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Beginner to Advanced Workout Program

by Doug Walker

A 52 page illustrated guide that will take you
from beginner to advanced in 12 weeks



Consistency, variety & intensity are key.
Consistency in the gym. Variety & Intensity in your workouts.

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The Benefits of Strength Training

An effective program can benefit your body in the following areas:

Health:

Increases HDL - High Density Lipoprotein (good cholesterol) and decrease LDL - Low Density Lipoprotein (bad cholesterol).
Reduces risk of diabetes and insulin needs.
Lowers risk of cardiovascular disease.
Lower high blood pressure.
Lowers risk of breast cancer - reduces high estrogen levels linked to the disease.
Decreases or minimizes risk of osteoporosis by building bone mass.
Reduces symptoms of PMS (Premenstrual Syndrome)
Reduces stress and anxiety.
Decreases colds and illness.

Strength:

Increased muscle strength, power, endurance and size. Enhanced performance of everyday tasks. You will be able to do everyday tasks like lifting, carrying, and walking up stairs with greater ease.

Flexibility:

By working the muscles through a full range of motion, weight training can improve your overall body flexibility. Increased flexibility reduces the risk of muscle pulls and back pain

Likelihood of Injury:

Strong muscles, tendons, and ligaments are less likely to give way under stress and are less likely to be injured. Increased bone density and strength. Reduces back and knee pain by building muscle around these areas.

Body Composition:

Boosted metabolism (which means burning more calories when at rest). Reduced body fat. Your overall weight may not change, but you will gain muscle and lose fat. Over time you should notice decreases in waist measurements and bodyfat measurement..

Muscle Tone:

The conditioning effect will result in firmer and better-defined muscles.

Posture:

The way you sit and stand are influenced by the health of a network of neck, shoulder, back, hip and abdominal muscles. Stronger muscles can help you stand and sit straighter and more comfortably. Improved balance and stability.

State of Mind:

As you begin to notice the positive physical changes in your body and develop a regular exercise routine your ability to handle stress effectively will improve. Weight training allows you to sleep better, i.e., fall asleep quicker and sleep deeper. Clinical studies have shown regular exercise to be one of the three best tools for effective stress management.

In general, resistance training lowers mortality rates at all ages from all causes.

Basic principles

Type of lift - you need to tailor your workout to address specific body areas. For example, if you want bigger and stronger arms, you need to use exercises that target those particular muscles.

Intensity - the faster the lift, the greater the intensity.

Volume - the greater the number of lifts, the more profound the increase in muscle size and strength. You can increase the volume by either training frequently (say, four times per week instead of two) or else training for longer per session (such as one hour instead of 30 minutes).

Variety - switching around your workout routine, such as regularly introducing new exercises, challenges your muscles and forces them to adapt with increased size and strength.

Progressive overload - gradually increasing your weights forces your muscles to grow stronger and larger.

Rest - you need to rest between sets. If your goal is muscle size or endurance, rest for 30-60 seconds or so. If you want muscle strength, allow up to 2-4 minutes between sets.

Recovery - muscle needs time to repair and grow after a workout. A good rule of thumb is to rest the muscle group for at least 48 hours to allow sufficient recovery time.

General safety guidelines

Only use safe and well-maintained equipment. Faulty equipment will significantly increase your risk of injury. Warm up and cool down thoroughly. Incorporate slow, sustained stretches. Wear appropriate clothing - natural fibers 'breathe' better than synthetics, and multiple layers of clothing are preferable to one bulky layer. Don't forget to breathe - exhale at the point of greatest exertion rather than holding your breath. Control the weights at all times - don't throw them up and down, or use momentum to 'swing' the weights through their range of motion.

Make sure you use correct lifting technique. If you are unsure, consult with a qualified gym instructor or physiotherapist. Incorrect technique can slow your progress, or even cause injuries. Ensure you move the weight through your joint's full range of motion. This not only works the muscle fully, but reduces the risk of joint injury.

Common Weight Training Myths

Weight training has no aerobic or cardiovascular benefits.

In addition to the increase in strength, researchers found that weight lifting had a beneficial impact on the participants' cardiovascular system. Tests on an exercise treadmill showed that their bodies used oxygen more efficiently after weight training.

I don't want to get "too big". & Women shouldn't lift weights because they will look like men.

People don't suddenly become "huge" from lifting weights. It takes years of intense training and the proper genetics to become "huge". Lifting weights does not make a woman look like a man, male "androgenic" hormones, naturally occurring or otherwise determine that. Women can, however, develop a shapely and well proportioned physique by lifting weights.

Doing ab/stomach exercises will trim unwanted pounds from your waist.

There is no such thing as spot weight reduction. Doing abdominal exercises only strengthens the muscle; it doesn't make fat magically disappear. Too much ab work will only lead to a larger waist. The only way to trim unwanted pounds from your waist (or any other part of your body) is to expend more calories per day through activity than you consume through food.

Muscle turns to fat when you stop working out. & I want to turn my fat into muscle.

Muscle and fat are two different types of tissues and can no more turn into one another than wood and glass. When muscle tissue is not used it will atrophy, or shrink in size. Typically the neglected muscle becomes surrounded by fat, giving the illusion of turning into fat.

I want to build long lean muscles.

I give credit to the "info-mercials" for this one. All muscle is lean, and the length is determined by your bone structure and genetics.

Some exercises are good for "shaping" and some are good for "building mass".

It's not the exercise which determines the type of muscular adaptation. All exercises have the potential to do both. Your diet and training intensity play a role, but genetics are the determining factor in the shape and size of your muscles.

I have to workout for hours a day.

These workout routines lead to overtraining; the body cannot recover sufficiently between workouts for real muscular growth to occur. These routines will only work for steroid users. Workouts should last 45 minutes maximum.

Too old to start lifting weights.

Studies reported in Science News showed that people in their seventies and eighties who began a weight training program showed significant gains in muscle size and strength. Some of the participants in the study who could scarcely walk before the program began could walk easily after the program.

Beginner Workout Instructions

Week 1

Day 1

Your goal is to do 1 set of 15 repetitions on each exercise.

(All machines and exercises are different, so when choosing your starting weights guess light)

Make sure to write your weights & reps in the 1st column, weight x reps, example: 20 x 15
If you don't get 15 reps on every exercise it's OK, just do as many as you can and write it down.

Day 2 - 4

Look over the previous workout and slightly raise the weights on any exercises you easily made it to 15, keep all other weights the same.

Repeat this workout 1 to 3 times with at least 1 day of rest in between.

Weeks 2 - 6

Generally the same format as week 1 with different exercises and more sets (as noted on each workout).

**Use the Progress Report
to track your progress.**



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Name: _____

Dates _____

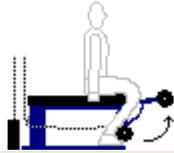
Warm-Up

Lower-body

1 set of 15 repetitions on each exercise

Beginner Workout Week 1

Quadriceps:
Universal Leg Extensions



___ X ___

___ X ___

___ X ___

___ X ___

Hamstrings:
Universal Leg Curls



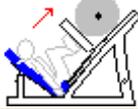
___ X ___

___ X ___

___ X ___

___ X ___

Quad/Hams/Glutes:
Leg Press sled=75 lbs



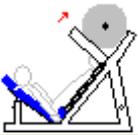
___ X ___

___ X ___

___ X ___

___ X ___

Calves:
Calf Raises on Leg Press



___ X ___

___ X ___

___ X ___

___ X ___

Upper-Body

1 set of 15 repetitions on each exercise

Beginner Workout Week 1

Chest:
Incline Dumbbell Press



___ X ___

___ X ___

___ X ___

___ X ___

Back:
Pulldowns - in front- straight handle



___ X ___

___ X ___

___ X ___

___ X ___

Shoulders:
Seated Dumbbell Press



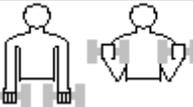
___ X ___

___ X ___

___ X ___

___ X ___

Biceps:
Standing Dumbbell Curls



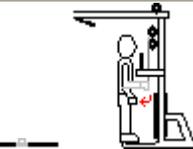
___ X ___

___ X ___

___ X ___

___ X ___

Triceps:
Pushdowns -straight handle



___ X ___

___ X ___

___ X ___

___ X ___

Traps:
Standing Dumbbell Shrugs



___ X ___

___ X ___

___ X ___

___ X ___

Lower-Back:
Hyper-Extensions



___ X ___

___ X ___

___ X ___

___ X ___

Abs:
Ab Roller



Cool Down/Cardio

Beginner Workout - Week 2

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Name: _____

Dates _____

Warm-Up

Lower-body

2 sets of 15 repetitions on each exercise

Beginner Workout Week 2

Quadriceps:
Leg Extensions



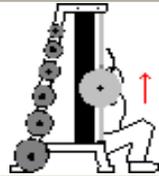
___ x ___
___ x ___

Hamstrings:
Leg Curls



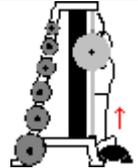
___ x ___
___ x ___

Quad/Hams/Glutes:
Smith Machine Squats



___ x ___
___ x ___

Calves:
Calf Raises on Smith Machine



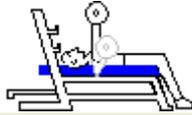
___ x ___
___ x ___

Upper-Body

1 set of 15 repetitions on each exercise

Beginner Workout Week 2

Chest:
Flat Barbell Press



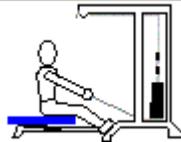
___ x ___

___ x ___

___ x ___

___ x ___

Back:
Seated Cable Rows -V handle



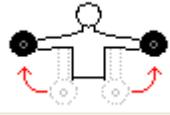
___ x ___

___ x ___

___ x ___

___ x ___

Shoulders:
Dumbbell Side Raises



___ x ___

___ x ___

___ x ___

___ x ___

Biceps:
Standing Barbell Curls



___ x ___

___ x ___

___ x ___

___ x ___

Triceps:
Pushdowns -Rope handle



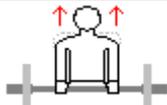
___ x ___

___ x ___

___ x ___

___ x ___

Traps:
Standing Barbell Shrugs



___ x ___

___ x ___

___ x ___

___ x ___

Lower-Back:
ab/BACK Machine



___ x ___

___ x ___

___ x ___

___ x ___

Abs:
AB/back Machine



___ x ___

___ x ___

___ x ___

___ x ___

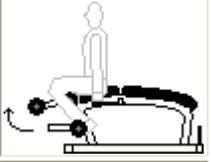
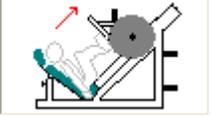
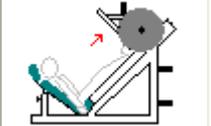
Cool Down/Cardio

Beginner Workout - Week 3

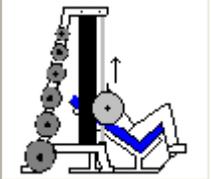
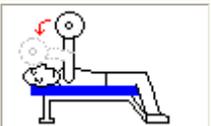
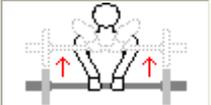
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Name:	Dates				
Warm-Up					

Lower-body 2 sets of 15 repetitions on each exercise Beginner Workout Week 3

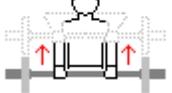
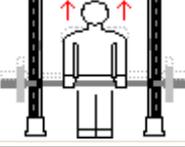
Quadriceps: <i>Free Weight Leg Extensions</i>		___ X ___ ___ X ___			
Hamstrings: <i>Free Weight Leg Curls</i>		___ X ___ ___ X ___			
Quad/Hams/Glutes: <i>Trotter Leg Press</i>		___ X ___ ___ X ___			
Calves: <i>Calf Raises on Trotter Leg Press</i>		___ X ___ ___ X ___			

Upper-Body 2 sets of 15 repetitions on each exercise Beginner Workout Week 3

Chest: <i>Incline Smith Machine Press</i>		___ X ___ ___ X ___			
Back: <i>Wide Grip Leverage Rows</i>		___ X ___ ___ X ___			
Shoulders: <i>Dumbbell Front Raises</i>		___ X ___ ___ X ___			
Biceps: <i>Preacher Curls -EZ curl bar</i>		___ X ___ ___ X ___			
Triceps: <i>Skull Crushers -EZ curl bar</i>		___ X ___ ___ X ___			
Traps: <i>Close Grip Barbell Upright Rows</i>		___ X ___ ___ X ___			
Lower-Back: <i>Hyper-Extensions</i>		___ X ___ ___ X ___			
Abs: <i>Ab Roller</i>		___ ___ ___ ___	___ ___ ___ ___	___ ___ ___ ___	___ ___ ___ ___
Cool Down/Cardio					

Beginner Workout - Week 4

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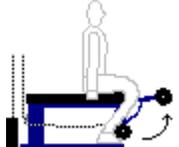
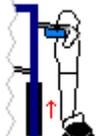
Name:	Dates				
Warm-Up					
Lower-body		3 sets of 15 repetitions on each exercise			Beginner Workout Week 4
Hamstrings: <i>Stiff Leg Deadlifts</i>		___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___
Quad/Hams/Glutes: <i>Hack Squats</i>		___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___
Calves: <i>Seated Raises</i>		___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___	___ X ___ ___ X ___ ___ X ___
Upper-Body		2 sets of 15 repetitions on each exercise			Beginner Workout Week 4
Chest: <i>Flat Dumbbell Press</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Back: <i>Pulldowns -in front -V handle</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Shoulders: <i>Wide Grip Barbell Upright Rows</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Biceps: <i>Cable Curls - EZ curl handle</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Triceps: <i>Seated Overhead Extensions -EZ curl bar</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Traps: <i>Smith Machine Shrugs</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Lower-Back: <i>ab/BACK Machine</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Abs: <i>AB/back Machine</i>		___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___	___ X ___ ___ X ___
Cool Down/Cardio					

Beginner Workout - Week 5

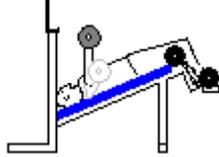
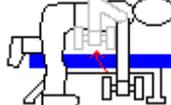
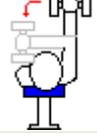
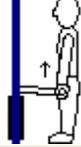
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Name:	Dates			
Warm-Up				

