

Chapter 1: Weeks 1 – 4

Monday – Chest & Lower Back

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Bench Press	12	10	8	Flat with Barbell	With Dumbbells
Incline Bench Press	12	10	8	Incline with Barbell	With Dumbbells
Chest Dips	10	10	10	Body Weight	Chair Assisted
Pull Ups	10	10	10	Body Weight	Chair Assisted
Cable Row	15	12	10	Seated	With Barbell or Dumbbells
Lat Pulldown	15	12	10		Pull Up

Tuesday – Arms

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
EZ Bar Curls	20	15	12	Standing – With Neutral Grip	With Dumbbells
Incline Dumbbell Curls	10 each	10 each	10 each	Seated – Alternating	Cable Curls
Preacher Curls	15	12	10	With Ez Bar	With Dumbbells
Skull Crushers	15	12	10	With Ez Bar	With Dumbbells
Tricep Pulldown	15	15	15	Cable Rope	Dumbbell Extension
Overhead Tricep Extension	12 each	10 each	8 each	Single Arm with Dumbbell	

Wednesday - Legs

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Squat	12	10	8	Barbell	With Dumbbells
Deadlift	15	12	10		With Dumbbells
Leg Extensions	12	12	12	Seated	
Leg Curls	12	12	12	Lying	
Step Ups	8 each	8 each	8 each	Seated	With Barbell or Dumbbells

Thursday – Shoulders & Upper Back

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Rotating Shoulder Press	12	10	8	(Arnold Press) Seated with Dumbbells	Use Resistance Band
Dumbbell Raise	15	15	15	Lateral	Use Resistance Band
Bent Over Dumbbell Raise	15	15	15	Lateral Pronated	Chair Assisted
Barbell Military Press	20	15	12	Standing	With Dumbbells
Dumbbell Shrugs	20	20	20		

Friday – Chest & Triceps

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Bench Press	12	10	8	Flat with Dumbbells	
Flys	15	12	10	Incline with Dumbbells	
Decline Bench	15	12	10	With Barbell	With Dumbbells
Tricep Dips	10	10	10	Body Weight	Chair Assisted
Tricep Kickbacks	12 each	12 each	12 each	With Dumbbells	