

## 3-DAY WEIGHT TRAINING PROGRAM/ INTERMEDIATE

| Day 1 | Movement                   | Machine                   | Bodypart           | Day 2 | Movement                | Machine               | Bodypart   | Day 3 | Movement           | Machine               | Bodypart |
|-------|----------------------------|---------------------------|--------------------|-------|-------------------------|-----------------------|------------|-------|--------------------|-----------------------|----------|
|       | Chest Press/<br>Flat Bench | Cybex or<br>BB or DB.     | Chest/Tri          |       | Leg Press/<br>Squat     | Samson<br>BB or DB    | Legs       |       | Lat Pull-<br>Down  | Cybex                 | Back     |
|       | Flys<br>Dumbbell Flys      | Cybex or<br>BB or DB.     | Chest/Tri          |       | DB Lunge<br>(Dumbbells) | In place/<br>Walking  | Legs       |       | Seated Row         | Cybex                 | Back     |
|       | Incline Press              | Cybex or<br>BB or DB.     | Chest/Tri          |       | SLD                     | BB or DB.             | Hamstrings |       | Upright Row        | BB or DB              | Back     |
|       | Shoulder<br>Press          | Cybex or<br>BB or DB.     | Shldr/Tri          |       | Leg ext.                | Cybex                 | Thigh      |       | Bent Over<br>Row   | BB or DB              | Back     |
|       | Tricep Ext.                | FT or<br>Cable X-<br>over | Triceps<br>Triceps |       | Leg curl                | Cybex                 | Hamstrings |       | Shoulder<br>Shrugs | Free wt<br>BB or DB   | Shoulder |
|       | Bar Dip/<br>Bench Dip      | Bdy.<br>Weight            | Chest/Tri          |       | Calf raise              | Cybex                 | Calves     |       | Bicep Curl         | BB or DB              | Biceps   |
|       | Core-Torso                 | Stretch<br>area-mats      | Core               |       | Core-Torso              | Stretch area-<br>mats | Core       |       | Core-Torso         | Stretch area-<br>mats | Core     |
|       |                            |                           |                    |       |                         |                       |            |       |                    |                       |          |

### 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**