Lower-body 3 set of 15 repetitions on each exercise Beginner Workout Week 5

Quadriceps: <i>Universal Leg Extensions</i>		___ X ___ ___ X ___ ___ X ___			
Hamstrings: <i>Leg Curls</i>		___ X ___ ___ X ___ ___ X ___			
Quad/Hams/Glutes: <i>Barbell Squats</i>		___ X ___ ___ X ___ ___ X ___			
Calves: <i>Calf Raises on Universal Machine</i>		___ X ___ ___ X ___ ___ X ___			

Upper-Body 3 set of 15 repetitions on each exercise Beginner Workout Week 5

Chest: <i>Decline Barbell Press</i>		___ X ___ ___ X ___ ___ X ___			
Back: <i>Dumbbell Rows</i>		___ X ___ ___ X ___ ___ X ___			
Shoulders: <i>Seated Front Barbell Press</i>		___ X ___ ___ X ___ ___ X ___			
Biceps: <i>Incline Dumbbell Curls</i>		___ X ___ ___ X ___ ___ X ___			
Triceps: <i>Dumbbell Crossface</i>		___ X ___ ___ X ___ ___ X ___			
Traps: <i>Universal Machine Shrugs</i>		___ X ___ ___ X ___ ___ X ___			
Lower-Back: <i>Hyper-Extensions</i>		___ X ___ ___ X ___ ___ X ___			
Abs: <i>Ab Roller</i>		___ ___ ___ ___ ___ ___ ___ ___ ___			

Cool Down/Cardio				
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Beginner Workout - Week 6

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Name: _____

Dates _____

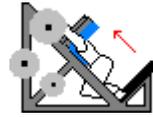
Warm-Up

Lower-body

5 sets of 15 repetitions on each exercise

Beginner Workout Week 6

Quad/Hams/Glutes:
Front Hack Squats



____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

Calves:
Free Standing Calf Raises



____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____
____ X ____
____ X ____

Upper-Body

3 set of 15 repetitions on each exercise

Beginner Workout Week 6

Chest:
"Futron" Incline Barbell Press



____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Back:
*Bent Over Barbell Rows
Overhand Grip*



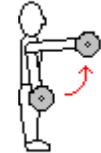
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Shoulders:
Barbell Front Raises



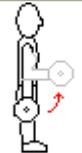
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Biceps:
*Standing EZ Curls
w/EZ curl bar*



____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Triceps:
*Close Grip Barbell Press
shoulder wide grip*



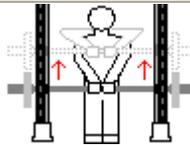
____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Traps:
*Close Grip Smith Machine
Upright Rows*



____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Lower-Back:
ab/BACK Machine



____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Abs:
AB/back Machine



____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

____ X ____
____ X ____
____ X ____

Cool Down/Cardio

Intermediate Workout Instructions

The first exercise for each body part is done in a pyramid, where the first 4-6 sets are [warm ups](#) and all following sets are done to [failure](#).

Any secondary exercises for the same body part are done in a descending order (heavy set first), unless safety or pain dictates otherwise.

Warm ups:	These reps are dictated for a reason. If you do more than the designated number, you will use up too much energy before you reach your heavy set. Then you won't know what your true max is. If you do less, you may not be warmed up enough, and put yourself at risk for injury.
Failure:	It's the last rep when: Someone helps you, even a little. You start getting sloppy or squirming. The muscle burn becomes <i>completely</i> unbearable.
Abs:	Train your abs the same way you train any other bodypart. Hard once a week. Choose one or two exercises and change them each week.
Rest:	Wait about 30 seconds between warm up sets and about 1 minute before the heavier sets, as the weight gets lighter reduce your rest times.
Super Set:	A group of 2 or more exercises done with out resting in between. Example of a super set: Do a set of exercise # 1, then immediately with out resting do a set of exercise # 2, then exercise # 3, etc...



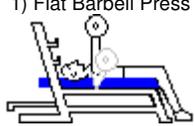
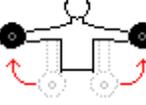
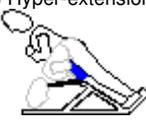
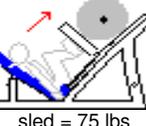
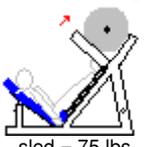
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Week 1 6 Week Workout 3 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

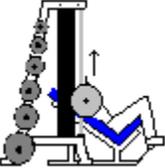
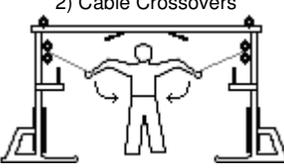
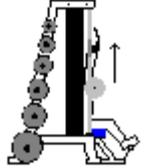
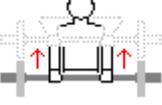
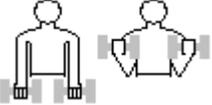
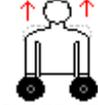
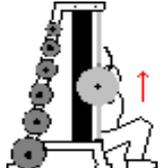
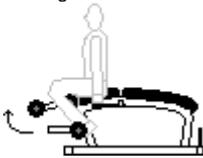
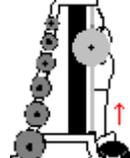
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Day 1	Chest:	1) Flat Barbell Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Incline Dumbbell flies 	100% x Failure 80% x Failure 60% x Failure	_____ x _____ _____ x _____ _____ x _____
	Delts:	3) Seated Barbell Press (in front) 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	4) Dumbbell Side Raises 	100% x Failure 80% x Failure 60% x Failure	_____ x _____ _____ x _____ _____ x _____
	Triceps:	5) Pushdowns (EZ curl handle) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____			
Day 2	Back:	1) Pulldowns (in front) (straight bar) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Seated cable rows (V shaped handle) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Biceps:	3) Standing Barbell Curls 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	optional optional optional		
	Traps:	4) Barbell Shrugs  SUPER SET w/Lower-back	100% x Failure 80% x Failure 60% x Failure	_____ x _____ _____ x _____ _____ x _____	Lower-back: 5) Hyper-extensions 		0 x Failure 0 x Failure 0 x Failure
Day 3	Legs:	1) Leg Extensions 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Leg Press  sled = 75 lbs	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Leg Curls  SUPER SET w/Calves	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____	4) Calf Raises on Leg Press  sled = 75 lbs	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

Week 2 6 Week Workout 3 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

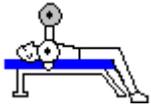
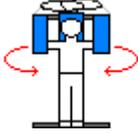
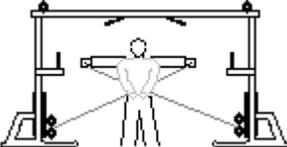
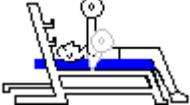
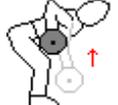
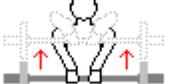
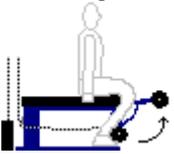
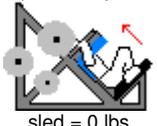
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<p>Day 1</p>	<p>Chest:</p>	<p>1) Incline Smith Machine Press</p> 	<p>20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x</p>	<p>2) Cable Crossovers</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ x _____ x _____ x</p>	
	<p>Delts:</p>	<p>3) Seated Smith Machine Press (in front)</p> 	<p>40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x</p>	<p>4) Barbell Upright Rows (shoulder wide grip)</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ x _____ x _____ x</p>	
	<p>Triceps:</p>	<p>5) Seated Overhead Extensions (EZ curl bar)</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ x _____ x _____ x</p>				
<p>Day 2</p>	<p>Back:</p>	<p>1) Pulldowns (V - shaped handle)</p> 	<p>20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x</p>	<p>2) Wide Grip Leverage Row Machine</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure</p>	<p>_____ x _____ x _____ x _____ x _____ x</p>	
	<p>Biceps:</p>	<p>3) Standing Dumbbell Curls</p> 	<p>40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x</p>	<p>optional optional optional</p>	 <p>The Last Stop in Total Fitness</p> <p>Copyright © 2003 TheTrainingStationInc.com</p>		
	<p>Traps:</p>	<p>4) Dumbbell Shrugs</p>  <p>SUPER SET w/Lower-back</p>	<p>100% x Failure 80% x Failure 60% x Failure</p>	<p>_____ x _____ x _____ x</p>	<p>Lower-back:</p>	<p>5) Lower-back Machine</p> 	<p>80% x 15-20 80% x 15-20 80% x 15-20</p>	<p>_____ x _____ x _____ x</p>
<p>Day 3</p>	<p>Legs:</p>	<p>1) Smith Machine Squats</p> 	<p>20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x</p>	<p>2) Free Weight Leg Extensions</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure</p>	<p>_____ x _____ x _____ x _____ x _____ x</p>	
		<p>3) Free Weight Leg Curls</p>  <p>SUPER SET w/Calves</p>	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ x _____ x _____ x</p>	<p>4) Calf Raises on Smith Machine</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ x _____ x _____ x</p>	

Week 3 6 Week Workout 3 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

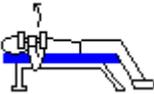
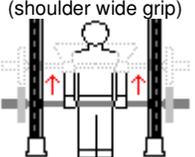
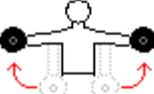
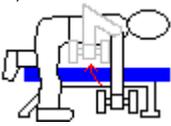
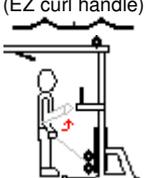
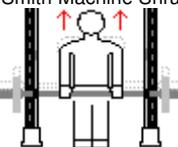
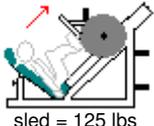
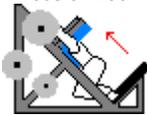
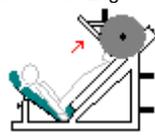
Name: _____

Day 1	Chest:	1) Flat Dumbbell Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x	2) Pec Deck 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ x _____ x _____ x	
	Delts:	3) Seated Dumbbell Press 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x	4) Cable Side Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ x _____ x _____ x	
	Triceps:	5) Close Grip Barbell Press 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ x _____ x _____ x				
Day 2	Back:	1) Bent Over Barbell Rows (overhand grip) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x	2) Close Grip Leverage Row Machine 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ x _____ x _____ x _____ x	
	Biceps:	3) Standing EZ bar Curls all chrome bar = 20 lbs 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x	optional optional optional			
	Traps: Super Set 3 & 4	4) Close Grip Barbell Upright Rows 	80% x Failure 60% x Failure 40% x Failure	_____ x _____ x _____ x	Lower-back:	5) Hyper-extensions 	0 x Failure 0 x Failure 0 x Failure	0 x 0 x 0 x
Day 3	Legs:	1) Universal Leg Extensions 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x	2) Hack Squats  sled = 0 lbs	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ x _____ x _____ x	
	Super Set 3 & 4	3) Stiff Leg Deadlifts 	80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ x _____ x _____ x	4) Seated Calf Raises 	80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ x _____ x _____ x	

Week 4 6 Week Workout 3 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

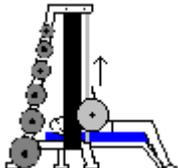
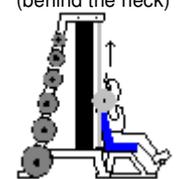
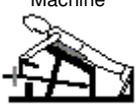
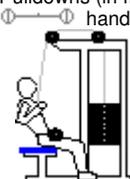
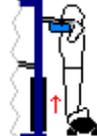
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<p>Day 1</p>	<p>Chest:</p>	<p>1) Incline Barbell Press</p> 	<p>20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>	<p>2) Flat Dumbbell Flies</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____ _____ x _____</p>
	<p>Delts:</p>	<p>3) Smith Machine Upright Rows (shoulder wide grip)</p> 	<p>40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>	<p>4) Dumbbell Side Raises</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____ _____ x _____</p>
	<p>Triceps:</p>	<p>5) Pushdowns (Rope handle)</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____ _____ x _____</p>			
<p>Day 2</p>	<p>Back:</p>	<p>1) Seated Cable Rows (V - shaped handle)</p> 	<p>20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>	<p>2) Dumbbell Rows</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>
	<p>Biceps:</p>	<p>3) Standing Cable Curls (EZ curl handle)</p> 	<p>40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>	<p>optional optional optional</p>		
	<p>Traps: SUPER SET 4 & 5</p>	<p>4) Smith Machine Shrugs</p> 	<p>80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____</p>	<p>Lower-back:</p>		<p>5) Lower-back Machine</p> 
<p>Day 3</p>	<p>Legs:</p>	<p>1) "Trotter" Leg Press</p>  <p>sled = 125 lbs</p>	<p>20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>	<p>2) Front Hack Squats (face it like football sled) Toes on floor</p> 	<p>40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____</p>
	<p>SUPER SET 3 & 4</p>	<p>3) Standing Single Leg Curl</p> 	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____ _____ x _____</p>	<p>4) Calf Raises on Trotter Leg Press</p>  <p>sled = 125 lbs</p>	<p>100% x Failure 80% x Failure 60% x Failure 40% x Failure</p>	<p>_____ x _____ _____ x _____ _____ x _____ _____ x _____</p>

Week 5 6 Week Workout 3 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

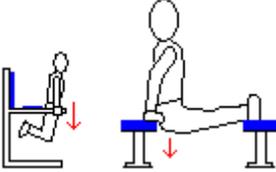
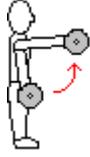
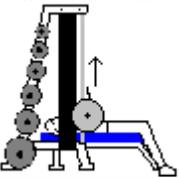
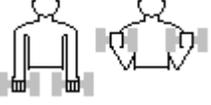
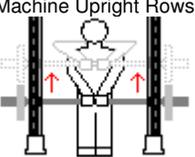
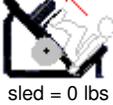
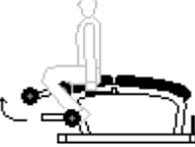
Name: _____

