|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Resistance Training Workout Plan  |  |  |  |  |  |  |
| Weeks 1-4 |  |  |  |  |  |  |
| Day 1 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quads/Glutes | Sumo Squat/Squat with 1 Weight | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 3 1  |
| Triceps/Pectoralis | Push Up/Modified Push Up | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Hamstrings | Hamstring Curl Machine | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 1 1  |
| Deltoids and Upper Back | Bent-Over Lat-Raise | 2 | 8 | 5lbs  | 0.20-0.30 seconds | 1 1 1  |
| Abdominals  | Partial Curl-Ups | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Quads/Hamstrings | Assisted Lunge | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 3 1  |
| Latissimus Dorsi/Middle Trapezius | Dumbbell Bent-Over Row | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 1 1  |
| Flexor Digitorium/Flexor Hallucis | Standing Calf Raise | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Triceps  | Seated Tricep Extension | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 1 1  |
| Quads | Leg Extension | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 1 1 |
| Biceps | Barbell Curl | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 1 1  |
| Glutes/Lower Back | Flutter Kicks | 2 | 8 | 8lbs | 0.20-0.30 seconds | 1 3 1  |
|  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quads/Bicep Femoris | Leg Lift | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 3 1  |
| Triceps/Pectoralis | Push Up/Modified Push Up | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Bicep Femoris | Hamstring Curl Machine | 2 | 8 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Deltoids and Upper Back | Bent Over Lat-Raise | 2 | 8 | 8lbs  | 0.20-0.30 seconds | 1 1 1  |
| Cflexor Digitorium/Flexor Hallucis | Standing Calf Raises | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Triceps  | Seated Tricep Extensioon | 2 | 8 | 8lbs  | 0.20-0.30 seconds | 1 1 1  |
| Glutes/Lower Back | Flutter Kicks | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Quads/Bicep Femoris | Assisted Lunges | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 3 1  |
| Biceps | Barbell Curl | 2 | 8 | 8lbs  | 0.20-0.30 seconds | 1 1 1  |
| Abdominals | Partial Curl-Ups | 2 | 8 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Latissimus Dorsi/Middle Trapezius  | Dumbbell Bent-Over Row | 2 | 8 | 8lbs  | 0.20-0.30 seconds | 1 1 1  |
| Quads/Glutes | Sumo Squat/Squat with Weight | 2 | 8 | 8lbs  | 0.20-0.30 seconds | 1 3 1  |
| FITNESS ASSESMENT DONE |  |  |  |  |  |  |
| Weeks 5-7  |  |  |  |  |  |  |
| Day 1 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quads | Smith Machine Squat | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Biceps | Alternate Hammer Curl | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1 |
| Bicep Femoris  | Lying Leg Curl | 2 | 10 | 10 lbs | 0.20-0.30 seconds | 1 1 1 |
| Triceps  | Alternating Dumbell Curl | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1 |
| Glutes/Lower Back  | Glute Bridge  | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 3 1  |
| Abdominals | Partial Curl-Ups  | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Triceps/Pectoralis | Push Up/Modified Push-Up | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Flexor Digitorium/Flexor Hallucis | Standing Calf Raises  | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Latissimus Dorsi/Middle Trapezius  | Dumbbell Bent-Over Row | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Quads/Bicep Femoris | Lunges with Free Weights | 2 | 10 | 10lbs  | 0.20-0.30 seconds | 1 1 1  |
| Triceps | Seated Tricep Extension | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Deltoids/Upper Back | Bent Over Lat-Raise | 2 | 10 | 10 lbs | 0.20-0.30 seconds | 1 1 1  |
|  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period**  | **Temp** |
| Pectoralis Major/Minor | Flat Dumbbell Press  | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Quadriceps | Lunges with Free Weight | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Biceps | Dumbbell Curl | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Bicep Femoris  | Hamstring Curl Machine | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Rectus Abdominus | Bicycle/Partial Curl-Ups | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Triceps | Tricep Push-Down | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1  |
| Flexor Digitorium/Flexor Hallucis | Alternating Lying Leg Curl | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Gluetus Maximus | Dumbbell Walking Lunge | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1 |
