

3-DAY WEIGHT TRAINING PROGRAM/ **BEGINNER**

Day 1	Movement	Machine	Bodypart	Day 2	Movement	Machine	Bodypart	Day 3	Movement	Machine	Bodypart
	Chest Press	Cybex/ Eagle	Chest/Tri		Leg Press	Cybex/ Eagle	Legs		Lat Pull- Down	Cybex/ Eagle	Back
	Flys	Cybex	Chest/Tri		Bdy. Wt./DB Lunge	In place/ Dumbbells	Legs		Seated Row	Cybex	Back
	Incline Press	Cybex	Chest/Tri		Bdy. Wt/ Dumbbells Squat	In place	Legs		Upright Row	Free Wt.	Back
	Shoulder Press	Cybex	Shldr/Tri		Leg ext.	Cybex/ Eagle	Thigh		Bent Over Row	Free Wt. Dumbbells	Back
	Shoulder Shrugs	Free wt./ Dumbbells	Shoulder		Leg curl	Eagle	Hamstrings		Bicep Curl	Eagle	Biceps
	Tricep Press	Cybex	Triceps		Calf raise	Cybex/ Standing or Seated	Calves		Bicep Curl	Dumbbells/ Straight Bar	Biceps
	Tricep Ext.	Eagle	Triceps		Abdominals	Eagle/ Nautilus	Abs				
	Push-up	Bdy. Weight	Chest/Tri								
	Abdominals	Eagle/ Nautilus	Abs								

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% 1 RM
2 min rest between sets
- Power/Max Strength:** 4-8 reps per set
80-95% 1 RM
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