Day 1	Chest:	1) Flat Smith Machine Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Incline Dumbbell Flies 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____
	Delts:	3) Seated Smith Machine Press (behind the neck) 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	4) Dumbbell Front Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____
	Triceps:	5) Overhead Extensions (rope handle) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____			
Day 2	Back:	1) Wide Grip Leverage Row Machine 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Pulldowns (in front) handle 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Biceps:	3) Preacher Bench Curls (w/EZ curl bar) 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	optional optional optional		
	Traps:	4) Dumbbell Shrugs  SUPER SET w/Lower-back	100% x Failure 80% x Failure 60% x Failure	_____ x _____ _____ x _____ _____ x _____	Lower-back: 5) Hyper-extensions 	0 x Failure 0 x Failure 0 x Failure	_____ x _____ _____ x _____ _____ x _____
Day 3	Legs:	1) Leg Extensions 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Barbell Squats 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Universal Leg Curls  SUPER SET w/Calves	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	4) Standing Calf Raises (Universal Machine) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____

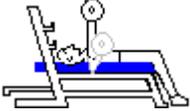
Week 6 6 Week Workout 3 days/week

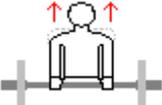
Name: _____

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

Day 1	Chest:	1) Incline Dumbbell Press  20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Dips or Bench Dips  0 x Failure 0 x Failure 0 x Failure 0 x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____
2	Delts:	3) Seated Machine Press (Universal Machine)  40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Barbell Front Raises  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____
	Triceps:	5) Close Grip Smith Machine Press  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____			
Day 2	Back:	1) Pulldowns (underhand grip) (straight handle)  20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Seated Cable Rows w/chain handle  100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Biceps:	3) Seated Dumbbell Curls  40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	optional optional optional	 The Last Stop In Total Fitness Copyright © 2003 TheTrainingStationInc.com	
	Traps:	4) Close Grip Smith Machine Upright Rows  40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____			Lower-back: 5) Lower-back Machine  80% x 15-20 80% x 15-20 80% x 15-20
Day 3	Legs:	1) Bodysmith Leg Press  sled = 0 lbs 20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Free Weight Leg Extensions  100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure SUPER SET w/Stiff Leg Deadlifts	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Stiff Leg Deadlifts  100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Seated Calf Raises  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

Name: _____

Day 1	Chest:	1) Flat Barbell Press 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	____ x ____ ____ x ____	Delts:	2) Seated Front Barbell Press 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	____ x ____ ____ x ____
	Triceps:	5) Pushdowns 	50% x Failure 40% x Failure 30% x Failure 20% x Failure 10% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____ ____ x ____	 The Last Step In Total Fitness Copyright © 2003 TheTrainingStationInc.com			

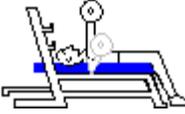
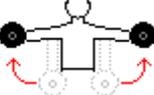
Day 2	Back:	1) Close Grip Leverage Rows 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	____ x ____ ____ x ____	Biceps:	2) Standing Cable Curls (EZ curl handle) 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	____ x ____ ____ x ____
	Traps:	3) Barbell Shrugs 	50% x Failure 40% x Failure 30% x Failure 20% x Failure 10% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____ ____ x ____	Lower-back:	5) Hyper-Extensions 	0 x Failure 0 x Failure 0 x Failure	0 x ____ 0 x ____ 0 x ____

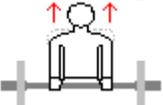
Day 3	Legs:	1) Leg Extensions 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	____ x ____ ____ x ____	2) Leg Curls 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	____ x ____ ____ x ____
		3) Free Standing Calf Raises 	0 x Failure 0 x Failure 0 x Failure 0 x Failure	0 x ____ 0 x ____ 0 x ____ 0 x ____	<p>Go to 4 Day Intermediate or Go to Advanced Workouts</p>		

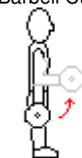
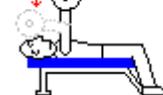
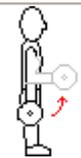
Week 1 6 Week Workout 4 days/week

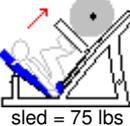
100% = Heaviest weight you can use safely & strictly for 2-3 reps.

Name: _____

Day 1	Chest:	1) Flat Barbell Press 	20% x 20 40%x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Delts:	3) Seated Barbell Press (in front) 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		2) Incline Dumbbell Flies 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Dumbbell Side Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

Day 2	Back:	1) Pulldowns (in front) (straight bar) 	20% x 20 40%x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Seated cable rows (V shaped handle) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Traps:	3) Barbell Shrugs 	100% x Failure 80% x Failure 60% x Failure SUPER SET w/Lower-back	_____ x _____ _____ x _____ _____ x _____	Lower-back:	4) Hyper-extensions 	0 x Failure 0 x Failure 0 x Failure	_____ x _____ _____ x _____ _____ x _____

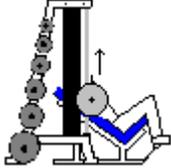
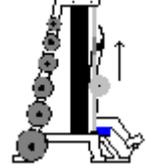
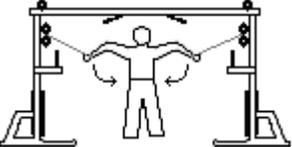
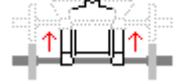
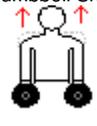
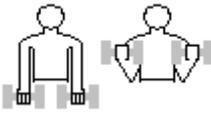
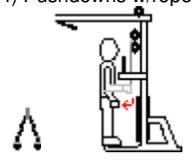
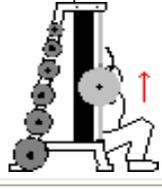
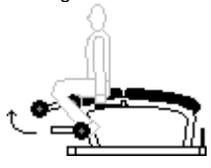
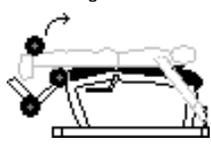
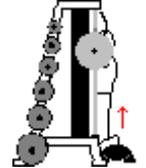
Day 3	Biceps:	1) Standing Barbell Curls 	20% x 20 40%x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Triceps:	2) Pushdowns (straight handle) 	20% x 20 40%x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
SUPER SET biceps & triceps		3) Incline Dumbbell Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Lying Tricep Extensions (EZ curl bar) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Forearms:	5) Barbell Reverse Curls (palms down) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____		 Copyright © 2003 TheTrainingStationInc.com		

Day 4	Legs:	1) Leg Extensions 	20% x 20 40%x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Leg Press  sled = 75 lbs	40%x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Leg Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure SUPER SET w/Calves	_____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Calf Raises on Leg Press 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

Week 2 6 Week Workout 4 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

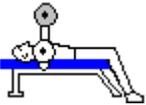
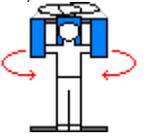
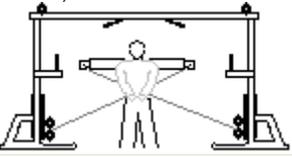
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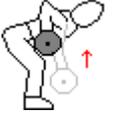
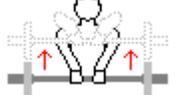
Day 1	Chest:	1) Incline Smith Machine Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x	Delts:	3) Seated Smith Machine Press (in front) 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x
		2) Cable Crossovers 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x		4) Barbell Upright Rows (shoulder wide grip) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x
Day 2	Back:	1) Pulldowns (V shaped handle) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x		2) Wide Grip Leverage Row Machine 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x
	Traps:	3) Dumbbell Shrugs 	100% x Failure 80% x Failure 60% x Failure SUPER SET w/Lower-back	____ x ____ x ____ x	Lower-back:	4) Lower-back Machine 	80% x 15-20 80% x 15-20 80% x 15-20	____ x ____ x ____ x
Day 3	Biceps:	1) Standing Dumbbell Curls 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x	Triceps:	2) Seated Overhead Extensions (EZ curl bar) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x
		3) Preacher Bench Curls (EZ curl bar) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x		4) Pushdowns w/rope 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x
	Forearms:	5) Barbell Wrist Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x	 Copyright © 2003 TheTrainingStationInc.com			
Day 4	Legs:	1) Smith Machine Squats 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x		2) Free Weight Leg Extensions 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x
		3) Free Weight Leg Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure SUPER SET w/Calves	____ x ____ x ____ x ____ x		4) Calf Raises on Smith Machine 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x

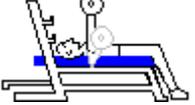
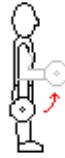
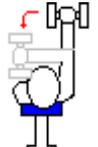
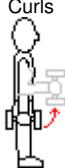
Week 3 6 Week Workout 4 days/week

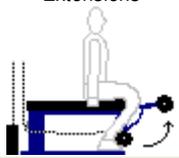
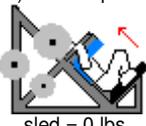
100% = Heaviest weight you can use safely & strictly for 2-3 reps.

Name: _____

Day 1	Chest:	1) Flat Dumbbell Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x	Delts:	3) Seated Dumbbell Press 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x
		2) Pec Deck 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x		4) Cable Side Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x

Day 2	Back:	1) Bent Over Barbell Rows (overhand grip) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x		2) Close Grip Leverage Row Machine 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x
	Traps:	3) Close Grip Barbell Upright Rows 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x	Lower-back:	4) Hyper-extensions 	0 x Failure 0 x Failure 0 x Failure	____ x ____ x ____ x

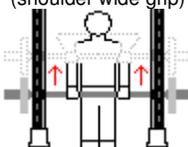
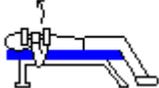
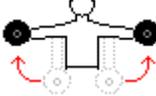
Day 3	Triceps:	1) Close Grip Barbell Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x	Biceps:	2) Standing EZ bar Curls  all chrome bar = 20 lbs	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x
		3) Lying Dumbbell Crossface 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x		4) Dumbbell Preacher Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x
	Forearms:	5) Dumbbell Hammer Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x	 Copyright © 2003 TheTrainingStationInc.com			

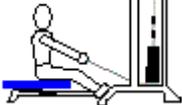
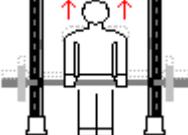
Day 4	Legs:	1) Universal Leg Extensions 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x		2) Hack Squats  sled = 0 lbs	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 12 ____ x 5 ____ x 2 ____ x ____ x ____ x ____ x
		3) Stiff Leg Deadlifts 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ x ____ x ____ x ____ x		4) Seated Calf Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ x ____ x ____ x

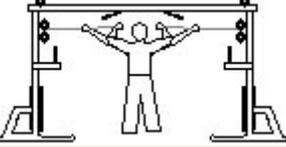
Week 4 6 Week Workout 4 days/week

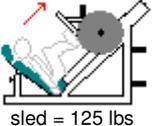
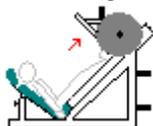
100% = Heaviest weight you can use safely & strictly for 2-3 reps.

Name: _____

Day 1	Chest:	1) Incline Barbell Press  20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Delts:	3) Smith Machine Upright Rows (shoulder wide grip)  40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		2) Flat Dumbbell Flyes  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Dumbbell Side Raises  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

Day 2	Back:	1) Seated Cable Rows (V shaped handle)  20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Traps:	2) Dumbbell Rows  100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	SUPER SET 3 & 4	3) Smith Machine Shrugs  80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____	Lower-back:	4) Lower-back Machine  80% x 15-20 80% x 15-20 80% x 15-20	_____ x _____ _____ x _____ _____ x _____

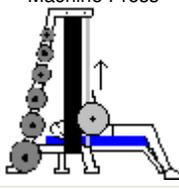
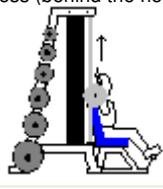
Day 3	Triceps:	1) Pushdowns (straight handle)  20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Biceps:	2) Standing Cable Curls (EZ bar handle)  20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
	SUPER SET Triceps & Biceps	3) Cable Kickbacks (one arm - palm up)  100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Cable Crossover Curls (front double bicep pose)  100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Forearms:	5) Cable Hammer Curls (rope handle)  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____	 Copyright © 2003 TheTrainingStationInc.com		

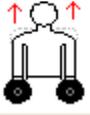
Day 4	Legs:	1) "Trotter" Leg Press  sled = 125 lbs 20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Front Hack Squats (face it like football sled)  40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Standing Single Leg Curl  100% x Failure 80% x Failure 60% x Failure 40% x Failure SUPER SET w/Calves	_____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Calf Raises on Trotter Leg Press  100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

Week 5 6 Week Workout 4 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

Name: _____

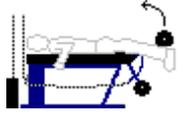
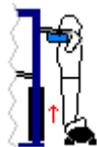
Day 1	Chest:	1) Flat Smith Machine Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____	Delts:	3) Seated Smith Machine Press (behind the neck) 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____
		2) Incline Dumbbell Flyes 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____		4) Dumbbell Front Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____

Day 2	Back:	1) Wide Grip Leverage Row Machine 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____	Traps:	3) Dumbbell Shrugs 	100% x Failure 80% x Failure 60% x Failure SUPER SET w/Lower-back	____ x ____ ____ x ____ ____ x ____ ____ x ____	Lower-back:	4) Hyper-extensions 	0 x Failure 0 x Failure 0 x Failure	____ x ____ ____ x ____ ____ x ____
		2) Pulldowns (in front) handle 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____ ____ x ____								

Day 3 super set biceps & triceps	Biceps:	1) Preacher Bench Curls (EZ curl bar) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____	Triceps:	2) Pushdowns (rope handle) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____
		3) Dumbbell Concentration Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____ ____ x ____		4) One arm Dumbbell Overhead Extensions 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____ ____ x ____
		Forearms:	5) Barbell Reverse Wrist Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure		____ x ____ ____ x ____ ____ x ____ ____ x ____		



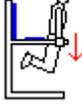
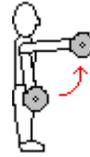
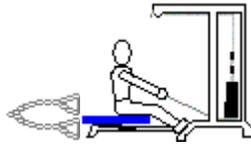
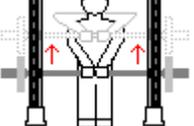
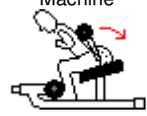
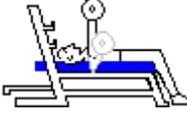
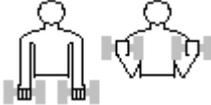
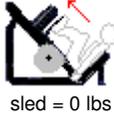
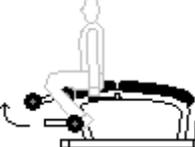
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Day 4	Legs:	1) Leg Extensions 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 20 ____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____	Legs:	2) Barbell Squats 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x 12 ____ x 5 ____ x 2 ____ x ____ ____ x ____ ____ x ____ ____ x ____
		3) Universal Leg Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure SUPER SET w/Calves	____ x ____ ____ x ____ ____ x ____ ____ x ____		4) Standing Calf Raises (Universal Machine) 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	____ x ____ ____ x ____ ____ x ____ ____ x ____

Week 6 6 Week Workout 4 days/week

100% = Heaviest weight you can use safely & strictly for 2-3 reps.

