

3 DAY WEIGHT TRAINING PROGRAM/ **ADVANCED**

Day 1	Movement	Machine	Bodypart	Day 2	Movement	Machine	Bodypart	Day 3	Movement	Machine	Bodypart
	Flat Bench	BB or DB	Chest/Tri		Squat/Back or Front	BB	Legs		Lat Pull-Down	Cybex	Back
	Dumbbell Flys	Dumbbells	Chest/Tri		Lunge	BB or DBWalking	Legs		Seated Row	Cybex	Back
	Incline Press	BB or DB	Chest/Tri		Stiff Legged Deadlift	BB or DB	Hamstrings		Upright Row	BB or DB	Back
	Shoulder Press	BB or DB	Shldr/Tri		Leg ext.	Cybex	Thigh		Bent Over Row	BB or DB	Back
	Bar Dip/Bench Dip	Bdy. Weight	Chest/Tri		Leg curl	Cybex	Hamstrings		Shoulder Shrugs	BB or DB	Shoulder
	Tricep Ext.	FT, Cable X-Over	Triceps		Calf raise	Cybex	Calves		Bicep Curl	BB or DB	Biceps
	Core-Torso	Stretch area-mats	Core-Torso		Core-Torso	Stretch area-mats	Core-Torso		Core-Torso	Stretch area-mats	Core-Torso
									Pull-Up -in place of Lat pull	Pull-Up Bar	Back & Biceps

GUIDELINES:

- Day 1 (Chest, Shoulders, Triceps)
- Day 2 (Legs)
- Day 3 (Back & Biceps)
- 1-3 sets per movement

PHASES OF STRENGTH PROGRAM

Hypertrophy: 10-15 reps per set
50-75% 1RM
1 min rest between sets

Strength/Power: 6-10 reps per set
60-85% 1RM
2 min rest between sets

Power/Max Strength: 4-8 reps per set
80-95% 1RM
3-5 min rest between set

- BB Barbell
- DB Dumbbell
- FT Functional Trainer (machine with long arms and cables)
- Core/Torso Training-See ideas posted on bulletin boards (Stability Balls, Medicine Balls, etc...)

Follow program for 3-5 weeks then change the phase

