

## Chapter 2: Weeks 5 – 8

### Monday – Chest

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Incline Bench Press	12	10	8	With Barbell	With Dumbbells
Incline Bench Press	10	10	10	Dumbbells with Squeeze	
Bench Press	12	10	8	Flat with Barbell	With Dumbbells
Bench Press	10	10	10	Dumbbells with Squeeze	Chair Assisted
Weighted Chest Dips	10	8	6		Body Weight and/or Chair Assisted

### Tuesday – Lower Back & Calves

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Rack Pulls	12	10	8	With Barbell	Back Extension with Cable
Pull Ups	12	12	12	Body Weight	Chari Assisted
Barbell Row	12	10	8	Bent Over/Standing	With Dumbbells
Calf Raises	18	15	12	With Dumbbells	
Calf Pause	8	8	8	Standing with Barbell 3 second pause between each rep	With Dumbbells

### Wednesday – Shoulders & Triceps

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Shoulder Press	12	10	8	Seated with Dumbbells	With Barbell
Front Raise	10	10	10	Standing with Barbell	With Dumbbells
Deltoid Cable Pull	15	15	15	Single Arm/Rear Delt	
French Press	12	12	12	Standing with Ez Bar	
Tricep Dips	10	10	10	Weighted	Body Weight

### Thursday – Back & Biceps

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Back Fly	15	12	10	Incline	
Dumbbell Row	10	10	10	Bent Over/Single Arm	
Cable Bicep Curls	15	12	10		With Dumbbells
Hammer Curls	10 each	8 each	6 each	Alternating with Dumbbell	
Close Grip Curls	12	10	8	Standing with Ez Bar	With Dumbbells

### Friday - Legs

Workout	Number of Repetitions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Front Squat	12	10	8	with Barbell	With Dumbbells
Backwards Lunge	10 each	10 each	10 each	Alternating	
Leg Extension Pause	8	8	8	3 second pause with each rep	
Leg Curl Pause	8	8	8	3 second pause with each rep	
Romanian Deadlift	12	10	8		