Name: _____

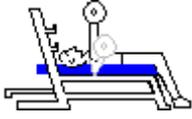
Day 1	Chest:	1) Incline Dumbbell Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Delts:	3) Seated Machine Press 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
		2) Dips 	0 x Failure 0 x Failure 0 x Failure 0 x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Barbell Front Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____
Day 2	Back:	1) Pulldowns (underhand grip) (straight handle) 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Seated Cable Rows chain handle 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Traps:	3) Close Grip Smith Machine Upright Rows 	40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Lower-back:	4) Lower-back Machine 	80% x 15-20 80% x 15-20 80% x 15-20	_____ x _____ _____ x _____ _____ x _____
Day 3	Triceps: SUPER SET Exercises #1 & #2	1) Close Grip Barbell Press 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Biceps:	2) Seated Dumbbell Curls 	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
	3 & 4 are a (Descending Set) NO REST	3) Pushdowns 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Standing Dumbbell Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
	Forearms:	5) Barbell Wrist Curls 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____	 Copyright © 2003 TheTrainingStationInc.com			
Day 4	Legs:	1) "BodySmith" Leg Press  sled = 0 lbs	20% x 20 40% x 12 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____		2) Free Weight Leg Extensions 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure SUPER SET with #3	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Stiff Leg Deadlifts 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____		4) Seated Calf Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____

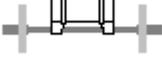
Week 7 (optional) 6-7 Week Workout 4 days/week

REPETITION WEEK 100% = 1 rep max.

Minimum rest between sets

Name: _____

Day 1	Chest:	1) Flat Barbell Press 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____	Delts:	2) Seated Front Barbell Press 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____
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Day 2	Back:	1) Close Grip Leverage Rows 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____	Traps:	3) Barbell Shrugs 	50% x Failure 40% x Failure 30% x Failure 20% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____
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	Lower-back:	5) Hyper-Extensions 	0 x Failure 0 x Failure 0 x Failure	0 x _____ 0 x _____ 0 x _____				
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Day 3	Biceps:	2) Standing Cable Curls (EZ curl handle) 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____	Triceps:	5) Pushdowns 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____
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	Forearms:	5) Forearm Roller 	5 lbs x Failure 2.5 lbs x Failure	5 x _____ 2.5 x _____	 The Last Step In Total Fitness Copyright © 2003 TheTrainingStationInc.com			
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Day 4	Legs:	1) Leg Extensions 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____	2) Leg Curls 	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____ x _____
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		3) Free Standing Calf Raises 	0 x Failure 0 x Failure 0 x Failure 0 x Failure	0 x _____ 0 x _____ 0 x _____ 0 x _____	Go to Advanced Workouts			
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Advanced Workout

5 Week Rotation

Light, Medium, Med/Heavy & Heavy Pyramids

	Day 1	Day 2	Day 3	Day 4	Day 5
Week	Chest	Back	Arms	Legs	Delts
1	H	L	M	M	M
2	L	M	M	M	H
3	M	M	M	H	L
4	M	M	H	L	M
5	M	H	L	M	M

The first exercise for each body part is done in a pyramid, where the first 4-6 sets are [warm ups](#) and all following sets are done to [failure](#). Any secondary exercises for the same body part are done in a descending order (heavy set first), unless safety or pain dictates otherwise.

4 day people combine Chest & Delts.

Prioritize heaviest body part first.

Optional: Drop the last 1 or 2 lighter sets from the first body part and the first 1 or 2 warm up sets from the second body part.

Workout Times

If you are not within 5 minutes of the time posted for each workout, you are going to slow or resting too long.

Abs

Train your abs the same way you train any other bodypart.

Hard once a week with light, medium and heavy days.

Choose one or two exercises and change them each week.

Light does not mean easy.



Pyramid Descriptions

Medium (100% = 2 rep max) approximately 95% of 1 rep max

Exercise #1		
Set #	Weight	Reps
1	10%	20
2	20%	12
3	40%	8
4	60%	5
5	80%	2
6	100%	Failure
7	80%	Failure
8	60%	Failure
9	40%	Failure
optional 10	20%	Failure
optional 11	10%	Failure

Exercise #2 & #3		
Set #	Weight	Reps
1	100%	Failure
2	80%	Failure
3	60%	Failure
optional 4	40%	Failure
optional 5	20%	Failure

With 20% weight decrease - your reps will increase fairly quick. 2-3, 5-6, 10-12, etc.

Medium/Heavy (100% = 2 rep max) approximately 95% of 1 rep max

Exercise #1		
Set #	Weight	Reps
1	10%	20
2	20%	12
3	40%	8
4	60%	5
5	80%	2
6	100%	Failure
7	90%	Failure
8	80%	Failure
9	70%	Failure
optional 10	60%	Failure
optional 11	50%	Failure

Exercise #2 & #3		
Set #	Weight	Reps
1	100%	Failure
2	90%	Failure
3	80%	Failure
optional 4	70%	Failure
optional 5	60%	Failure
optional 6	50%	Failure

With 10% weight decreases - your reps will increase more gradually than medium days. 2-3, 3-4, 5-6, etc.

Heavy (100% = 1 rep max)

Exercise #1		
Set #	Weight	Reps
1	10%	10-12
2	25%	8-10
3	40%	6-8
4	55%	4-6
5	70%	2-4
6	85%	1-2
7	100%	Failure
8	95%	Failure
9	90%	Failure
10	85%	Failure
11	80%	Failure
optional 12	75%	Failure
optional 13	70%	Failure
optional 14	65%	Failure
optional 15	60%	Failure

Exercise #2		
Set #	Weight	Reps
1	100%	Failure
2	95%	Failure
3	90%	Failure
optional 4	85%	Failure
optional 5	75%	Failure
optional 6	70%	Failure

With only 5% weight drops - your reps will increase very slowly and remain fairly low. 1, 1, 2, 2, etc.



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Light (100% = 1 rep max)

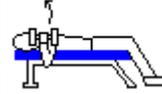
**Light workouts vary drastically anywhere from sets of 15 to sets of 100 or more
 Light does not necessarily mean easy .**

Week 1

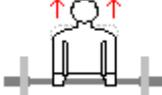
4 or 5 Day Advanced Workout

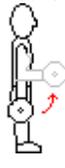
Heavy & Light 100% = 1 Rep Max Medium & Med/Heavy 100% = 2 Rep Max

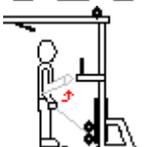
Name: _____ 4 day people combine Chest & Delts (heaviest 1st, if both medium chest first)

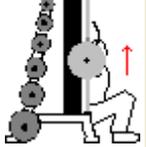
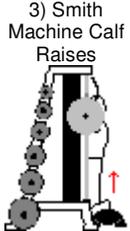
Day 1 HEAVY	Chest:	1) Incline Barbell Press	10% x 12 25% x 10 40% x 8 55% x 6 70% x 4 85% x 2 100% x Failure	_____ x 12 _____ x 10 _____ x 8 _____ x 6 _____ x 4 _____ x 2 _____ x _____	95% x Failure 90% x Failure 85% x Failure 80% x Failure 75% x Failure 70% x Failure 65% x Failure 60% x Failure	_____ x _____ _____ x _____	2) Flat Dumbbell Flies	50% x Failure _____ x _____
25 min.								
DATE								

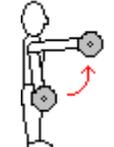
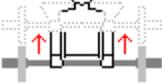
Day 2 LIGHT	Back:	1) Pulldowns	10% x 20 20% x 15 30% x 10 50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure	_____ x 20 _____ x 15 _____ x 10 _____ x _____ _____ x _____	2) Close Grip Leverage Rows (lower handles) (descending set) NO REST	50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure 5% x Failure	_____ x _____ _____ x _____
20-25 min	NO STRAPS OR HOOKS ALLOWED						
DATE					have someone strip weights for you		

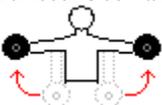
	NO STRAPS OR HOOKS ALLOWED	3) Barbell Shrugs	10% x 100	_____ x _____	4) ab/Back Machine	70% x Failure	_____ x _____
							

Day 3 MEDIUM	Arms:	1) Seated Overhead Extensions w/EZ curl bar	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Standing EZ bar Curls	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	3) Cable Overhead Extensions w/Rope Handle	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
25-30 min	Super Set 1, 2, 3, 4 NO REST							
DATE	USE SAME WEIGHT ON 1 & 2							

		4) Cable Curls w/EZ curl handle	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	5) Forearm Wrist Roller	Girls: 5 lbs x Failure Boys: 10 lbs x Failure	_____ x _____
						
					Copyright © 2003 TheTrainingStationInc.com	

Day 4 Legs: MEDIUM	1) Smith Machine Squats	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Super Set Last 5 sets of 2 & 3	2) Stiff Leg Deadlifts	40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	3) Smith Machine Calf Raises	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
45-50 min										
DATE										

Day 5 MEDIUM	Delts:	1) Barbell Front Raises	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Wide Grip Barbell Upright Rows	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____
25-30 min	Super Set 1 & 2						
DATE	Use front raise weights						

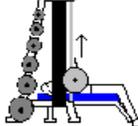
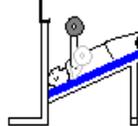
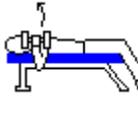
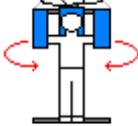
	(optional)	3) Dumbbell Side Raises	20% x Failure 10% x Failure	_____ x _____ _____ x _____		
						

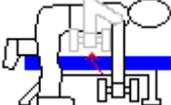
Week 2

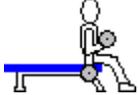
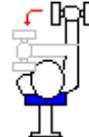
4 or 5 Day Advanced Workout

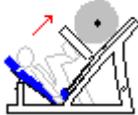
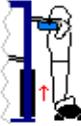
Heavy & Light 100% = 1 Rep Max Medium & Med/Heavy 100% = 2 Rep Max

Name: _____ 4 day people combine Chest & Delts (heaviest 1st, if both medium chest first)

Day 1	Chest:	GIANT SET	1) Incline Dumbbell Press	2) Flat Smith Machine Press	3) Decline Barbell Press	4) Incline Dumbbell Flies	5) Flat Dumbbell Flies	6) Peck Deck
LIGHT		40% x Failure 20% x Failure	___ x ___ ___ x ___	___ x ___ ___ x ___	___ x ___ ___ x ___			
15 min		SUPER SET All 6 exercises 1, 2, 3, 4, 5 & 6						
DATE		(optional)	7) Cable Crossovers	40% x Failure	___ x ___	20% x Failure	___ x ___	

Day 2	Back:	1) Pulldowns w/big V handle	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x 20 ___ x 12 ___ x 8 ___ x 5 ___ x 2 ___ x ___ ___ x ___ ___ x ___ ___ x ___	2) Dumbbell Rows	100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x ___ ___ x ___ ___ x ___ ___ x ___	3) Pull Ups w/little V handle	0 x Failure 0 x Failure 0 x Failure
MEDIUM									
40 min									
DATE									
	Super Set 4 & 5	4) Universal Machine Shrugs	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	___ x ___ ___ x ___ ___ x ___ ___ x ___ ___ x ___	5) Hyper-extensions	0 x Failure 0 x Failure 0 x Failure 0 x Failure 0 x Failure	0 x ___ 0 x ___ 0 x ___ 0 x ___ 0 x ___		
									

Day 3	Arms:	1) Pushdowns on Pulldown Machine	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x 20 ___ x 12 ___ x 8 ___ x 5 ___ x 2 ___ x ___ ___ x ___ ___ x ___ ___ x ___	2) Seated Dumbbell Curls no back support	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x 20 ___ x 12 ___ x 8 ___ x 5 ___ x 2 ___ x ___ ___ x ___ ___ x ___ ___ x ___
MEDIUM							
25-30 min							
DATE							
	Super Set 3 & 4	3) Dumbbell Crossface	100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x ___ ___ x ___ ___ x ___ ___ x ___	4) Dumbbell Curl on Incline Bench	100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x ___ ___ x ___ ___ x ___ ___ x ___
							
		Forearms:	5) Barbell Reverse Curls	40% x Failure	___ x ___		

Day 4	Legs:	1) Hack Squats	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	___ x 20 ___ x 12 ___ x 8 ___ x 5 ___ x 2 ___ x ___ ___ x ___ ___ x ___ ___ x ___	Super Set 2 & 3					
MEDIUM					2) One Leg - Leg Press	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	___ x ___ ___ x ___ ___ x ___ ___ x ___ ___ x ___	3) Universal Machine Calf Raises	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	___ x ___ ___ x ___ ___ x ___ ___ x ___ ___ x ___
25-30 min										
DATE										

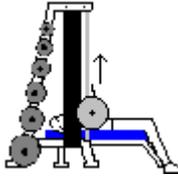
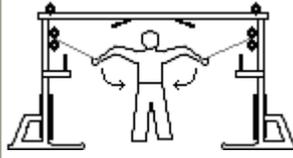
Day 5	Delts:	1) Seated Barbell Press (behind the neck)	10% x 10-12 25% x 8-10 40% x 6-8 55% x 4-6 70% x 2-4 85% x 1-2 100% x Failure 95% x Failure	___ x ___ ___ x ___	90% x Failure 85% x Failure 80% x Failure 75% x Failure 70% x Failure 65% x Failure 60% x Failure 10% x Failure	___ x ___ ___ x ___
HEAVY						
30 min						
DATE						

Week 3

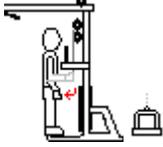
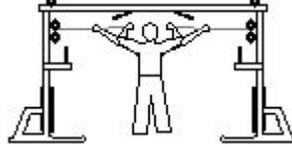
4 or 5 Day Advanced Workout

