3-DAY WEIGHT TRAINING PROGRAM/ INTERMEDIATE

Movement	Machine	Bodypart
1. Leg Press/Squat	Cybex, Samson, or Free wt.	Legs/Thigh/Hamstring
2. Flat Bench	Free weights-Barbell or DB	Chest/Triceps
3. In place DB Lunge	Dumbbells (DB)	Legs
4. Seated Row	Cybex	Back
5. Leg Curl	Cybex	Hamstrings
6. Incline Press	Free weights-Barbell or DB	Chest/Triceps
7. Leg extension	Cybex	Thigh/Quadriceps
8. Lat Pull-Down	Cybex	Back
9. Shoulder Press	Cybex or Barbell or DB	Shoulder/Triceps
10. Tricep Extension	Cybex Cable Cross-over	Triceps
11. Bicep Curl	Free weights-Barbell or DB	Biceps
12. Standing Calf Raise	Cybex	Calves
13. Core-Torso	Abdominal Crunches, Cybex, Mats, Stability balls	Core-Torso

GUIDELINES:

- Total body lift
- 1-3 sets per movement
- Perform a 1 repetition maximum test each month
- 12-15 reps-endurance, 50-75% 1 RM, 1-2 min rest
- (8-10 reps)-Wk 1, (10-12 reps, Wk 2, (12 or> reps) Wk 3
- 6-8 reps-strength, 60-75% 1 RM, 2-4 min rest
- 2-5 reps-Maximal Strength, 75-95% 1 RM, 3-5 min rest
- Follow program for 3-5 weeks than 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/Sqt	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
DB 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
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
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

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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
Core-Torso	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