3-DAY TOTAL BODY WEIGHT TRAINING PROGRAM/ BEGINNER

Movement	Machine	Bodypart
1. Leg Press	Cybex or Samson	Legs/Thigh/Hamstring
2. Chest Press	Cybex	Chest/Triceps
3. Leg extension	Cybex	Thigh/Quadriceps
4. Seated Row	Cybex	Back
5. Leg Curl	Cybex	Hamstrings
6. Fly	Cybex	Chest
7. Shoulder Press	Cybex	Shoulder
8. Lat Pull-Down	Cybex	Back
9. Tricep Extension	Cybex-Cable Cross over	Triceps
10. Bicep Curl	Cybex Cable Cross over	Biceps
11. Standing Calf Raise	Cybex	Calves
12. Abdominals	Abdominal Crunches Cybex, Mats, Stab. Ball	Core-Torso

GUIDELINES:

- Total body lift
- 1-3 sets per movement
- Perform a maximum repetition test each month
- 12-15 reps-endurance, 50-75% 1 RM, 1-2 min rest
- 6-8 reps-strength, 60-75% 1 RM, 2-4 min rest
- 2-5 reps-power, 75-95% 1 RM, 3-5 min rest
- Follow program for 3-5 weeks, then 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
Leg 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
Chest 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
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
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
Leg 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
Fly	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/ BEGINNER

Movement	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
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
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
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
Core Work	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