Heavy & Light 100% = 1 Rep Max Medium & Med/Heavy 100% = 2 Rep Max

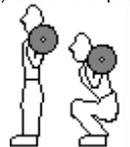
Name: _____ 4 day people combine Chest & Delts (heaviest 1st, if both medium chest first)

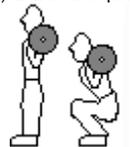
Day 1 MEDIUM 30 min _____ DATE _____	Chest: 1) Flat Smith Machine Press 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Cable Crossovers 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____

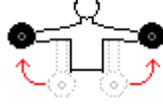
Day 2 MEDIUM 35 min _____ DATE _____	Back: 1) Seated Cable Rows shaped handle 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	Super Set 2 & 3	
				2) T-bar rows o----- shaped handle 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure

Day 3 MEDIUM 30 min _____ DATE _____	Arms: 1) Cable Kickbacks (palm up) 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Cable Curls - High 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____

Day 3 MEDIUM 30 min _____ DATE _____	Arms: 3) Barbell Reverse Wrist Curls (palms down) 	80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____	3) Barbell Wrist Curls (palms up) 	80% x Failure 60% x Failure 40% x Failure	_____ x _____ _____ x _____ _____ x _____

Day 4 HEAVY 40 min _____ DATE _____	Legs: 1) Barbell Lunges 	10% x 10-12 25% x 8-10 40% x 6-8 55% x 4-6 70% x 2-4 85% x 1-2 100% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	95% x Failure 90% x Failure 85% x Failure 80% x Failure 75% x Failure 70% x Failure 65% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Barbell Squats 	_____ x _____ Use same weight as last set of lunges

Day 4 HEAVY 40 min _____ DATE _____	Legs: 2) Barbell Squats 	_____ x _____ Use same weight as last set of lunges	Super Set Last Set with #2		

Day 5 LIGHT 15 min _____ DATE _____	Delts: Super Set 1 & 2 with #1's weights Minimum rest between Super Sets	1) Standing Dumbbell Side Raises 	10% x 20 20% x 15 30% x 10 40% x 5 50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure 5% x Failure	_____ x 20 _____ x 15 _____ x 10 _____ x 5 _____ x _____ _____ x _____	_____ x 20 _____ x 15 _____ x 10 _____ x 5 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____

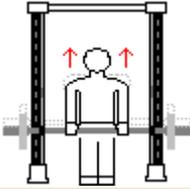
Week 4

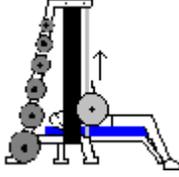
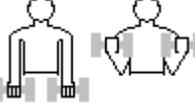
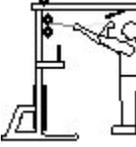
4 or 5 Day Advanced Workout

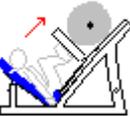
Heavy & Light 100% = 1 Rep Max Medium & Med/Heavy 100% = 2 Rep Max

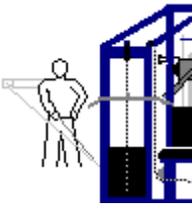
Name: _____ 4 day people combine Chest & Delts (heaviest 1st, if both medium chest first)

Day 1 MED/HEAVY 25-30 min DATE	Chest:	1) Incline Dumbbell Press 	10% x 20	_____ x 20	70% x Failure	_____ x _____
			20% x 12	_____ x 12	60% x Failure	_____ x _____
			40% x 8	_____ x 8	50% x Failure	_____ x _____
			60% x 5	_____ x 5	40% x Failure	_____ x _____
			80% x 2	_____ x 2	30% x Failure	_____ x _____
			100% x Failure	_____ x _____	20% x Failure	_____ x _____
			90% x Failure	_____ x _____	10% x Failure	_____ x _____
			80% x Failure	_____ x _____		

Day 2 MED/HEAVY 30 min DATE	Back:	1) Wide Grip Leverage Rows (top handles) 	10% x 20	_____ x 20	2) Smith Machine Shrugs 	80 x Failure	_____ x _____
			20% x 12	_____ x 12		60 x Failure	_____ x _____
			40% x 8	_____ x 8		40 x Failure	_____ x _____
			60% x 5	_____ x 5		20% x Failure	_____ x _____
			80% x 2	_____ x 2			
			100% x Failure	_____ x _____			
			90% x Failure	_____ x _____			
			80% x Failure	_____ x _____			
			70% x Failure	_____ x _____			
			60% x Failure	_____ x _____			
			50% x Failure	_____ x _____			
			40% x Failure	_____ x _____			
			Super Set #2& #3				
					3) Ab/back Machine 	80% x 15	_____ x 15
						80% x 15	_____ x 15
						80% x 15	_____ x 15
						80% x 15	_____ x 15

Day 3 HEAVY 30 min DATE	Arms: Super Set #1 & #2	1) Close Grip Smith Machine Press 	10% x 10-12	_____ x _____	2) Standing Dumbbell Curls 	10% x 10-12	_____ x _____
			25% x 8-10	_____ x _____		25% x 8-10	_____ x _____
			40% x 6-8	_____ x _____		40% x 6-8	_____ x _____
			55% x 4-6	_____ x _____		55% x 4-6	_____ x _____
			70% x 2-4	_____ x _____		70% x 2-4	_____ x _____
			85% x 1-2	_____ x _____		85% x 1-2	_____ x _____
			100% x Failure	_____ x _____		100% x Failure	_____ x _____
			95% x Failure	_____ x _____		95% x Failure	_____ x _____
			90% x Failure	_____ x _____		90% x Failure	_____ x _____
			85% x Failure	_____ x _____		85% x Failure	_____ x _____
			80% x Failure	_____ x _____		80% x Failure	_____ x _____
			75% x Failure	_____ x _____		75% x Failure	_____ x _____
			70% x Failure	_____ x _____		70% x Failure	_____ x _____
			65% x Failure	_____ x _____		65% x Failure	_____ x _____
	optional	3) Pushdowns w/rope handle 	25% x Failure	_____ x _____	4) One Arm Cable Curls 	25% x Failure	_____ x _____

Day 4 LIGHT 30 min DATE	Legs:	Super Set 1 & 2 then add #3 after the warm up sets					
		1) Leg Curls 	10% x 20	_____ x 20	2) Leg Press Sled = 75 lbs 	10% x 20	_____ x 20
			20% x 15	_____ x 15		20% x 15	_____ x _____
			40% x 10	_____ x 10		40% x 10	_____ x _____
			50% x Failure	_____ x _____		50% x Failure	_____ x _____
			45% x Failure	_____ x _____		40% x Failure	_____ x _____
			40% x Failure	_____ x _____		30% x Failure	_____ x _____
			35% x Failure	_____ x _____		20% x Failure	_____ x _____
			30% x Failure	_____ x _____		10% x Failure	_____ x _____
		4) Leg Extensions 	50% x Failure	_____ x _____	 Advanced Workout Copyright © 2003 TheTrainingStationInc.com		
			40% x Failure	_____ x _____			
			30% x Failure	_____ x _____			
			20% x Failure	_____ x _____			
			10% x Failure	_____ x _____			
				_____ x _____			

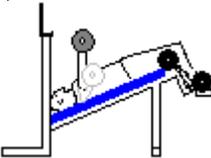
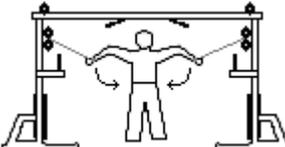
Day 5 MED/HEAVY 25-30 min DATE	Delts:	1) Seated Universal Machine Press (Facing away - no back support) 	10% x 20	_____ x 20	2) One Arm Cable Side Raise 	60% x Failure	_____ x _____
			20% x 12	_____ x 12		40% x Failure	_____ x _____
			40% x 8	_____ x 8		20% x Failure	_____ x _____
			60% x 5	_____ x 5		10% x Failure	_____ x _____
			80% x 2	_____ x 2			
			100% x Failure	_____ x _____			
			90% x Failure	_____ x _____			
			80% x Failure	_____ x _____			
			70% x Failure	_____ x _____			
			60% x Failure	_____ x _____			
			50% x Failure	_____ x _____			
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			10% x Failure	_____ x _____			

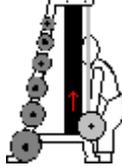
Week 5

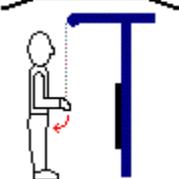
4 or 5 Day Advanced Workout

Heavy & Light 100% = 1 Rep Max Medium & Med/Heavy 100% = 2 Rep Max

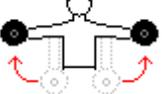
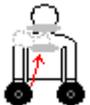
Name: _____ 4 day people combine Chest & Delts (heaviest 1st, if both medium chest first)

Day 1 MEDIUM 35-40 min DATE	Chest:	1) Decline Barbell Press 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Incline Dumbbell Flies 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
		3) Cable Crossovers <i>Optional</i> 	40% x Failure 20% x Failure	_____ x _____ _____ x _____			

Day 2 HEAVY 35-40 min DATE	Back:	1) Seated Cable Rows w/ V shaped handle 	10% x 10-12 25% x 8-10 40% x 6-8 55% x 4-6 70% x 2-4 85% x 1-2 100% x Failure 95% x Failure 90% x Failure 85% x Failure 80% x Failure 75% x Failure	_____ x _____ _____ x _____	2) 3/4 Deadlifts off bottom of Smith Machine 	10% x 10-12 20% x 8-10 40% x 6-8 55% x 4-6 70% x 2-4 85% x 1-2 100% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
--	--------------	--	--	--	--	---	---

Day 3 LIGHT 35 min DATE	Arms: Super Set 1 & 2	1) Pushdowns (on Universal Machine) hands about 6 inches apart 	10% x 20 20% x 20 30% x 20 40% x 20 50% x 20 60% x Failure 55% x Failure 50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure	_____ x _____ _____ x _____	2) Incline Dumbbell Curls Keep head on bench and elbows back 	10% x 20 20% x 20 30% x 20 40% x 20 50% x Failure 60% x Failure 55% x Failure 50% x Failure 45% x Failure 40% x Failure 35% x Failure 30% x Failure 25% x Failure 20% x Failure 15% x Failure 10% x Failure	_____ x _____ _____ x _____
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Day 4 MEDIUM 30-35 min DATE	Legs:	1) Barbell Squats 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure 10% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Seated Calf Raises 	100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure 10% x Failure	_____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
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Day 5 MEDIUM 15-20 min DATE	Delts: SUPER SET 1, 2 & 3 with #1's weights	1) Standing Dumbbell Side Raises 	10% x 20 20% x 12 40% x 8 60% x 5 80% x 2 100% x Failure 80% x Failure 60% x Failure 40% x Failure 20% x Failure 10% x Failure	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	2) Standing Dumbbell Front Raises 	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____	3) Standing Dumbbell Rear Raises 	_____ x 20 _____ x 12 _____ x 8 _____ x 5 _____ x 2 _____ x _____ _____ x _____ _____ x _____ _____ x _____ _____ x _____
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All new advanced workouts
available at:

<http://www.thetrainingstationinc.com>

Workout Tips & Tricks

Reduce Rest Time

Leave the magazines in the cardio room.

Make Efficient Weight Changes

If you have 30 lb. weight changes, use 5's & 25's, or all 10's. Then on your way down, weight changes are quick & easy. Using larger plates makes weight changes slow, giving you too much rest. Unless you are making 45 lb. jumps you shouldn't use 45's at all. Don't let your ego interfere with your workout.

Example Pyramid	
100% x Failure	150 x _____
80% x Failure	120 x _____
60% x Failure	90 x _____
40% x Failure	60 x _____
20% x Failure	30 x _____

Start by putting on 30 lbs., then add 30 more, etc.

Don't just stack on 150 lbs. with bigger plates so you have to strip it all of and start over each set.

Think Ahead (when possible)

Set up the next exercise while you are between sets or waiting on your partner.
If you have a partner or partners, try to use 2 of the same pieces of equipment and rotate.
Keep your weights nearby, if you will be using them on the way down.

Speed Up Super Sets

Set up all exercises before you start a super set. Have all your weights and machines ready so rest is at a minimum

Importance of Warm Up Sets

The first 3-6 sets on the first exercise for each body part are warm up sets. The reps are dictated for a reason. If you do more than the designated number, you will use up too much energy before you reach your heavy set. Then you won't know what your true max is. If you do less, you may not be warmed up enough, and put yourself at risk for injury.

Working Around An Injury

Certain injuries are common when lifting weights, shoulders, elbows, wrist, etc. When one of these occur, you have to make little adjustments to prevent it from becoming worse and putting a complete halt to your progress. If necessary change the angle or substitute exercises to minimize any discomfort.

Going to Failure

It's the last rep when: Someone helps you, even a little.

You start getting sloppy or squirming.

The muscle burn becomes *completely* unbearable.

100 Rep Sets

If you can do 25 or more reps without pausing, you can make it to 100 reps. At this point it is a battle of the mind. Pause a few seconds, go to your special place, then start again. Keep going, pausing when you have to, until you reach your goal.

Do Something to Make it Harder

After the heavy set, when you can really control the weight, do something to make it harder or more intense. Examples: Go slower, go faster, change the angle, reduce rest between sets, squeeze or contract harder, pause in the contracted position, etc. There are endless ways, just be careful, don't try this with heavier weights.

Easy Ways to Get Hurt

Saying "One more" or doing forced reps after your spotter has already helped you. Even the best spotter can let you squirm just long enough to get hurt. Also having to pull 300 lbs off someone can hurt the spotter.

Having someone hand you a weight or dumbbells because you can't do it by yourself. If you can't lift the weight into the start position on your own, then you shouldn't be lifting that weight yet.

Getting help on the first rep, either by pushing your elbows or your wrist, especially on dumbbell press exercises. This only puts really heavy dumbbells you couldn't control in the first place over your face or head. Not a good idea.

Doing half-reps, either because it's too heavy or just too hard. You should always attempt to do the full range of motion, from the stretched position to the contracted position. Doing only half of the movement, will lead to weak areas and flexibility issues, both of which can lead to injury.

Nutritional Information

A diet is not temporary, it is a way of life.

Simple Fact

Controlling your weight, whether your goal is to lose, gain or maintain is simple math.

If you are not losing weight, you are eating too many calories.

If you are not gaining weight, you are not eating enough calories.

If you are maintaining your weight, you are eating just enough calories.

