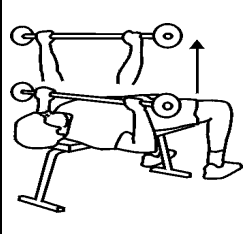
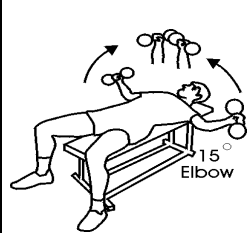
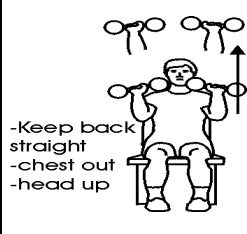
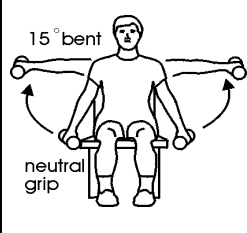
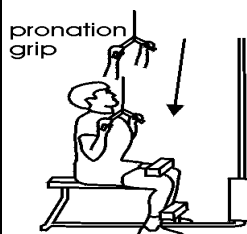
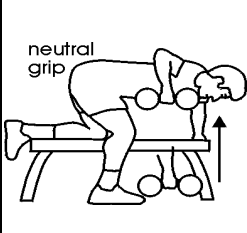


Name:  
Date:

Program: Day 1 (part a)

**Always warm up (for 10 minutes) and Stretch before workout !**

	<p><b>Bench Press</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>· Lie on bench, feet flat on floor</li> <li>· Hold barbell about 6" wider than shoulder width</li> <li>· Lower to chest</li> <li>· Raise bar to arms' length</li> <li>· Keep elbows out, chest high</li> <li>· Lower weight with complete control, making definite pause at chest</li> <li>· Keep head on bench, do not arch back</li> <li>· Do not raise hips off bench</li> <li>· Inhale down, exhale up</li> </ul>	Sets	Repetitions	Resistance	Notes	2-3	12-15			
Sets	Repetitions	Resistance	Notes							
2-3	12-15									
	<p><b>Flat Dumbbell Fly</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>· Lie on bench, feet flat on floor</li> <li>· Hold dumbbells together at arms' length, palms facing each other</li> <li>· Keep arms as straight with a slight bend in the elbows throughout the exercise</li> <li>· Lower dumbbells out to each side of chest in semicircular motion</li> <li>· Weights should be even with sides of chest but back slightly, in line with ears</li> <li>· Return to starting position using same path</li> <li>· Inhale down, exhale up</li> <li>· Breathe heavily, hold chest high, keep head on bench, concentrate on pectorals</li> </ul>	Sets	Repetitions	Resistance	Notes	2-3	12-15			
Sets	Repetitions	Resistance	Notes							
2-3	12-15									
	<p><b>Seated Shoulder Press</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>· Raise dumbbells to shoulder height</li> <li>· Sit at end of bench, feet firmly on floor</li> <li>· Press dumbbells to arms' length overhead</li> <li>· Lower dumbbells to starting position</li> <li>· Keep body rigid, do not lean from side to side</li> <li>· Do all work with shoulders and arms</li> <li>· Inhale down, exhale up</li> <li>· Can also be done with one dumbbell at a time or barbell or machine</li> </ul>	Sets	Repetitions	Resistance	Notes	2-3	12-15			
Sets	Repetitions	Resistance	Notes							
2-3	12-15									
	<p><b>Lateral Dumbbell Raise</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>· Sit at end of bench, feet firmly on floor</li> <li>· Hold dumbbells, palms in, arms straight down at side</li> <li>· Raise dumbbells in semicircular motion a little above shoulder height</li> <li>· Pause, then lower to starting position using same path</li> <li>· Keep arms straight</li> <li>· Inhale down, exhale up</li> <li>· Can also be done standing</li> </ul>	Sets	Repetitions	Resistance	Notes	2-3	12-15			
Sets	Repetitions	Resistance	Notes							
2-3	12-15									
	<p><b>Lat-Pulldowns (to front of head)</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>· Hold lat bar with hands about 36" apart</li> <li>· Kneel down or sit far enough to support weights with arms extended overhead</li> <li>· Pull bar straight down until even with upper chest</li> <li>· Return to starting position</li> <li>· Inhale up, exhale down</li> </ul>	Sets	Repetitions	Resistance	Notes	2-3	12-15			
Sets	Repetitions	Resistance	Notes							
2-3	12-15									
	<p><b>One-Arm Bent-over-rows</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Sets</th> <th>Repetitions</th> <th>Resistance</th> <th>Notes</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">2-3</td> <td style="text-align: center;">12-15</td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>· Place dumbbell on floor in front of bench</li> <li>· Put left leg back, lock the knee</li> <li>· Bend right knee slightly</li> <li>· Bend over and hold dumbbell with right hand palm in, about 6" off floor</li> <li>· Put left hand on bench, elbow locked</li> <li>· Pull dumbbell straight up to side of chest</li> <li>· Return to starting position using same path</li> <li>· Inhale down, exhale up</li> <li>· Reverse position and repeat movement on other side</li> </ul>	Sets	Repetitions	Resistance	Notes	2-3	12-15			
Sets	Repetitions	Resistance	Notes							
2-3	12-15									

**GOAL:** Get proper technique, over soreness, coordination, and make fitness a way of life

**REST:** 1 - 1.5 minutes between sets and exercises

**INTENSITY:** Select a resistance that will allow completion of the full number of repetitions in good form during each set.

