

3 Day Workout Plan

Day One	Exercise	Sets	Reps	Weight
Chest Shoulders	Low Incline Dumbbell Press	6	15, 5,5,5,5,5	
	Standing Barbell Press Behind Head or Barbell Clean & Press	6	15, 5,5,5,5,5	
Chest	Incline Barbell Press or Incline Dumbbell Press	3	8, 8, 8	
	Shoulder Tri-Set	Dumbbell Rear Delt Raise +	2	8, 8
Dumbbell Lateral Raise +		2	8, 8	
Dumbbell Front Raise or perform above 3 exercise with cables		2	8, 8	
Chest	Flat or Incline Cable Crossover or Pec Deck	2	15, 15	
	<i>(optional)</i> Triceps	Hammer Strength Decline	2	8, 8
Dips		3	8, 8, 8	
Traps <i>(optional)</i> Abs	One Arm Cable Kickbacks	2	15, 15	
	Shrugs on Hammer Strength Ground Base Unit	2	12, 12	
	Hanging Knee ups or Hanging Leg Raises			
	Life Fitness Crunch			
		32	Total Sets	

Day Two	Exercise	Sets	Reps	Weight
Legs	5 minutes on stationary cycle			
	Bodymaster or Cybex Leg Extension	4	15, 12, 8, 8	
	Bodymaster or Cybex Leg Curl	4	15, 12, 8, 8	
	Squats (Freeweights or Smith Machine)	6	15, 5,5,5,5,5	
	Barbell or Dumbbell Bent Leg Raises	3	8, 8, 8	
	Lunges (Dumbbell lunges, Smith machine, Barbell or Ground base)	3	10, 10, 10	
	Leg Press (Plate load or Selectorized)	2	15, 15	
Calves	Plate Load Leg Press Calf Raise	1	"75"	
	Seated Calf Raise	1	"75"	
Abs	Hanging Knee ups or Hanging Leg Raises			
	Bodymaster Crunch			
	Total Sets	24		

Day Three	Exercise	Sets	Reps	Weight
Back	Pull-ups (free weight and/or machine)	4	15, 5,5,5,5	
	Pulldowns (Hammer strength, Cybex or Bodymaster)	4	8, 8, 8, 8	
Choose two	Rows (One arm dumbbell, T-Bar, Smith machine, Low pulley, Barbell, Cybex, Bodymaster)	3	8, 8, 8	
	Deadlifts (Conventional or Sumo)	3	8, 8, 8	
Biceps	Deadlifts (Conventional or Sumo)	4	5,5,5,5	
	Incline Dumbbell Curls	2	8, 8	
	90 degree one arm dumbbell	2	8, 8	
	Machine curls (Cybex or Bodymaster)	2	15, 15	
Abs	Cybex Crunch			
	Total Sets	24		

