

## 4 Week Program

Workout One	Exercise	Sets	Reps	Weight
<i>Chest</i>	Incline Barbell Press	4*	10	
<i>Shoulders</i>	Barbell Clean & Press	4*	10	
<i>Triceps</i>	Close Grip Barbell Bench Press	4*	10	
<i>Abs</i>	Hanging Knee Ups	4	15	
	Total Sets	16		

**Off Day from Weights: Cardio (Hoops, Running, Soccer etc....)**  
**(Sport's Training)**

Workout Two	Exercise	Sets*	Reps	Weight
<i>Warm-up Bike 10 min.</i>				
<i>Legs</i>	Barbell Squats	4*	10	
	Barbell Bent Leg Raises	4*	10	
	Walking Barbell Lunges	4*	-	
<i>Calves</i>	Leg Press Calf Raise +	3	10	
	Seated Calf Raise	3	10	
<i>Abdominals</i>	Machine Crunches	4	15	
	Total Sets	22		

**Off Day from Weights: Cardio (Hoops, Running, Soccer etc....)**  
**(Sport's Training)**

Workout Three	Exercise	Sets*	Reps	Weight
<i>Back</i>	Barbell Deadlifts (with Straps)	4*	10	
	Assisted Wide Grip Pullups	4*	10	
	Hammer Strength Pulldowns	4*	10	
<i>Biceps</i>	Barbell Curls on 90 Degree Bench	4*	10	
<i>Abdominals</i>	Abcoaster	4	15 each side	
	Total Sets	20		

**Off Day from Weights: Sport's Training Cardio (Hoops, Running, Soccer etc....)**

**Rest Day**

**Repeat Workout One**

<b>Sets* = 4 sets weeks 1, 2, 3</b> <b>Sets* = 5 sets week 4</b>
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