



WEIGHT TRAINING

11203 49th Street N. • Clearwater, FL 33762 • 727-743-1515

Four Days a Week

Warm up
 1. Bike-Treadmill-Stepper
 2. Stretch

NAME _____

Monday & Thursday

Tuesday & Friday

S -SETS • R - REPS • W - WEIGHT

S -SETS • R - REPS • W - WEIGHT

		1	2	3	4					
<i>Chest</i> Bench Press	S									
	R									
	W									
Incline Press	S									
	R									
	W									
Pec Deck or Cable	S									
	R									
	W									
	S									
	R									
	W									
<i>Shoulders</i> Seated Shoulder Press	S									
	R									
	W									
Shoulder Raises Front	S									
	R									
	W									
Shoulder Raises Side	S									
	R									
	W									
	S									
	R									
	W									
<i>Triceps</i> Triceps Push Down	S									
	R									
	W									
Reverse Push Down	S									
	R									
	W									
	S									
	R									
	W									

		1	2	3	4					
<i>Back</i> Behind Neck Pull down	S									
	R									
	W									
Front Pull	S									
	R									
	W									
	S									
	R									
	W									
<i>Biceps</i> Cable Curl or Bar	S									
	R									
	W									
Preacher Curl	S									
	R									
	W									
	S									
	R									
	W									
<i>Legs</i> Leg Press	S									
	R									
	W									
Leg extension	S									
	R									
	W									
Leg Curl	S									
	R									
	W									
Calf Raises	S									
	R									
	W									

EVERYDAY . . . Abdominal

Crunches (75) Leg Lifts (100)