

Workout Program

MONDAY/WEDNESDAY/FRIDAY

ARMS

Triceps

Triceps Pushdowns

Skull Crushers (E-Z Bar)

Biceps

Incline Dumbbell Curls

Standing DB Curls

Bar Curls

Preacher Curls

Hammer Curls

Forearms

Reverse Grip Curls

Wrist Curls

SHOULDERS

Shoulder Press

DB Press/Raises

Seated Shoulder Press

Shoulder Press Machine

CHEST

Bench Press/DB Fly/Press

Incline Bench/DB Press & Fly

Decline Bench/DB Press

Close Grip

Fly Machine

Cross Over Machine

Pullovers

SPORT ACTIVITY DAY

TUESDAY/THURSDAY/SATURDAY

BACK

Upper

Lat Pull Downs (Wide Grip)

Bent-over rows/DB Rows

Pull Ups (Wide Grip)

Lower

Seated Rows

LEGS

Quads

Leg Extension

Hip Sled

Dead Lifts

Power Cleans

Hamstrings/Glutes

Leg Curls

Squats

Bent Over Rows

DB Lunges

Calves

Calf Raises

Abs

Hanging Leg Lifts

Ab Roller

Kneeling Cable Pull Down

Sit-ups

Crunches

WALKING/RUNNING/CYCLING

**Bigger
Stronger
Faster**