

Beginner Start

	Day	Body Part	Exercise	Frequency
☐	Monday	Chest	Pushups	3 x 10
☐		Glute	Lunges	3 x 5
☐	Tuesday		REST	
☐	Wednesday		REST	
☐	Thursday	Quad	Squats	3 x 10
☐		Tricep	Diamond Pushups (knee assisted)	3 x 5
☐	Friday		REST	
☐	Saturday		REST	
☐	Sunday		REST	

Beginner Goal

	Day	Body Part	Exercise	Frequency
☐	Monday	Chest	Pushups	4 x 10
☐		Glute	Lunges	3 x 5
☐		Calf	Calf Raises	2 x 10
☐	Tuesday		REST	
☐	Wednesday		REST	
☐	Thursday	Quad	Squats	3 x 10
☐		Tricep	Diamond Pushups	4 x 5
☐		Hamstring	Romanian Dead Lift	2 x 5
☐	Friday		REST	
☐	Saturday		REST	
☐	Sunday		REST	

Beginner Modified (pull up bar & dumbbells)

	Day	Body Part	Exercise	Frequency
☐	Monday	Chest	Pushups	4 x 10
☐		Glute	Lunges	3 x 5
☐		Calf	Calf Raises	3 x 10
☐	Tuesday	Back	Pullups	4 x 5
☐		Bicep	Bicep Curls	4 x 10
☐	Wednesday		REST	
☐	Thursday	Quad	Squats	3 x 10
☐		Tricep	Diamond Pushups (knee assisted)	4 x 5

	Day	Body Part	Exercise	Frequency
☐		Hamstring	Romanian Dead Lift	3 x 5
☐	Friday	Shoulder	Lateral Raise	3 x 10
☐	Saturday		REST	
☐	Sunday		REST	

IMPORTANT NOTES

1. Take enough breaks in between sets that you aren't wasting time but your muscles are ready to complete a set.
2. 3 x 5: 3 sets of 5 repetitions. You will do the exercise 5 times and then take a rest. Repeat this 2 more times.
3. The beginner starts off with exercises taking 45 seconds to complete. It is completely possible to feel like you want to progress quickly. Be patient!
4. Pay attention to the difference between pain and soreness. Soreness you want. You can continue exercising through soreness. Pain should be monitored.
5. The goal is always to fully activate muscles. Feel free to adjust the weight or frequency so you feel like you are using your muscles sufficiently.
6. The goal is also to stay injury-free. Perform exercises slowly and reach the full range of motion to be the most efficient with your movement.

Intermediate

	Day	Body Part	Exercise	Frequency
☐	Monday	Chest	Seated Chest Press	3 x 10
☐		Tricep	Overhead Extension (machine)	4 x 10
☐		Chest	Fly	3 x 10
☐	Tuesday	Back	Lat Pulldown	3 x 10
☐		Bicep	Incline Bicep Curl	4 x 10
☐		Back	Deadlift	3 x 10
☐	Wednesday	Quad	Squats	3 x 10
☐		Calf	Calf Raises	3 x 10
☐		Glute	Lunges	3 x 10
☐	Thursday	Chest	Seated Chest Press	3 x 10
☐		Tricep	Overhead Extension (free weight)	4 x 10
☐		Chest	Incline Chest Press	3 x 10
☐	Friday	Back	Lat Pulldown	3 x 10
☐		Bicep	Bicep Curl (machine)	4 x 10
☐		Back	Dumbbell Row	3 x 10
☐	Saturday		REST	
☐	Sunday		REST	

IMPORTANT NOTES

1. Adjust weight to fit the frequency. You want to feel like your 10th time each set is challenging but not impossible.
2. It is perfectly reasonable to take a break every 4-6 weeks. Take a week off and then start up again.
3. Progression from intermediate to advanced should feel natural. Don't force it!
4. Every suggested exercise is what is available at our local gym. There are others that might be more effective or feel better for you. Experiment!
5. The goal is always to fully activate muscles. Feel free to adjust the weight or frequency so you feel like you are using your muscles sufficiently.
6. The goal is also to stay injury-free. Perform exercises slowly and reach the full range of motion to be the most efficient with your movement.

Advanced

	Day	Body Part	Exercise	Frequency
☐	Monday	Chest	Seated Chest Press	3 x 6
☐		Chest	Incline Chest Press	3 x 6
☐		Tricep	Overhead Extension (machine)	3 x 6
☐		Chest	Fly	3 x 6
☐		Tricep	Overhead Extension (free weight)	3 x 6
☐		Shoulder	Upright Row (machine)	3 x 6
☐	Tuesday	Back	Lat Pulldown	3 x 6
☐		Shoulder	Lateral Raises	3 x 6
☐		Bicep	Incline Bicep Curl	3 x 6
☐		Back	Dumbbell Row	3 x 6
☐		Back	Deadlift	3 x 6
☐		Bicep	Bicep Curl (machine)	3 x 6
☐	Wednesday	Quad	Squats	3 x 6
☐		Calf	Calf Raises	3 x 10
☐		Quad	Leg Extensions	3 x 6
☐		Hamstring	Standing Hamstring Curl	3 x 6
☐		Glute	Bulgarian Split Squat	3 x 6
☐	Thursday	Chest	Seated Chest Press	3 x 6
☐		Chest	Incline Chest Press	3 x 6
☐		Tricep	Overhead Extension (machine)	3 x 6
☐		Chest	Fly	3 x 6
☐		Tricep	Overhead Extension (free weight)	3 x 6
☐		Shoulder	Upright Row (machine)	3 x 6
☐	Friday	Back	Lat Pulldown	3 x 6
☐		Shoulder	Lateral Raises	3 x 6
☐		Bicep	Incline Bicep Curl	3 x 6
☐		Back	Dumbbell Row	3 x 6
☐		Back	Deadlift	3 x 6
☐		Bicep	Bicep Curl (machine)	3 x 6
☐	Saturday	Quad	Squats	3 x 6
☐		Calf	Calf Raises	3 x 6
☐		Quad	Leg Extensions	3 x 6
☐		Hamstring	Standing Hamstring Curl	3 x 6

	Day	Body Part	Exercise	Frequency
☐		Glute	Bulgarian Split Squat	3 x 6
☐	Sunday		REST	

IMPORTANT NOTES

1. Your reps in reserve should be close to 0-1 every set. On the final set, finish to 10 reps using lengthened partials.
2. Again, take a break every 4-6 weeks. Ideally take an entire week off but if your body feels up for it, drop the weight and continue your routine.
3. When you feel like you can do 10 reps with the current weight comfortably, increase the weight so your repetitions drop to 6.
4. Be flexible with Saturday. Use it as a rest day or to fill in any missed exercises from the week either in addition or in lieu of legs.
5. <u>The goal is always to fully activate muscles. If you need to adjust the weight or frequency to do so, that is perfectly acceptable.</u>
6. <u>The goal is also to stay injury-free. Perform exercises slowly and reach the full range of motion to be the most efficient with your movement.</u>