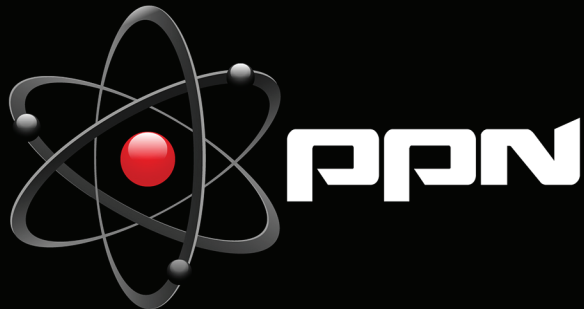


# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## 3 Day Split Workout Intermediate

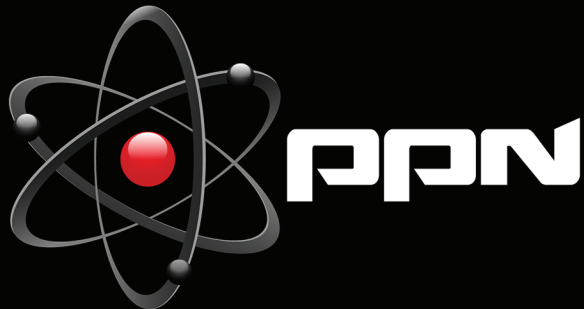
<b>Day 1</b>	<b>Back, Chest, Traps</b>
<b>Day 2</b>	<b>Rest</b>
<b>Day 3</b>	<b>Shoulders, Triceps, Biceps</b>
<b>Day 4</b>	<b>Rest</b>
<b>Day 5</b>	<b>Legs, Calves, Abs</b>
<b>Day 6</b>	<b>Rest</b>
<b>Day 7</b>	<b>Rest</b>
<b>Day 8</b>	<b>Repeat</b>



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Back, Chest, Traps

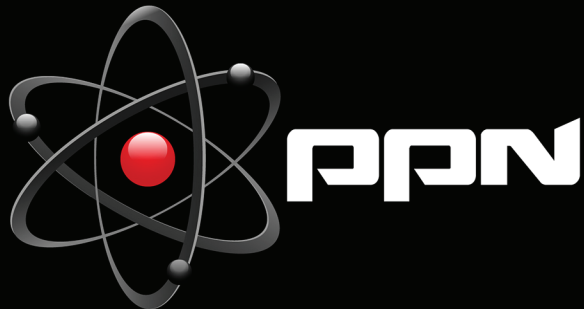
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
<b><u>Back</u></b>		
Medium-Grip Pulldowns (To Front) or Medium-Neutral Grip Pulldowns (To Front) or Reverse-Grip Pulldowns (To Front)	4	6-12
Seated Row Machine or Seated Cable Row Medium-Neutral Grip or Dumbbell Rows	4	6-12
Low Back Extension	3-4	6-12
<b><u>Chest</u></b>		
Incline Dumbbell Press or Cybex Incline Press Machine or Incline Press Smith Machine	3	6-12
Flat D.B Press or Cybex Press Machine or Pec-Deck Flys or Flat Dumbbell Flys	3	6-12
Decline Press Machine	3	6-12
<b><u>Traps</u></b>		
Dumbbell Shrugs or Barbell Shrugs	4	6-12



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Shoulders, Triceps, Biceps

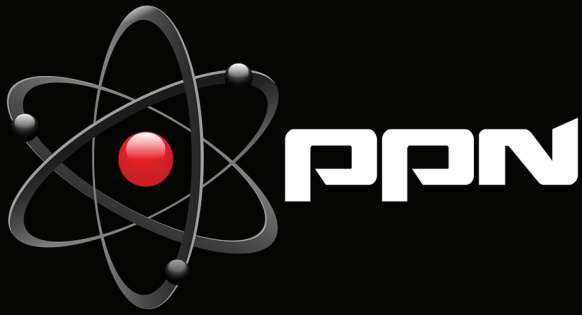
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
<b><u>Shoulders</u></b>		
Dumbbell Lateral Raise or Lateral Raise Machine	3	6-12
Dumbbell Shoulder Press or Shoulder Press Machine or Smith Machine Shoulder Press	3	6-12
Rear Delt Pec-Dec or Row Machine (Horizontal Plane)	3	6-12
Bar Dips (Every other workout)	1-3	As many as possible.
<b><u>Triceps</u></b>		
Dumbbell Lying Overhead Ext. or Triceps Ext. Machine	3	6-12
Pushdowns w/ Med.- Neutral Grip or Cable Kickbacks w/ Rope	3	6-12
<b><u>Biceps</u></b>		
Seated/Standing D.B. Curls or Standing Barbell Curls	3	6-12
Bicep Curl Mach. or Cable Curls	3	6-12



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## 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
Lying Leg Curl	3	6-12
Seated Leg Curl or Stiff Leg Deadlifts	3	6-12
Seated Calf Raise	3	6-12
Standing Calf Raise or 45* Calf Raise	3	6-12
Adductor Machine	3	6-12



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Abdominals

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