

Chapter 3: Weeks 9 - 12

Monday – Chest & Triceps

Workout	Number of Repititions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Landmine Press	15	12	10		
Dumbbell Press	15	12	10	Underhand with Incline	
Barbell Bench Press	15	12	10	Wide Grip/Flat	With Dumbbells
Barbell Bench Press	12	10	8	Close Grip/Flat	With Dumbbells
Dumbbell Pullover	12	10	8		
Leg Supported Tricep Dip	15	15	15	Weighted	Body Weight

Tuesday – Legs & Back

Workout	Number of Repititions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Walking Lunges	10	10	10	Down and Back	
Bulgarian Squat	10 each	8 each	6 each		
Stiff – Legged Deadlift	12	10	8		
Pull Ups	15	15	15		Chair Assisted
Barbell Rows	15	12	10	Incline	With Dumbbells
Incline YTWL	12	12	12		

Wednesday – Triceps & Calves

Workout	Number of Repititions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Tricep Cable Pulldown	10	10	10	Overhand with Straight Bar	
Tricep Cable Pulldown	10	10	10	Underhand with Straight Bar	
Overhead Tricep Extension	10	10	10	With Cable Rope	
Close Press	12	10	8	Single Dumbbell	
Seated Calf Raises	15	12	10		
Single Leg Calf Raises	10 each	10 each	10 each	Standing/Body Weight	

Thursday – Shoulders & Biceps

Workout	Number of Repititions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Shoulder Press	15	12	10	Seated with Dumbbells	
Single Arm Front Raise	15 each	12 each	10 each	Alternating with Dumbbells	
Front Raise	12	10	8	Front Raise	
Supinated Dumbbell Curls	12 each	10 each	8 each	Alternating	
Cable Curls	15	12	10	With Straight Bar	
Isolated Curls	15	12	10	With Dumbbells	

Friday - Chest

Workout	Number of Repititions			Specifics	Alternative
	Set 1	Set 2	Set 3		
Dips with a Pause	10	8	6	Weighted	Body Weight
Incline Barbell Bench with Pause	10	8	6	3 sec pause with each rep	
Flat Barbell Bench Press Burnout	Rep Out	Rep Out	Rep Out	75%, 50%, 25% of Max	