

PPN

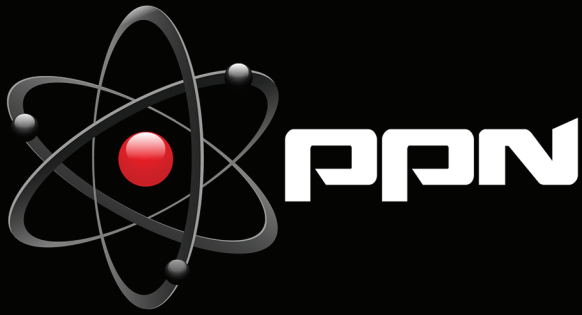
SAMPLE WEIGHT PROGRAM NOVICE

Upper/Lower Split Workout Beginner

Day 1:	Upper Body
Day 2:	Cardio Only
Day 3:	Rest
Day 4:	Lower Body
Day 5:	Cardio Only
Day 6:	Rest
Day 7:	Rest or Cardio Only
Day 8:	Repeat

Cardio:

Start with 3 days x 15-20 minutes at a Low to Moderate Intensity.



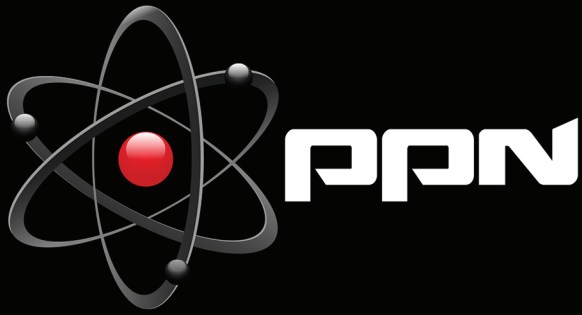
SAMPLE WEIGHT PROGRAM NOVICE

UPPER BODY

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Dumbbell Overhead Press or Overhead Press Machine	2-3	10
Seated Row Machine or Dumbbell Rows	2-3	10
Flat Bench D.B Press or Vertical Press Machine	2-3	10
Triceps Extension Machine or Dips on a Chair or Bench	2-3	10
Seated/Standing D.B. Curls or Bicep Curl Machine	2-3	10

Abdominals

Crunches (Hips Flexed)	2-3	As Many As Possible
Low Back Extension	2	10 Reps



SAMPLE WEIGHT PROGRAM NOVICE

LOWER BODY

<u>EXERCISE</u>	<u>SETS</u>	<u>REPS</u>
Leg Press Machine	2	10
Squats (w/ a Chair or Bench)	2	10
Lying Leg Curls	2-3	10
Seated Calf Raise	2-3	10
Adductor Machine	2	10

Abdominals

Crunches (Hips Flexed)	2-3	As Many As Possible
Low Back Extension	2	10 Reps