The first step is to find out how many calories you are eating per day.

The best way is to write it down, it helps to see what you are really eating.

Only then, can you make the necessary adjustments to reach your goal.

Second balance your diet.

For example 40% carbs, 30% protein, 30% fat, or 40% carbs, 40% protein, 20% fat, where 100% equals your total calories not number of grams. Depriving yourself of any one element will lead to cravings and possible binging.

Third make necessary calorie adjustments.

Make changes slowly, drastic changes can be detrimental.

For example try decreasing or increasing your calories by 100.

Remember as you lose or gain weight your caloric needs decrease or increase as well.

As you make your way towards your goal weight or more importantly bodyfat percentage you'll need to recalculate your numbers.

How to calculate your nutritional requirements.

First you need to calculate your Fat Mass, Lean Body Mass and Basal Metabolic Rate.

To do this you need to know your weight in pounds and bodyfat percentage.

Your Basal Metabolic Rate is the number of calories you burn in a day standing still.

Formulas	Examples
Fat Mass = Weight x Bodyfat %	24.3 lbs = 180 lbs x 0.135 (13.5%)
Lean Body Mass = Weight - Fat Mass	155.7 lbs = 180 lbs - 24.3 lbs

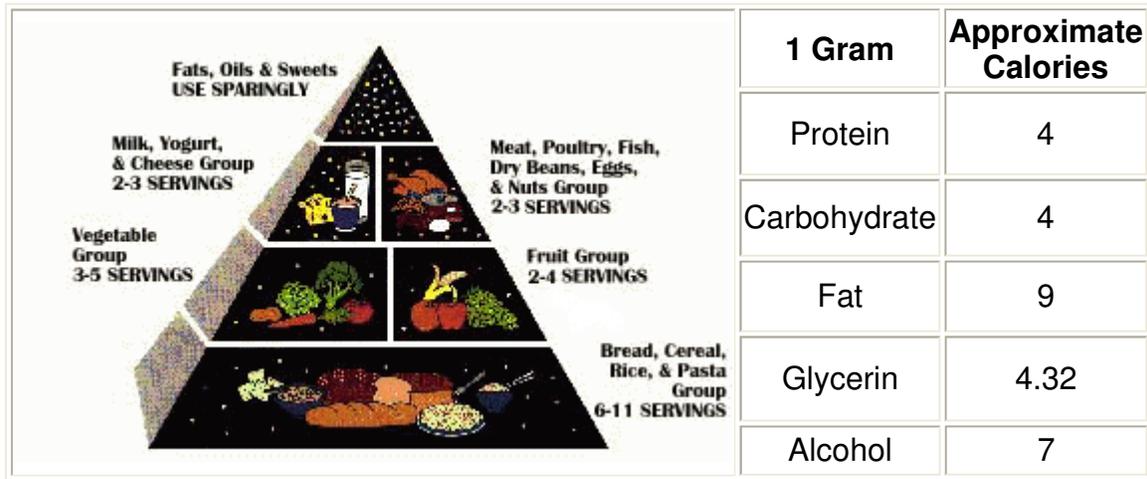
	Men	Women
Basal Metabolic Rate =	LBM x 11	LBM x 10
Calories to lose weight =	BMR x 1.4	BMR x 1.2
Calories to maintain weight =	BMR x 1.6	BMR x 1.4
Calories to gain weight =	BMR x 1.8	BMR x 1.6

Individuals vary, minor adjustment may need to be made.



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The definition of the word "Diet"

- 1 a** : food and drink regularly provided or consumed **b** : habitual nourishment **c** : the kind and amount of food prescribed for a person or animal for a special reason
- 2** : something provided especially habitually <a *diet* of Broadway shows and nightclubs -- Frederick Wyatt>



Progress Report

Start of Beginner Workouts	
Date:	
Weight:	
Body Fat %:	
Measurements	
Waist:	
Upper Thigh:	
Upper Arm:	
Photo	

Start of Intermediate Workouts	
Date:	
Weight:	
Body Fat %:	
Measurements	
Waist:	
Upper Thigh:	
Upper Arm:	
Photo	

Start of Advanced Workouts	
Date:	
Weight:	
Body Fat %:	
Measurements	
Waist:	
Upper Thigh:	
Upper Arm:	
Photo	

End of Advanced Workouts	
Date:	
Weight:	
Body Fat %:	
Measurements	
Waist:	
Upper Thigh:	
Upper Arm:	
Photo	

Light Day Percentages 100% = 1 rep max

Max	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%
50	30	28	25	23	20	18	15	13	10	8	5	3
55	33	30	28	25	22	19	17	14	11	8	6	3
60	36	33	30	27	24	21	18	15	12	9	6	3
65	39	36	33	29	26	23	20	16	13	10	7	3
70	42	39	35	32	28	25	21	18	14	11	7	4
75	45	41	38	34	30	26	23	19	15	11	8	4
80	48	44	40	36	32	28	24	20	16	12	8	4
85	51	47	43	38	34	30	26	21	17	13	9	4
90	54	50	45	41	36	32	27	23	18	14	9	5
95	57	52	48	43	38	33	29	24	19	14	10	5
100	60	55	50	45	40	35	30	25	20	15	10	5
105	63	58	53	47	42	37	32	26	21	16	11	5
110	66	61	55	50	44	39	33	28	22	17	11	6
115	69	63	58	52	46	40	35	29	23	17	12	6
120	72	66	60	54	48	42	36	30	24	18	12	6
125	75	69	63	56	50	44	38	31	25	19	13	6
130	78	72	65	59	52	46	39	33	26	20	13	7
135	81	74	68	61	54	47	41	34	27	20	14	7
140	84	77	70	63	56	49	42	35	28	21	14	7
145	87	80	73	65	58	51	44	36	29	22	15	7
150	90	83	75	68	60	53	45	38	30	23	15	8
155	93	85	78	70	62	54	47	39	31	23	16	8
160	96	88	80	72	64	56	48	40	32	24	16	8
165	99	91	83	74	66	58	50	41	33	25	17	8
170	102	94	85	77	68	60	51	43	34	26	17	9
175	105	96	88	79	70	61	53	44	35	26	18	9
180	108	99	90	81	72	63	54	45	36	27	18	9
185	111	102	93	83	74	65	56	46	37	28	19	9
190	114	105	95	86	76	67	57	48	38	29	19	10
195	117	107	98	88	78	68	59	49	39	29	20	10
200	120	110	100	90	80	70	60	50	40	30	20	10
205	123	113	103	92	82	72	62	51	41	31	21	10
210	126	116	105	95	84	74	63	53	42	32	21	11
215	129	118	108	97	86	75	65	54	43	32	22	11
220	132	121	110	99	88	77	66	55	44	33	22	11
225	135	124	113	101	90	79	68	56	45	34	23	11
230	138	127	115	104	92	81	69	58	46	35	23	12
235	141	129	118	106	94	82	71	59	47	35	24	12
240	144	132	120	108	96	84	72	60	48	36	24	12
245	147	135	123	110	98	86	74	61	49	37	25	12
250	150	138	125	113	100	88	75	63	50	38	25	13
255	153	140	128	115	102	89	77	64	51	38	26	13
260	156	143	130	117	104	91	78	65	52	39	26	13
265	159	146	133	119	106	93	80	66	53	40	27	13
270	162	149	135	122	108	95	81	68	54	41	27	14
275	165	151	138	124	110	96	83	69	55	41	28	14
280	168	154	140	126	112	98	84	70	56	42	28	14

Max	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%
285	171	157	143	128	114	100	86	71	57	43	29	14
290	174	160	145	131	116	102	87	73	58	44	29	15
295	177	162	148	133	118	103	89	74	59	44	30	15
300	180	165	150	135	120	105	90	75	60	45	30	15
305	183	168	153	137	122	107	92	76	61	46	31	15
310	186	171	155	140	124	109	93	78	62	47	31	16
315	189	173	158	142	126	110	95	79	63	47	32	16
320	192	176	160	144	128	112	96	80	64	48	32	16
325	195	179	163	146	130	114	98	81	65	49	33	16
330	198	182	165	149	132	116	99	83	66	50	33	17
335	201	184	168	151	134	117	101	84	67	50	34	17
340	204	187	170	153	136	119	102	85	68	51	34	17
345	207	190	173	155	138	121	104	86	69	52	35	17
350	210	193	175	158	140	123	105	88	70	53	35	18
355	213	195	178	160	142	124	107	89	71	53	36	18
360	216	198	180	162	144	126	108	90	72	54	36	18
365	219	201	183	164	146	128	110	91	73	55	37	18
370	222	204	185	167	148	130	111	93	74	56	37	19
375	225	206	188	169	150	131	113	94	75	56	38	19
380	228	209	190	171	152	133	114	95	76	57	38	19
385	231	212	193	173	154	135	116	96	77	58	39	19
390	234	215	195	176	156	137	117	98	78	59	39	20
395	237	217	198	178	158	138	119	99	79	59	40	20
400	240	220	200	180	160	140	120	100	80	60	40	20
405	243	223	203	182	162	142	122	101	81	61	41	20
410	246	226	205	185	164	144	123	103	82	62	41	21
415	249	228	208	187	166	145	125	104	83	62	42	21
420	252	231	210	189	168	147	126	105	84	63	42	21
425	255	234	213	191	170	149	128	106	85	64	43	21
430	258	237	215	194	172	151	129	108	86	65	43	22
435	261	239	218	196	174	152	131	109	87	65	44	22
440	264	242	220	198	176	154	132	110	88	66	44	22
445	267	245	223	200	178	156	134	111	89	67	45	22
450	270	248	225	203	180	158	135	113	90	68	45	23
455	273	250	228	205	182	159	137	114	91	68	46	23
460	276	253	230	207	184	161	138	115	92	69	46	23
465	279	256	233	209	186	163	140	116	93	70	47	23
470	282	259	235	212	188	165	141	118	94	71	47	24
475	285	261	238	214	190	166	143	119	95	71	48	24
480	288	264	240	216	192	168	144	120	96	72	48	24
485	291	267	243	218	194	170	146	121	97	73	49	24
490	294	270	245	221	196	172	147	123	98	74	49	25
495	297	272	248	223	198	173	149	124	99	74	50	25
500	300	275	250	225	200	175	150	125	100	75	50	25
505	303	278	253	227	202	177	152	126	101	76	51	25
510	306	281	255	230	204	179	153	128	102	77	51	26
515	309	283	258	232	206	180	155	129	103	77	52	26
520	312	286	260	234	208	182	156	130	104	78	52	26

Max	60%	55%	50%	45%	40%	35%	30%	25%	20%	15%	10%	5%
525	315	289	263	236	210	184	158	131	105	79	53	26
530	318	292	265	239	212	186	159	133	106	80	53	27
535	321	294	268	241	214	187	161	134	107	80	54	27
540	324	297	270	243	216	189	162	135	108	81	54	27
545	327	300	273	245	218	191	164	136	109	82	55	27
550	330	303	275	248	220	193	165	138	110	83	55	28
560	336	308	280	252	224	196	168	140	112	84	56	28
570	342	314	285	257	228	200	171	143	114	86	57	29
580	348	319	290	261	232	203	174	145	116	87	58	29
590	354	325	295	266	236	207	177	148	118	89	59	30
600	360	330	300	270	240	210	180	150	120	90	60	30
610	366	336	305	275	244	214	183	153	122	92	61	31
620	372	341	310	279	248	217	186	155	124	93	62	31
630	378	347	315	284	252	221	189	158	126	95	63	32
640	384	352	320	288	256	224	192	160	128	96	64	32
650	390	358	325	293	260	228	195	163	130	98	65	33
660	396	363	330	297	264	231	198	165	132	99	66	33
670	402	369	335	302	268	235	201	168	134	101	67	34
680	408	374	340	306	272	238	204	170	136	102	68	34
690	414	380	345	311	276	242	207	173	138	104	69	35
700	420	385	350	315	280	245	210	175	140	105	70	35
710	426	391	355	320	284	249	213	178	142	107	71	36
720	432	396	360	324	288	252	216	180	144	108	72	36
730	438	402	365	329	292	256	219	183	146	110	73	37
740	444	407	370	333	296	259	222	185	148	111	74	37
750	450	413	375	338	300	263	225	188	150	113	75	38
760	456	418	380	342	304	266	228	190	152	114	76	38
770	462	424	385	347	308	270	231	193	154	116	77	39
780	468	429	390	351	312	273	234	195	156	117	78	39
790	474	435	395	356	316	277	237	198	158	119	79	40
800	480	440	400	360	320	280	240	200	160	120	80	40
810	486	446	405	365	324	284	243	203	162	122	81	41
820	492	451	410	369	328	287	246	205	164	123	82	41
830	498	457	415	374	332	291	249	208	166	125	83	42
840	504	462	420	378	336	294	252	210	168	126	84	42
850	510	468	425	383	340	298	255	213	170	128	85	43
860	516	473	430	387	344	301	258	215	172	129	86	43
870	522	479	435	392	348	305	261	218	174	131	87	44
880	528	484	440	396	352	308	264	220	176	132	88	44
890	534	490	445	401	356	312	267	223	178	134	89	45
900	540	495	450	405	360	315	270	225	180	135	90	45
950	570	523	475	428	380	333	285	238	190	143	95	48
1000	600	550	500	450	400	350	300	250	200	150	100	50
1100	660	605	550	495	440	385	330	275	220	165	110	55
1200	720	660	600	540	480	420	360	300	240	180	120	60
1300	780	715	650	585	520	455	390	325	260	195	130	65
1400	840	770	700	630	560	490	420	350	280	210	140	70
1500	900	825	750	675	600	525	450	375	300	225	150	75

