forward at end of movement.



Do ____ sets.
Complete ____ repetitions.

LEGS: GLUTES / THIGHS - 20 Leg Press: Incline (Machine)

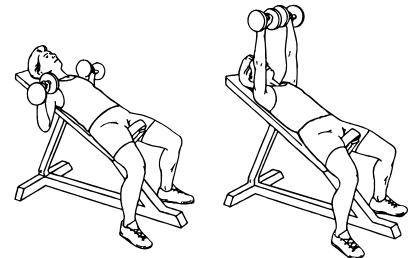
Press forward until legs are just short of locked knee position.



Do ____ sets. Complete ____ repetitions.

CHEST - 16 Bench Press: Incline (Dumbbell)

Press to straight arms.



Do ____ sets. Complete ____ repetitions.