

# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## 4 Day Split Workout Intermediate

**Day 1**                      **Back, Traps, Abs**

**Day 2**                      **Chest, Biceps**

**Day 3**                      **Rest**

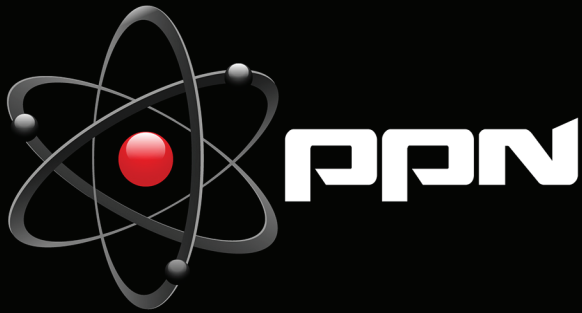
**Day 4**                      **Shoulders, Triceps**

**Day 5**                      **Legs, Calves**

**Day 6**                      **Rest**

**Day 7**                      **Rest**

**Repeat**



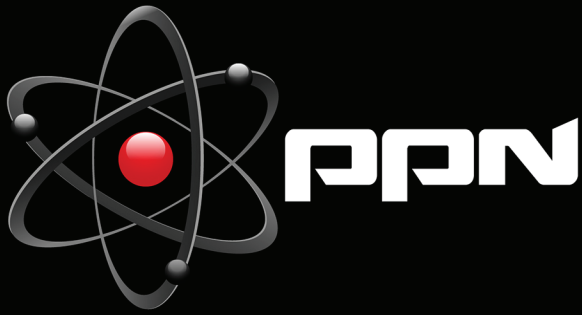
# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Back, Traps, Abs

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Pull-Ups	1	As many as possible.
Seated Cable Row Medium-Neutral Grip Seated Row Machine or Dumbbell Rows	4	6-12
Medium-Grip Pulldowns (To Front) or Medium-Neutral Grip Pulldowns (To Front) or Reverse-Grip Pulldowns (To Front)	4	6-12
Standing Cable Pullover w/ Straight Bar or Pullover Machine or	3	6-12
Low Back Extension	3	6-12
Dumbbell Shrugs or Barbell Shrugs	4	6-12

## Abdominals

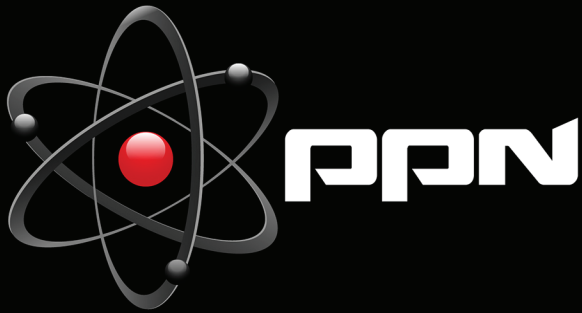
Reverse Crunches	3	As Many As Possible.
Crunch Machine	3	6-12
Crunches (Hips Flexed) or Crunches (Hips Flexed, Feet Off Ground)	4	As Many As Possible



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Chest, Biceps

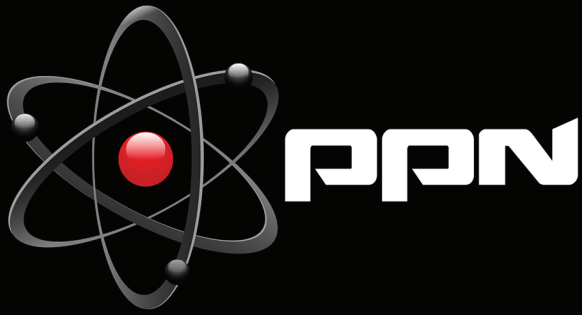
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Incline Dumbbell Press or Cybex Incline Press Machine or Incline Press Smith Machine	4	6-12
Flat D.B Press or Cybex Press Machine or Pec-Deck Flys or Flat Dumbbell Flys	4	6-12
Decline Press Machine or Decline Bench Press	4	6-12
Seated/Standing D.B. Curls or Standing Barbell Curls or	4	6-12
Bicep Curl Mach. or Cable Curls	4	6-12



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Shoulders, Triceps

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Dumbbell Lateral Raise or Lateral Raise Machine or	3	6-12
Dumbbell Shoulder Press or Shoulder Press Machine or Smith Machine Shoulder Press	3	6-12
Front D.B. Raise	2-3	6-12
Rear Delt Pec-Dec or Row Machine (Horizontal Plane) or	3	6-12
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



# SAMPLE WEIGHT PROGRAM INTERMEDIATE/ADVANCED

## Legs, Calves

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