Medium Day Pyramid 100% = 2-3 rep max

Max	10%xF	20%xF	40%xF	60%xF	80%xF	100%xF	80%xF	60%xF	40%xF	20%xF
5	1	1	2	3	4	5	4	3	2	1
10	1	2	4	6	8	10	8	6	4	2
15	2	3	6	9	12	15	12	9	6	3
20	2	4	8	12	16	20	16	12	8	4
25	3	5	10	15	20	25	20	15	10	5
30	3	6	12	18	24	30	24	18	12	6
35	4	7	14	21	28	35	28	21	14	7
40	4	8	16	24	32	40	32	24	16	8
45	5	9	18	27	36	45	36	27	18	9
50	5	10	20	30	40	50	40	30	20	10
55	6	11	22	33	44	55	44	33	22	11
60	6	12	24	36	48	60	48	36	24	12
65	7	13	26	39	52	65	52	39	26	13
70	7	14	28	42	56	70	56	42	28	14
75	8	15	30	45	60	75	60	45	30	15
80	8	16	32	48	64	80	64	48	32	16
85	9	17	34	51	68	85	68	51	34	17
90	9	18	36	54	72	90	72	54	36	18
95	10	19	38	57	76	95	76	57	38	19
100	10	20	40	60	80	100	80	60	40	20
105	11	21	42	63	84	105	84	63	42	21
110	11	22	44	66	88	110	88	66	44	22
115	12	23	46	69	92	115	92	69	46	23
120	12	24	48	72	96	120	96	72	48	24
120	12	24	48	72	96	120	96	72	48	24
125	13	25	50	75	100	125	100	75	50	25
130	13	26	52	78	104	130	104	78	52	26
135	14	27	54	81	108	135	108	81	54	27
140	14	28	56	84	112	140	112	84	56	28
140	14	28	56	84	112	140	112	84	56	28
145	15	29	58	87	116	145	116	87	58	29
150	15	30	60	90	120	150	120	90	60	30
155	16	31	62	93	124	155	124	93	62	31
160	16	32	64	96	128	160	128	96	64	32
165	17	33	66	99	132	165	132	99	66	33
170	17	34	68	102	136	170	136	102	68	34
175	18	35	70	105	140	175	140	105	70	35
180	18	36	72	108	144	180	144	108	72	36
185	19	37	74	111	148	185	148	111	74	37
190	19	38	76	114	152	190	152	114	76	38
195	20	39	78	117	156	195	156	117	78	39
200	20	40	80	120	160	200	160	120	80	40
205	21	41	82	123	164	205	164	123	82	41
210	21	42	84	126	168	210	168	126	84	42
215	22	43	86	129	172	215	172	129	86	43
220	22	44	88	132	176	220	176	132	88	44
225	23	45	90	135	180	225	180	135	90	45

Max	10%x20	20%x12	40%x8	60%x5	80%x2	100%xF	80%xF	60%xF	40%xF	20%xF
235	24	47	94	141	188	235	188	141	94	47
240	24	48	96	144	192	240	192	144	96	48
245	25	49	98	147	196	245	196	147	98	49
250	25	50	100	150	200	250	200	150	100	50
255	26	51	102	153	204	255	204	153	102	51
260	26	52	104	156	208	260	208	156	104	52
265	27	53	106	159	212	265	212	159	106	53
270	27	54	108	162	216	270	216	162	108	54
275	28	55	110	165	220	275	220	165	110	55
285	29	57	114	171	228	285	228	171	114	57
290	29	58	116	174	232	290	232	174	116	58
295	30	59	118	177	236	295	236	177	118	59
300	30	60	120	180	240	300	240	180	120	60
305	31	61	122	183	244	305	244	183	122	61
310	31	62	124	186	248	310	248	186	124	62
315	32	63	126	189	252	315	252	189	126	63
320	32	64	128	192	256	320	256	192	128	64
325	33	65	130	195	260	325	260	195	130	65
330	33	66	132	198	264	330	264	198	132	66
335	34	67	134	201	268	335	268	201	134	67
340	34	68	136	204	272	340	272	204	136	68
345	35	69	138	207	276	345	276	207	138	69
350	35	70	140	210	280	350	280	210	140	70
355	36	71	142	213	284	355	284	213	142	71
360	36	72	144	216	288	360	288	216	144	72
365	37	73	146	219	292	365	292	219	146	73
370	37	74	148	222	296	370	296	222	148	74
375	38	75	150	225	300	375	300	225	150	75
380	38	76	152	228	304	380	304	228	152	76
385	39	77	154	231	308	385	308	231	154	77
390	39	78	156	234	312	390	312	234	156	78
395	40	79	158	237	316	395	316	237	158	79
400	40	80	160	240	320	400	320	240	160	80
405	41	81	162	243	324	405	324	243	162	81
410	41	82	164	246	328	410	328	246	164	82
415	42	83	166	249	332	415	332	249	166	83
420	42	84	168	252	336	420	336	252	168	84
425	43	85	170	255	340	425	340	255	170	85
430	43	86	172	258	344	430	344	258	172	86
435	44	87	174	261	348	435	348	261	174	87
440	44	88	176	264	352	440	352	264	176	88
445	45	89	178	267	356	445	356	267	178	89
450	45	90	180	270	360	450	360	270	180	90
455	46	91	182	273	364	455	364	273	182	91
460	46	92	184	276	368	460	368	276	184	92
465	47	93	186	279	372	465	372	279	186	93
470	47	94	188	282	376	470	376	282	188	94
475	48	95	190	285	380	475	380	285	190	95

Max	10%x20	20%x12	40%x8	60%x5	80%x2	100%xF	80%xF	60%xF	40%xF	20%xF
480	48	96	192	288	384	480	384	288	192	96
485	49	97	194	291	388	485	388	291	194	97
490	49	98	196	294	392	490	392	294	196	98
495	50	99	198	297	396	495	396	297	198	99
500	50	100	200	300	400	500	400	300	200	100
505	51	101	202	303	404	505	404	303	202	101
510	51	102	204	306	408	510	408	306	204	102
515	52	103	206	309	412	515	412	309	206	103
520	52	104	208	312	416	520	416	312	208	104
525	53	105	210	315	420	525	420	315	210	105
530	53	106	212	318	424	530	424	318	212	106
535	54	107	214	321	428	535	428	321	214	107
540	54	108	216	324	432	540	432	324	216	108
545	55	109	218	327	436	545	436	327	218	109
550	55	110	220	330	440	550	440	330	220	110
555	56	111	222	333	444	555	444	333	222	111
560	56	112	224	336	448	560	448	336	224	112
565	57	113	226	339	452	565	452	339	226	113
570	57	114	228	342	456	570	456	342	228	114
575	58	115	230	345	460	575	460	345	230	115
585	59	117	234	351	468	585	468	351	234	117
590	59	118	236	354	472	590	472	354	236	118
595	60	119	238	357	476	595	476	357	238	119
600	60	120	240	360	480	600	480	360	240	120
605	61	121	242	363	484	605	484	363	242	121
610	61	122	244	366	488	610	488	366	244	122
615	62	123	246	369	492	615	492	369	246	123
620	62	124	248	372	496	620	496	372	248	124
625	63	125	250	375	500	625	500	375	250	125
630	63	126	252	378	504	630	504	378	252	126
720	72	144	288	432	576	720	576	432	288	144
845	85	169	338	507	676	845	676	507	338	169
990	99	198	396	594	792	990	792	594	396	198
1000	100	200	400	600	800	1000	800	600	400	200
1100	110	220	440	660	880	1100	880	660	440	220
1115	112	223	446	669	892	1115	892	669	446	223
1155	116	231	462	693	924	1155	924	693	462	231
1200	120	240	480	720	960	1200	960	720	480	240

Med/Heavy Day Pyramid 100% = 2 rep max

Max	10%x20	20%x12	40%x8	60%x5	80%x2	100%xF	90%xF	80%xF	70%xF	60%xF	50%xF	40%xF
50	5	10	20	30	40	50	45	40	35	30	25	20
55	6	11	22	33	44	55	50	44	39	33	28	22
60	6	12	24	36	48	60	54	48	42	36	30	24
65	7	13	26	39	52	65	59	52	46	39	33	26
70	7	14	28	42	56	70	63	56	49	42	35	28
75	8	15	30	45	60	75	68	60	53	45	38	30
80	8	16	32	48	64	80	72	64	56	48	40	32
85	9	17	34	51	68	85	77	68	60	51	43	34
90	9	18	36	54	72	90	81	72	63	54	45	36
95	10	19	38	57	76	95	86	76	67	57	48	38
100	10	20	40	60	80	100	90	80	70	60	50	40
105	11	21	42	63	84	105	95	84	74	63	53	42
110	11	22	44	66	88	110	99	88	77	66	55	44
115	12	23	46	69	92	115	104	92	81	69	58	46
120	12	24	48	72	96	120	108	96	84	72	60	48
125	13	25	50	75	100	125	113	100	88	75	63	50
130	13	26	52	78	104	130	117	104	91	78	65	52
135	14	27	54	81	108	135	122	108	95	81	68	54
140	14	28	56	84	112	140	126	112	98	84	70	56
145	15	29	58	87	116	145	131	116	102	87	73	58
150	15	30	60	90	120	150	135	120	105	90	75	60
155	16	31	62	93	124	155	140	124	109	93	78	62
160	16	32	64	96	128	160	144	128	112	96	80	64
165	17	33	66	99	132	165	149	132	116	99	83	66
170	17	34	68	102	136	170	153	136	119	102	85	68
175	18	35	70	105	140	175	158	140	123	105	88	70
180	18	36	72	108	144	180	162	144	126	108	90	72
185	19	37	74	111	148	185	167	148	130	111	93	74
190	19	38	76	114	152	190	171	152	133	114	95	76
195	20	39	78	117	156	195	176	156	137	117	98	78
200	20	40	80	120	160	200	180	160	140	120	100	80
205	21	41	82	123	164	205	185	164	144	123	103	82
210	21	42	84	126	168	210	189	168	147	126	105	84
215	22	43	86	129	172	215	194	172	151	129	108	86
220	22	44	88	132	176	220	198	176	154	132	110	88
225	23	45	90	135	180	225	203	180	158	135	113	90
230	23	46	92	138	184	230	207	184	161	138	115	92
235	24	47	94	141	188	235	212	188	165	141	118	94
240	24	48	96	144	192	240	216	192	168	144	120	96
245	25	49	98	147	196	245	221	196	172	147	123	98
250	25	50	100	150	200	250	225	200	175	150	125	100
255	26	51	102	153	204	255	230	204	179	153	128	102
260	26	52	104	156	208	260	234	208	182	156	130	104
265	27	53	106	159	212	265	239	212	186	159	133	106
270	27	54	108	162	216	270	243	216	189	162	135	108
275	28	55	110	165	220	275	248	220	193	165	138	110
280	28	56	112	168	224	280	252	224	196	168	140	112

Max	10%x20	20%x12	40%x8	60%x5	80%x2	100%xF	90%xF	80%xF	70%xF	60%xF	50%xF	40%xF
285	29	57	114	171	228	285	257	228	200	171	143	114
290	29	58	116	174	232	290	261	232	203	174	145	116
295	30	59	118	177	236	295	266	236	207	177	148	118
300	30	60	120	180	240	300	270	240	210	180	150	120
305	31	61	122	183	244	305	275	244	214	183	153	122
310	31	62	124	186	248	310	279	248	217	186	155	124
315	32	63	126	189	252	315	284	252	221	189	158	126
320	32	64	128	192	256	320	288	256	224	192	160	128
325	33	65	130	195	260	325	293	260	228	195	163	130
330	33	66	132	198	264	330	297	264	231	198	165	132
335	34	67	134	201	268	335	302	268	235	201	168	134
340	34	68	136	204	272	340	306	272	238	204	170	136
345	35	69	138	207	276	345	311	276	242	207	173	138
350	35	70	140	210	280	350	315	280	245	210	175	140
355	36	71	142	213	284	355	320	284	249	213	178	142
360	36	72	144	216	288	360	324	288	252	216	180	144
365	37	73	146	219	292	365	329	292	256	219	183	146
370	37	74	148	222	296	370	333	296	259	222	185	148
375	38	75	150	225	300	375	338	300	263	225	188	150
380	38	76	152	228	304	380	342	304	266	228	190	152
385	39	77	154	231	308	385	347	308	270	231	193	154
390	39	78	156	234	312	390	351	312	273	234	195	156
395	40	79	158	237	316	395	356	316	277	237	198	158
400	40	80	160	240	320	400	360	320	280	240	200	160
405	41	81	162	243	324	405	365	324	284	243	203	162
410	41	82	164	246	328	410	369	328	287	246	205	164
415	42	83	166	249	332	415	374	332	291	249	208	166
420	42	84	168	252	336	420	378	336	294	252	210	168
425	43	85	170	255	340	425	383	340	298	255	213	170
430	43	86	172	258	344	430	387	344	301	258	215	172
435	44	87	174	261	348	435	392	348	305	261	218	174
440	44	88	176	264	352	440	396	352	308	264	220	176
445	45	89	178	267	356	445	401	356	312	267	223	178
450	45	90	180	270	360	450	405	360	315	270	225	180
455	46	91	182	273	364	455	410	364	319	273	228	182
460	46	92	184	276	368	460	414	368	322	276	230	184
465	47	93	186	279	372	465	419	372	326	279	233	186
470	47	94	188	282	376	470	423	376	329	282	235	188
475	48	95	190	285	380	475	428	380	333	285	238	190
480	48	96	192	288	384	480	432	384	336	288	240	192
485	49	97	194	291	388	485	437	388	340	291	243	194
490	49	98	196	294	392	490	441	392	343	294	245	196
495	50	99	198	297	396	495	446	396	347	297	248	198
500	50	100	200	300	400	500	450	400	350	300	250	200
505	51	101	202	303	404	505	455	404	354	303	253	202
510	51	102	204	306	408	510	459	408	357	306	255	204
515	52	103	206	309	412	515	464	412	361	309	258	206
520	52	104	208	312	416	520	468	416	364	312	260	208