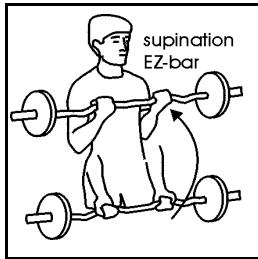
**PACE:** Lift in two second and lower in three seconds in all exercises.

**M,W,F Weights - (alternate Day 1 and Day 2); T and TH do 45-60 minutes of cardio (eg. bike, jog, swim, rollerblade etc.).**

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

Program: Day 1 (part b)

**Always warm up (for 10 minutes) and Stretch before workout !**

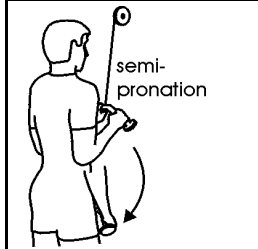


**Biceps Curl**

Sets	Repetitions	Resistance	Notes
2-3	12-15		

**Note:**

- Hold barbell with both hands, palms up, 18" apart
- Stand erect, back straight, head up, feet 16" apart
- Start with bar at arms' length against upper thighs
- Curl bar up in semicircular motion until forearms touch biceps
- Keep upper arms close to sides
- Lower to starting position using same path
- Do not swing back and forth to help lift bar
- Exhale up, inhale down
- Can also be done with wide grip

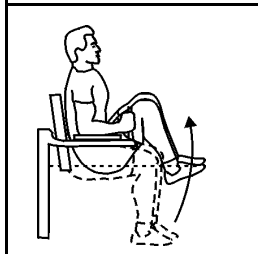


**Triceps Pressdowns**

Sets	Repetitions	Resistance	Notes
2-3	12-15		

**Note:**

- Stand erect, head up, feet 16" apart, in front of machine
- Hold bar with hands 8" apart, palms down
- Bring upper arms to sides and keep them there
- Start with forearms and biceps touching
- Press bar down in semicircular motion to arms' length
- Return to starting position
- Inhale up, exhale down
- Can also be done with medium or reverse grip

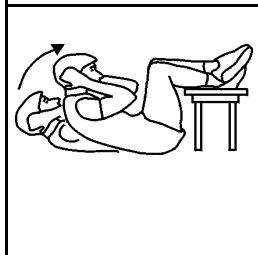


**Hanging Leg Raises**

Sets	Repetitions	Resistance	Notes
2-3	12-15		

**Note:**

- Get on the dip stand facing out
- Arms locked and hips at a 90° angle, with the knees bent
- Pull knees up to chest, as far as possible
- Return to starting position
- Do not swing body up and down but concentrate on abdominal muscles
- Exhale up, inhale down
- To make harder, hold light weight between feet
- Can also start with legs hanging straight down

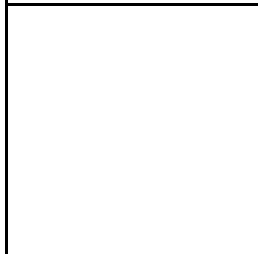


**Crunches/Twists**

Sets	Repetitions	Resistance	Notes
2-3	12-15		

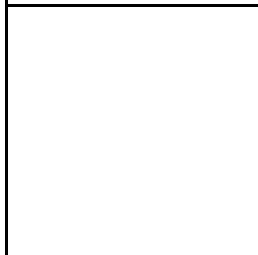
**Note:**

- Lie on floor with lower legs on top of bench
- Position body so thighs are at a 45° angle
- With hands behind head, pull up as far as possible
- Return to starting position
- Do not swing body up and down but concentrate on abdominal muscles
- Exhale up, inhale down
- To make harder, hold light weight on chest



Sets	Repetitions	Resistance	Notes

**Note:**



Sets	Repetitions	Resistance	Notes

**Note:**

**GOAL:** Get proper technique, over soreness, coordination, and make fitness a way of life  
**REST:** 1 - 1.5 minutes between sets and exercises  
**INTENSITY:** Select a resistance that will allow completion of the full number of repetitions in good form during each set.  
**PACE:** Lift in two second and lower in three seconds in all exercises.

**M,W,F Weights - (alternate Day 1 and Day 2); T and TH do 45-60 minutes of cardio (eg. bike, jog, swim, rollerblade etc.).**