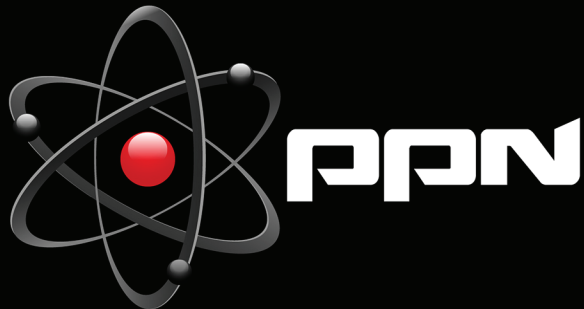


SAMPLE WEIGHT PROGRAM HARDCORE

3 Day Split Workout Hardcore

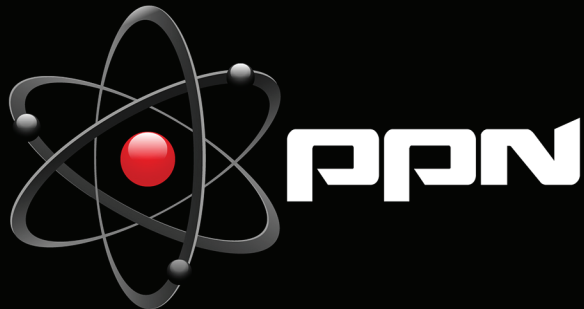
- Day 1** **Back, Chest, Traps**
- Day 2** **Rest**
- Day 3** **Shoulders, Triceps, Biceps**
- Day 4** **Rest**
- Day 5** **Legs, Calves, Abs**
- Day 6** **Rest**
- Day 7** **Rest**
- Day 8** **Repeat**



SAMPLE WEIGHT PROGRAM HARDCORE

Back, Chest, Traps

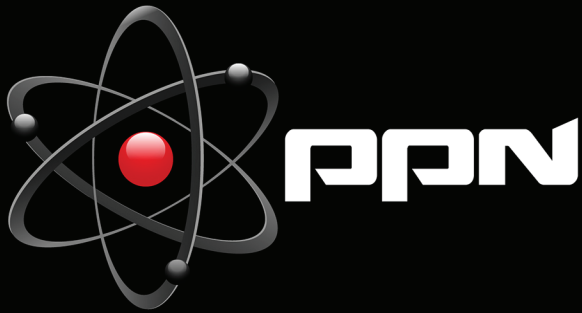
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
<u>Back</u>		
Medium-Grip Pulldowns (To Front) or Medium-Neutral Grip Pulldowns (To Front) or Reverse-Grip Pulldowns (To Front)	3	6-12
Barbell Rows or Seated Row Machine or Seated Cable Row Medium-Neutral Grip or Dumbbell Rows	3	6-12
Standing Cable Pullover w/ Straight Bar or Pullover Machine or One Arm Cable Extensions (Unilateral)	3	6-12
Low Back Extension	4	6-12
<u>Chest</u>		
Incline Dumbbell Press or Cybex Incline Press Machine or Incline Press Smith Machine or Incline Cable Press or Fly	3	6-12
Flat D.B Press or Cybex Press Machine or Flat Cable Press or Fly	3	6-12
Pec-Deck Flys or Standing Cable Crossover or Flat Dumbbell Flys	3	6-12
<u>Traps</u>		
Dumbbell Shrugs or Barbell Shrugs	4	6-12



SAMPLE WEIGHT PROGRAM HARDCORE

Shoulders, Triceps, Biceps

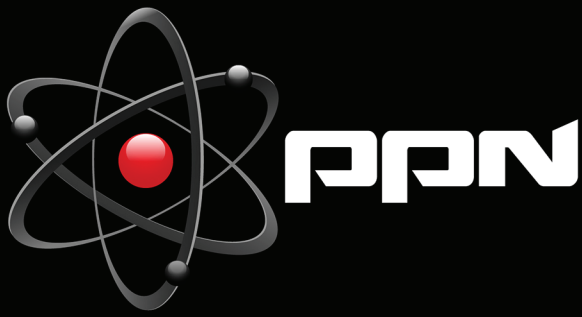
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
<u>Shoulders</u>		
Dumbbell Lateral Raise or Lateral Raise Machine or One Arm Cable Lateral Raise	3	6-12
Dumbbell Shoulder Press or Shoulder Press Machine or Smith Machine Shoulder Press or Front D.B. Raise	3	6-12
Rear Delt Pec-Dec or Row Machine (Horizontal Plane) or Dumbbell Rows (Horizontal Plane)	3	6-12
Bar Dips (Every other workout)	3	6-12
<u>Triceps</u>		
Dumbbell Lying Overhead Ext. or Lying Overhead Cable Extension w/ Two Ropes or Tricep Ext. Machine	4	6-12
Pushdowns w/ Med.- Neutral Grip or Cable Kickbacks w/ Rope	4	6-12
<u>Biceps</u>		
Seated/Standing D.B. Curls or Standing Barbell Curls	4	6-12
Bicep Curl Mach. or Cable Curls	4	6-12



SAMPLE WEIGHT PROGRAM HARDCORE

Legs, Calves

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Leg Ext.	4	6-12
Squat Press Machine or Leg Press	4	6-12
Dumbbell Lunges or Squats	4	6-12
Lying Leg Curl	4	6-12
Standing One Leg Curls	3	6-12
Stiff Leg Deadlifts or Seated Leg Curl	4	6-12
Seated Calf Raise	4	6-12
Standing Calf Raise or 45* Calf Raise	4	6-12
Adductor Machine	4	6-12



SAMPLE WEIGHT PROGRAM HARDCORE

Abdominals

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Reverse Crunches	4	As Many As Possible.
Crunch Machine or Weighted Crunches w/ Rope	4	6-12
Crunches (Hips Flexed) or Crunches (Hips Flexed, Feet Off Ground)	4	As Many As Possible
Oblique Cable Crunches	3	6-12