| Latissiumus Dorsi | Dumbbell Bent-Over Row | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1 |
| Quads/Glutes | Sumo Squat with Weight | 2 | 10 | 10lbs | 0.20-0.30 seconds | 1 1 1 |
| Triceps/Pectoralis | Push-Ups  | 2 | 10 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Rectus Abdominus | Sit-Ups  | 2 | 10 | Body Weight | 0.20-0.30 seconds |  1 1 1  |
|  |  |  |  |  |  |  |
| Weeks 8-10  |  |  |  |  |  |  |
| Day 1 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quadriceps | Barbell Single Leg Split Squat | 2 | 10 | 10-12Ibs | .20-.30 seconds | 1 1 1  |
| Biceps Brachii | Cable Seated Curl | 2 | 10 | 10-12Ibs | .20-.30 seconds | 1 1 1  |
| Hamstrings | Lever Seated Leg Curl (plated) | 2 | 10 | 65-67% 1RM | .20-.30 seconds | 1 1 1  |
| Triceps Brachii | Dumbbell Kickback | 2 | 10 | 10-12Ibs | .20-.30 seconds | 1 1 1  |
| Gluteus Maximus  | Dumbbell Walking Lunge | 2 | 10 steps total | 10 Ibs in each hand | .20-.30 seconds | 1 1 1  |
| Latissimus Dorsi | Dumbell Bent-Over Row | 2 | 10 on each side | 10-12lbs | .20-.30 seconds | 1 1 1  |
| Rectus Abdominus  | Sit-Ups | 2 | 12 | Body Weight | .20-.30 seconds | 1 1 1  |
| Flexor Digitorium/Flexor Hallucis | Alternating Lying Leg Curl | 2 | 10 on each side | 65-67% 1RM | .20-.30 seconds | 1 1 1  |
| Pectoralis Major | Cable Bench Press  | 2 | 10 | 65-67% 1RM | .20-.30 seconds | 1 1 1  |
| Deltoid/Anterior Deltoid | Dumbbell Front Raise | 2 | 10 | 10-12Ibs  | .20-.30 seconds | 1 1 1  |
| Quadriceps/Glutes | Squat  | 2 | 10 | Body Weight | .20-.30 seconds | 1 1 1  |
| Rectus Abdominus  | Crossed-Arms Crunch | 2 | 12 | Body Weight | .20-.30 seconds | 1 1 1  |
|  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Rectus Abdominus | Arms Down Crunch | 2 | 12 | Body Weight | .20-30 seconds | 1 1 1 |
| Quadriceps | Squat  | 2 | 10 | Body Weight | .20-30 seconds | 1 1 1 |
| Triceps/ Major Pectoralis | Push-Ups | 2 | 10 | Body Weight | .20-30 seconds | 1 1 1 |
| Gluteus Maximus | Dumbbell Walking Lunge | 2 | 10 steps total | 10Ibs in each hand | .20-30 seconds | 1 1 1 |
| Deltoids/Upper Back | Bent Over Lat Raise | 2 | 10 | 10-12lbs | .20-30 seconds | 1 1 1 |
| Bicep Femoris  | Lever Seated Leg Curl (plated) | 2 | 10 | 65-67% 1RM | .20-30 seconds | 1 1 1 |
| Triceps Brachii | Tricep Cable Push Down | 2 | 10 | 65-67% 1RM | .20-.30 | 1 1 1 |
| Flexor Digitorium/Flexor Hallucis | Alternating Lying Leg Curl | 2 | 10 | 65-67% 1RM | .20-30 seconds | 1 1 1 |
| Bicep Brachii | Alternating Dumbbell Curl | 2 | 10 on each arm | 10Ibs in each hand | .20-30 seconds | 1 1 1 |
| Latissimus Dorsi | Cable Close Grip Pull-Down | 2 | 10 | 65-67% 1RM | .20-30 seconds | 1 1 1 |
| Ilioposoas  | Lying Leg Raise (on bench) | 2 | 10 | Body Weight | .20-30 seconds | 1 1 1 |
| Rectus Abdominus  | Partial Curl-Ups | 2 | 12 | Body Weight | .20-30 seconds | 1 1 1 |
| FITNESS ASSESSMENTS DONE |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Weeks 11-13 |  |  |  |  |  |  |
| Day 1 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quadriceps  | Barbell Single Leg Split Squat | 3 | 12 | 10-12 Ibs | 0.20-0.30 seconds | 1 1 1  |
| Latissimus Dorsi | Cable Pulldown | 3 | 12 | 65-67% 1 RM | 0.20-0.30 seconds | 1 1 1  |
| Gluteus Maximus  | Dumbbell Walking Lunge | 3 | 12 steps | 10Ibs in each hand | 0.20-0.30 seconds | 1 1 1  |
| Tricep Brachii | Cable Alternating Seated Pushdown | 3 | 12 | 65-67% of 1RM | 0.20-0.30 seconds | 1 1 1  |
| Bicep Femoris | Lever Seated Leg Curl | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Biceps Brachii | Cable Alternating Seated Curl | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Flexor Digitorium/Flexor Hallucis | Dumbbell Standing Calf Raise | 3 | 12 | 10lbs each hand | 0.20-0.30 seconds | 1 1 1  |
| Pectoralis  | Cable Bench Press | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Rectus Abdominus  | Arms Crossed-Crunch | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Ilioposoas  | Scissor Kicks | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Deltoids  | Dumbbell Alternating Front Raise | 3 | 12 | 10lbs each hand | 0.20-0.30 seconds | 1 1 1  |
| Glutes/Lower Back | Flutter Kicks | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
|  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quadriceps | Squats | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Rectus Abdominus  | Arms-Crossed Crunches | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Triceps/Major Pectoralis | Push-Ups | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
| Glutues Maximus | Dumbbell Walking Lunges | 3 | 12 steps  | 10-12lb in each hand | 0.20-0.30 seconds | 1 1 1  |
