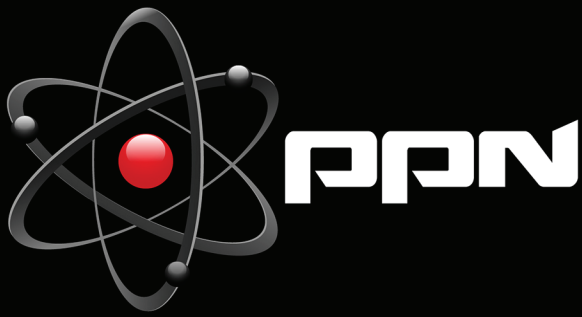


SAMPLE WEIGHT PROGRAM HARDCORE

4-Day Workout

Back, Traps, Abs

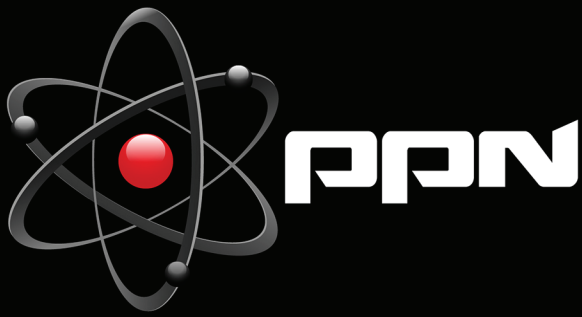
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Pull-Ups	3	As many as possible.
Seated Cable Row Medium-Neutral Grip	3	6-12
Barbell Rows or Seated Row Machine or Dumbbell Rows	3	6-12
Medium-Grip Pulldowns (To Front) or Medium-Neutral Grip Pulldowns (To Front) or Reverse-Grip Pulldowns (To Front)	3	6-12
Standing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



SAMPLE WEIGHT PROGRAM HARDCORE

Shoulders, Triceps

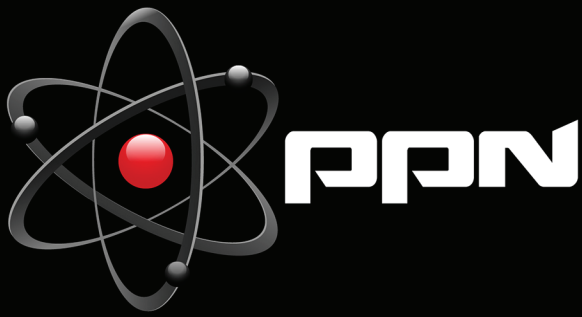
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Dumbbell Lateral Raise or Lateral Raise Machine or One Arm Cable Lateral Raise	4	6-12
Dumbbell Shoulder Press or Shoulder Press Machine or Smith Machine Shoulder Press	3	6-12
Front D.B. Raise or Cable Front Raise w/ Rope	3	6-12
Rear Delt Pec-Dec or Row Machine (Horizontal Plane) or Dumbbell Rows (Horizontal Plane)	4	6-12
Dumbbell Lying Overhead Ext. or Lying Overhead Cable Extension w/ Two Ropes or Tricep Ext. Machine	5	6-12
Pushdowns w/ Med.- Neutral Grip or Cable Kickbacks w/ Rope	5	6-12



SAMPLE WEIGHT PROGRAM HARDCORE

Legs, Calves

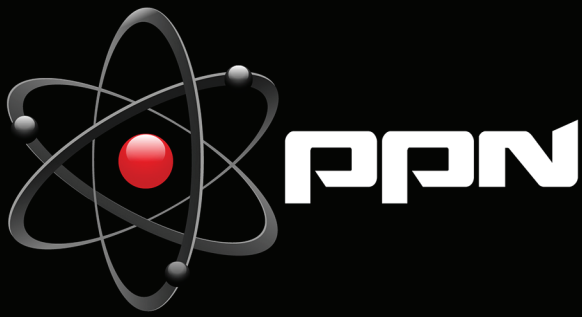
<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Leg Ext.	4	6-12
Squat Press Machine or Leg Press	4	6-12
Dumbbell Lunges or Squats	4	6-12
Lying Leg Curl	4	6-12
Standing One Leg Curls	3	6-12
Stiff Leg Deadlifts or Seated Leg Curl	4	6-12
Seated Calf Raise	4	6-12
Standing Calf Raise or 45* Calf Raise	4	6-12
Adductor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



SAMPLE WEIGHT PROGRAM HARDCORE

Chest, Biceps

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Incline Dumbbell Press or Incline Cable Press or Fly	4	6-12
Cybox Incline Press Machine or Incline Press Smith Machine	4	6-12
Flat D.B Press or Cybox Press Machine or Flat Cable Press or Fly	4	6-12
Pec-Deck Flys or Standing Cable Crossover	3	6-12
Seated/Standing D.B. Curls or Standing Barbell Curls or	5	6-12
Bicep Curl Mach. or Cable Curls	5	6-12



SAMPLE WEIGHT PROGRAM HARDCORE

Workout Schedule

Day 1 **Back, Traps, Abs**

Day 2 **Chest, Biceps**

Day 3 **Rest**

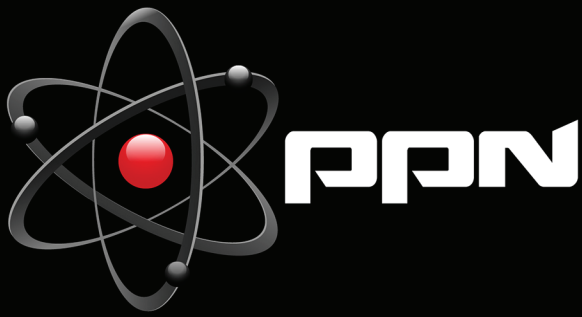
Day 4 **Shoulders, Triceps**

Day 5 **Legs, Calves**

Day 6 **Rest**

Day 7 **Rest**

Repeat



SAMPLE WEIGHT PROGRAM 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