

## Six to Eight Week Training Program

Full Body					Legs and Shoulders					Legend	
Day	Exercises	Sets	Reps	Load	Day	Exercises	Sets	Reps	Load		
1	DB Squats	3		10	35	5	BB Squats	2	10	95	DB - Dumbbell
	DB Deadlifts	3		10	35		Stiff Leg BB Deadlift	2	10	90	BB - Barbell
	Planks	2	30 sec		BW		Hamstring Curls	2	10	40	BW - Bodyweight
	Rope Twist	3		10	30		Quad Extensions	2	10	150	MB - Medicine Ball
	One Arm Snatches	2		10	30		DB Lunges	2	10	15	
	Push-ups	3		10	BW		DB Shoulder Press	2	10	25	
	Treadmill	2	1 Min		BW		DB Side Shoulder Raise	2	10	15	
	Squat Row	3		10	100		DB Straight Punches	2	30 sec	15	
	Squat MB Throw	2		10	BW		DB Shrugs	2	10	50	
Back and Bi-ceps					Chest, Tri-ceps and Abs						
Day	Exercises	Sets	Reps		Day	Exercises	Sets	Reps			
3	Seated Row	2		10	100	7	DB Bench Press	2	10	40	
	One Arm Rows	2		8	35		DB Incline Bench Press	2	10	40	
	High Row Rope Cables	2		10	70		DB Decline Bench Press	2	10	35	
	Close Grip Pulldowns	2		10	120		Cable Cross	2	8	40	
	Wide Grip Pulldowns	2		10	120		Chest Press	2	10	120	
	BB Bicep Curls	2		10	40		Standing Straight Bar Tricep Pt	2	10	90	
	DB Twists	2		10	20		Rope Pulldowns	2	10	70	
	DB Seated Curls	2		10	20		Reverse Grip Pulldowns	2	10	60	
	Standing Concentration Curls	2		10	30		Bicycle Crunches	2	20	BW	
							Wheel Roll-out	2	10	BW	
						Planks	2	10	BW		