Max	10%x20	20%x12	40%x8	60%x5	80%x2	100%xF	90%xF	80%xF	70%xF	60%xF	50%xF	40%xF
525	53	105	210	315	420	525	473	420	368	315	263	210
530	53	106	212	318	424	530	477	424	371	318	265	212
535	54	107	214	321	428	535	482	428	375	321	268	214
540	54	108	216	324	432	540	486	432	378	324	270	216
545	55	109	218	327	436	545	491	436	382	327	273	218
550	55	110	220	330	440	550	495	440	385	330	275	220
560	56	112	224	336	448	560	504	448	392	336	280	224
570	57	114	228	342	456	570	513	456	399	342	285	228
580	58	116	232	348	464	580	522	464	406	348	290	232
590	59	118	236	354	472	590	531	472	413	354	295	236
600	60	120	240	360	480	600	540	480	420	360	300	240
610	61	122	244	366	488	610	549	488	427	366	305	244
620	62	124	248	372	496	620	558	496	434	372	310	248
630	63	126	252	378	504	630	567	504	441	378	315	252
640	64	128	256	384	512	640	576	512	448	384	320	256
650	65	130	260	390	520	650	585	520	455	390	325	260
660	66	132	264	396	528	660	594	528	462	396	330	264
670	67	134	268	402	536	670	603	536	469	402	335	268
680	68	136	272	408	544	680	612	544	476	408	340	272
690	69	138	276	414	552	690	621	552	483	414	345	276
700	70	140	280	420	560	700	630	560	490	420	350	280
710	71	142	284	426	568	710	639	568	497	426	355	284
720	72	144	288	432	576	720	648	576	504	432	360	288
730	73	146	292	438	584	730	657	584	511	438	365	292
740	74	148	296	444	592	740	666	592	518	444	370	296
750	75	150	300	450	600	750	675	600	525	450	375	300
760	76	152	304	456	608	760	684	608	532	456	380	304
770	77	154	308	462	616	770	693	616	539	462	385	308
780	78	156	312	468	624	780	702	624	546	468	390	312
790	79	158	316	474	632	790	711	632	553	474	395	316
800	80	160	320	480	640	800	720	640	560	480	400	320
810	81	162	324	486	648	810	729	648	567	486	405	324
820	82	164	328	492	656	820	738	656	574	492	410	328
830	83	166	332	498	664	830	747	664	581	498	415	332
840	84	168	336	504	672	840	756	672	588	504	420	336
850	85	170	340	510	680	850	765	680	595	510	425	340
860	86	172	344	516	688	860	774	688	602	516	430	344
870	87	174	348	522	696	870	783	696	609	522	435	348
880	88	176	352	528	704	880	792	704	616	528	440	352
890	89	178	356	534	712	890	801	712	623	534	445	356
900	90	180	360	540	720	900	810	720	630	540	450	360
950	95	190	380	570	760	950	855	760	665	570	475	380
1000	100	200	400	600	800	1000	900	800	700	600	500	400
1100	110	220	440	660	880	1100	990	880	770	660	550	440
1200	120	240	480	720	960	1200	1080	960	840	720	600	480
1300	130	260	520	780	1040	1300	1170	1040	910	780	650	520
1400	140	280	560	840	1120	1400	1260	1120	980	840	700	560
1500	150	300	600	900	1200	1500	1350	1200	1050	900	750	600

Heavy Day Pyramid 100% = 1 rep max

Max	10%x12	25%x10	40%x8	55%x6	70%x4	85%x2	100%xF	95%xF	90%xF	85%xF	80%xF	75%xF	70%xF	65%xF	60%xF
50	5	13	20	28	35	43	50	48	45	43	40	38	35	33	30
55	6	14	22	30	39	47	55	52	50	47	44	41	39	36	33
60	6	15	24	33	42	51	60	57	54	51	48	45	42	39	36
65	7	16	26	36	46	55	65	62	59	55	52	49	46	42	39
70	7	18	28	39	49	60	70	67	63	60	56	53	49	46	42
75	8	19	30	41	53	64	75	71	68	64	60	56	53	49	45
80	8	20	32	44	56	68	80	76	72	68	64	60	56	52	48
85	9	21	34	47	60	72	85	81	77	72	68	64	60	55	51
90	9	23	36	50	63	77	90	86	81	77	72	68	63	59	54
95	10	24	38	52	67	81	95	90	86	81	76	71	67	62	57
100	10	25	40	55	70	85	100	95	90	85	80	75	70	65	60
105	11	26	42	58	74	89	105	100	95	89	84	79	74	68	63
110	11	28	44	61	77	94	110	105	99	94	88	83	77	72	66
115	12	29	46	63	81	98	115	109	104	98	92	86	81	75	69
120	12	30	48	66	84	102	120	114	108	102	96	90	84	78	72
125	13	31	50	69	88	106	125	119	113	106	100	94	88	81	75
130	13	33	52	72	91	111	130	124	117	111	104	98	91	85	78
135	14	34	54	74	95	115	135	128	122	115	108	101	95	88	81
140	14	35	56	77	98	119	140	133	126	119	112	105	98	91	84
145	15	36	58	80	102	123	145	138	131	123	116	109	102	94	87
150	15	38	60	83	105	128	150	143	135	128	120	113	105	98	90
155	16	39	62	85	109	132	155	147	140	132	124	116	109	101	93
160	16	40	64	88	112	136	160	152	144	136	128	120	112	104	96
165	17	41	66	91	116	140	165	157	149	140	132	124	116	107	99
170	17	43	68	94	119	145	170	162	153	145	136	128	119	111	102
175	18	44	70	96	123	149	175	166	158	149	140	131	123	114	105
180	18	45	72	99	126	153	180	171	162	153	144	135	126	117	108
185	19	46	74	102	130	157	185	176	167	157	148	139	130	120	111
190	19	48	76	105	133	162	190	181	171	162	152	143	133	124	114
195	20	49	78	107	137	166	195	185	176	166	156	146	137	127	117
200	20	50	80	110	140	170	200	190	180	170	160	150	140	130	120
205	21	51	82	113	144	174	205	195	185	174	164	154	144	133	123
210	21	53	84	116	147	179	210	200	189	179	168	158	147	137	126
215	22	54	86	118	151	183	215	204	194	183	172	161	151	140	129
220	22	55	88	121	154	187	220	209	198	187	176	165	154	143	132
225	23	56	90	124	158	191	225	214	203	191	180	169	158	146	135
230	23	58	92	127	161	196	230	219	207	196	184	173	161	150	138
235	24	59	94	129	165	200	235	223	212	200	188	176	165	153	141
240	24	60	96	132	168	204	240	228	216	204	192	180	168	156	144
245	25	61	98	135	172	208	245	233	221	208	196	184	172	159	147
250	25	63	100	138	175	213	250	238	225	213	200	188	175	163	150
255	26	64	102	140	179	217	255	242	230	217	204	191	179	166	153
260	26	65	104	143	182	221	260	247	234	221	208	195	182	169	156
265	27	66	106	146	186	225	265	252	239	225	212	199	186	172	159
270	27	68	108	149	189	230	270	257	243	230	216	203	189	176	162
275	28	69	110	151	193	234	275	261	248	234	220	206	193	179	165
280	28	70	112	154	196	238	280	266	252	238	224	210	196	182	168

Max	10%xF	25%xF	40%xF	55%xF	70%xF	85%xF	100%xF	95%xF	90%xF	85%xF	80%xF	75%xF	70%xF	65%xF	60%xF
285	29	71	114	157	200	242	285	271	257	242	228	214	200	185	171
290	29	73	116	160	203	247	290	276	261	247	232	218	203	189	174
295	30	74	118	162	207	251	295	280	266	251	236	221	207	192	177
300	30	75	120	165	210	255	300	285	270	255	240	225	210	195	180
305	31	76	122	168	214	259	305	290	275	259	244	229	214	198	183
310	31	78	124	171	217	264	310	295	279	264	248	233	217	202	186
315	32	79	126	173	221	268	315	299	284	268	252	236	221	205	189
320	32	80	128	176	224	272	320	304	288	272	256	240	224	208	192
325	33	81	130	179	228	276	325	309	293	276	260	244	228	211	195
330	33	83	132	182	231	281	330	314	297	281	264	248	231	215	198
335	34	84	134	184	235	285	335	318	302	285	268	251	235	218	201
340	34	85	136	187	238	289	340	323	306	289	272	255	238	221	204
345	35	86	138	190	242	293	345	328	311	293	276	259	242	224	207
350	35	88	140	193	245	298	350	333	315	298	280	263	245	228	210
355	36	89	142	195	249	302	355	337	320	302	284	266	249	231	213
360	36	90	144	198	252	306	360	342	324	306	288	270	252	234	216
365	37	91	146	201	256	310	365	347	329	310	292	274	256	237	219
370	37	93	148	204	259	315	370	352	333	315	296	278	259	241	222
375	38	94	150	206	263	319	375	356	338	319	300	281	263	244	225
380	38	95	152	209	266	323	380	361	342	323	304	285	266	247	228
385	39	96	154	212	270	327	385	366	347	327	308	289	270	250	231
390	39	98	156	215	273	332	390	371	351	332	312	293	273	254	234
395	40	99	158	217	277	336	395	375	356	336	316	296	277	257	237
400	40	100	160	220	280	340	400	380	360	340	320	300	280	260	240
405	41	101	162	223	284	344	405	385	365	344	324	304	284	263	243
410	41	103	164	226	287	349	410	390	369	349	328	308	287	267	246
415	42	104	166	228	291	353	415	394	374	353	332	311	291	270	249
420	42	105	168	231	294	357	420	399	378	357	336	315	294	273	252
425	43	106	170	234	298	361	425	404	383	361	340	319	298	276	255
430	43	108	172	237	301	366	430	409	387	366	344	323	301	280	258
435	44	109	174	239	305	370	435	413	392	370	348	326	305	283	261
440	44	110	176	242	308	374	440	418	396	374	352	330	308	286	264
445	45	111	178	245	312	378	445	423	401	378	356	334	312	289	267
450	45	113	180	248	315	383	450	428	405	383	360	338	315	293	270
455	46	114	182	250	319	387	455	432	410	387	364	341	319	296	273
460	46	115	184	253	322	391	460	437	414	391	368	345	322	299	276
465	47	116	186	256	326	395	465	442	419	395	372	349	326	302	279
470	47	118	188	259	329	400	470	447	423	400	376	353	329	306	282
475	48	119	190	261	333	404	475	451	428	404	380	356	333	309	285
480	48	120	192	264	336	408	480	456	432	408	384	360	336	312	288
485	49	121	194	267	340	412	485	461	437	412	388	364	340	315	291
490	49	123	196	270	343	417	490	466	441	417	392	368	343	319	294
495	50	124	198	272	347	421	495	470	446	421	396	371	347	322	297
500	50	125	200	275	350	425	500	475	450	425	400	375	350	325	300
505	51	126	202	278	354	429	505	480	455	429	404	379	354	328	303
510	51	128	204	281	357	434	510	485	459	434	408	383	357	332	306
515	52	129	206	283	361	438	515	489	464	438	412	386	361	335	309
520	52	130	208	286	364	442	520	494	468	442	416	390	364	338	312

Max	10%xF	25%xF	40%xF	55%xF	70%xF	85%xF	100%xF	95%xF	90%xF	85%xF	80%xF	75%xF	70%xF	65%xF	60%xF
525	53	131	210	289	368	446	525	499	473	446	420	394	368	341	315
530	53	133	212	292	371	451	530	504	477	451	424	398	371	345	318
535	54	134	214	294	375	455	535	508	482	455	428	401	375	348	321
540	54	135	216	297	378	459	540	513	486	459	432	405	378	351	324
545	55	136	218	300	382	463	545	518	491	463	436	409	382	354	327
550	55	138	220	303	385	468	550	523	495	468	440	413	385	358	330
560	56	140	224	308	392	476	560	532	504	476	448	420	392	364	336
570	57	143	228	314	399	485	570	542	513	485	456	428	399	371	342
580	58	145	232	319	406	493	580	551	522	493	464	435	406	377	348
590	59	148	236	325	413	502	590	561	531	502	472	443	413	384	354
600	60	150	240	330	420	510	600	570	540	510	480	450	420	390	360
610	61	153	244	336	427	519	610	580	549	519	488	458	427	397	366
620	62	155	248	341	434	527	620	589	558	527	496	465	434	403	372
630	63	158	252	347	441	536	630	599	567	536	504	473	441	410	378
640	64	160	256	352	448	544	640	608	576	544	512	480	448	416	384
650	65	163	260	358	455	553	650	618	585	553	520	488	455	423	390
660	66	165	264	363	462	561	660	627	594	561	528	495	462	429	396
670	67	168	268	369	469	570	670	637	603	570	536	503	469	436	402
680	68	170	272	374	476	578	680	646	612	578	544	510	476	442	408
690	69	173	276	380	483	587	690	656	621	587	552	518	483	449	414
700	70	175	280	385	490	595	700	665	630	595	560	525	490	455	420
710	71	178	284	391	497	604	710	675	639	604	568	533	497	462	426
720	72	180	288	396	504	612	720	684	648	612	576	540	504	468	432
730	73	183	292	402	511	621	730	694	657	621	584	548	511	475	438
740	74	185	296	407	518	629	740	703	666	629	592	555	518	481	444
750	75	188	300	413	525	638	750	713	675	638	600	563	525	488	450
760	76	190	304	418	532	646	760	722	684	646	608	570	532	494	456
770	77	193	308	424	539	655	770	732	693	655	616	578	539	501	462
780	78	195	312	429	546	663	780	741	702	663	624	585	546	507	468
790	79	198	316	435	553	672	790	751	711	672	632	593	553	514	474
800	80	200	320	440	560	680	800	760	720	680	640	600	560	520	480
810	81	203	324	446	567	689	810	770	729	689	648	608	567	527	486
820	82	205	328	451	574	697	820	779	738	697	656	615	574	533	492
830	83	208	332	457	581	706	830	789	747	706	664	623	581	540	498
840	84	210	336	462	588	714	840	798	756	714	672	630	588	546	504
850	85	213	340	468	595	723	850	808	765	723	680	638	595	553	510
860	86	215	344	473	602	731	860	817	774	731	688	645	602	559	516
870	87	218	348	479	609	740	870	827	783	740	696	653	609	566	522
880	88	220	352	484	616	748	880	836	792	748	704	660	616	572	528
890	89	223	356	490	623	757	890	846	801	757	712	668	623	579	534
900	90	225	360	495	630	765	900	855	810	765	720	675	630	585	540
950	95	238	380	523	665	808	950	903	855	808	760	713	665	618	570
1000	100	250	400	550	700	850	1000	950	900	850	800	750	700	650	600
1100	110	275	440	605	770	935	1100	1045	990	935	880	825	770	715	660
1200	120	300	480	660	840	1020	1200	1140	1080	1020	960	900	840	780	720
1300	130	325	520	715	910	1105	1300	1235	1170	1105	1040	975	910	845	780
1400	140	350	560	770	980	1190	1400	1330	1260	1190	1120	1050	980	910	840
1500	150	375	600	825	1050	1275	1500	1425	1350	1275	1200	1125	1050	975	900