3 DAY WEIGHT TRAINING PROGRAM/ ADVANCED

Movement	Machine	Bodypart
1. Squat	Free weights-BB or DB	Legs/Thigh/Hamstring
2. Flat Bench	Free weights-BB or DB	Chest/Triceps
3. Walking Lunges	Dumbbells	Legs
4. Seated Row	Cybex	Back
5. Stiff Legged Dead lift	Free weights-BB or DB	Hamstrings
6. Incline Press	Free weights-BB or DB	Chest/Triceps
7. Leg extension	Cybex	Thigh/Quadriceps
8. Lat Pull-Down	Cybex	Back/Biceps
9. Shoulder Press	Free weights-BB or DB	Shoulder/Triceps
10. Tricep Extension	Cable X-over, FT, Dips, DB	Triceps
11. Bicep Curl	Cable X-over, FT, Dips, DB	Biceps
12. Standing Calf Raise	Cybex	Calves
13. Core-Torso	Various crunches, Cybex, Stab ball	Abdominals

GUIDELINES:

- Total body lift
- 1-3 sets per movement
- BB (Barbell), DB (Dumbbell), FT (functional trnr.)
- 12-15 reps- endurance ,50-75% 1RM, 1-2 min rest
- 6-8 reps-strength/power, 60-75% 1RM, 2-4 min rest
- 2-5 reps-Max strength/power, 75-95% 1RM, 3-5 min rest
- Follow program for 3-5 weeks, change phases

Must have 1-2 days rest or alternate activity between lifting days

Movement	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Squat	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Flat Bench	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Walk Lunge	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Seated Row	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Stf Leg Dlft	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Incline Press	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3

3 DAY WEIGHT TRAINING PROGRAM/ ADVANCED

Movement	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Leg Ext.	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Lat Pull Dn.	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Shldr. Press	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Tricep Ext.	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Bicep Curl	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Cybex Calf	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
Abs	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3
	1	1	1	1	1	1	1	1	1	1	1
	2	2	2	2	2	2	2	2	2	2	2
	3	3	3	3	3	3	3	3	3	3	3