| Deltoids/Upper Back | Bent Over Lat Raises | 3 | 12 | 10-12lb each hand | 0.20-0.30 seconds | 1 1 1  |
| Bicep Femoris  | Lever Seated Leg Curl (plated) | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1 |
| Triceps Brachii | Tricep Push-Down | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Flexor Digitorium/Flexor Hallucis | Alternating Lying Leg Curl | 3 | 12 on each side | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Biceps Brachii  | Alternating Dumbbell Curls | 3 | 12 | 10-12lb in each hand | 0.20-0.30 seconds | 1 1 1  |
| Latissimus Dorsi  | Cable Close Grip Pull-Down | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1 |
| Iliopsoas  | Lying Leg Raise (on bench) | 3 | 12 on each side | Body Weight | 0.20-0.30 seconds | 1 2 1 |
| Pectoralis Major | Chest Press with Free Weights | 3 | 12 | 10-12lb in each hand | 0.20-0.30 seconds | 1 1 1 |
|  |  |  |  |  |  |  |
| Weeks 14-16 |  |  |  |  |  |  |
| Day 1  |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** |  |
| Quadriceps | Leg Press | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1 |
| Pectoralis Major | Flat Dumbbell Press  | 3 | 12 | 12lb in each hand | 0.20-0.30 seconds | 1 1 1  |
| Gluteus Maximus  | Split Squats | 3 | 12 steps  | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Deltoids/Anterior  | Dumbbell Arnold Press | 3 | 12 | 12lb in each hand | 0.20-0.30 seconds | 1 1 1  |
| Biceps Femoris | Lever Kneeling Leg Curl | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1 |
| Triceps Brachii  | Lever Seated Close Grip Press | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Gastrocnemius  | Lever Seated Calf Press | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Biceps Brachii | Dumbbell Incline Curl | 3 | 12 | 12lb in each hand | 0.20-0.30 seconds | 1 1 1  |
| Anterior Deltoids | Lever Shoulder Press | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Gastrocenemius  | Standing Calf Raises | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| General Back | Dumbbell Lying Row | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Rectus Abdominus  | Crunches/Reverse Crunches | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1  |
|  |  |  |  |  |  |  |
| Day 2  |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Rectus Abdominus  | Crunch Up | 3 | 12 | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Latissimus Dorsi + Teres Major | Lever Close Grip Pulldown | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1 |
| Pectoralis Major | Cable Bench Press | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Quadriceps  | Dumbbell Front Squat | 3 | 12 steps each leg | Body Weight | 0.20-0.30 seconds | 1 1 1 |
| Biceps Brachii | Dumbell Incline Curl | 3 | 12 | 12lb each hand | 0.20-0.30 seconds | 1 1 1 |
| Hamstrings | Lever Lying Leg Curl (plate loaded) | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1  |
| Tricep Brachii | Dumbbell Kickbacks | 3 | 12 each side | 12lb each hand | 0.20-0.30 seconds | 1 1 1  |
| Hip Flexors (Iliopsoas) | Incline Leg Raise | 3 | 12 | 65-67% 1RM | 0.20-0.30 seconds | 1 1 1 |
| Deltoids | Dumbbell Raise | 3 | 12 | 12lb each hand | 0.20-0.30 seconds | 1 1 1 |
| Gastrocneumius  | Dumbbell Single Leg Calf Raise | 3 | 12 | 12lb each hand | 0.20-0.30 seconds | 1 1 1 |
| Brachialis | Dumbbell Prone Incline Curl | 3 | 12 | 12lb each hand | 0.20-0.30 seconds | 1 1 1 |
| Glutues Maximus  | Rear Lunge/Split Squat | 3 | 12 each side | Body Weight | 0.20-0.30 seconds | 1 1 1 |
|  |  |  |  |  |  |  |
| Weeks 17-20 | (\*can either increase to 12lbs if client feels ready, or remain at 10lbs due to increase in reps) |  |  |  |  |  |
| Day 1 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quadriceps | Dumbbell Walking Lunges | 3 | 14 | 10-12 steps | 0.30-0.60 seconds | 1 1 1  |
| Major Pectoralis | Incline Dumbbell Press | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1  |
| Biceps Femoris  | Lying Leg Curls | 3 | 14 | 10-12 each side | 0.30-0.60 seconds | 1 1 1 |
| General Back (Lat Dorsi) | Cable Kneeling Row | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1  |
| Hamstrings | Lever Bent-Over Leg Curl | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1 |
| Deltoids | Dumbbell Rear Lateral Raise | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1  |
| Subscapularis  | Standing Shoulder Internal Rotation | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1  |
| Triceps | Cable Push-Down | 3 | 14 | 65-67%1RM | 0.30-0.60 seconds | 1 2 1  |
| Calves | Lever Seated Calf Press | 3 | 14 | 65-67%1RM | 0.30-0.60 seconds | 1 1 1  |
| Biceps | Cable Curl | 3 | 14 | 65-67%1RM | 0.30-0.60 seconds | 1 1 1  |
| Abdominals (Obliques) | Twisting Sit-Up | 3 | 14 | Body Weight | 0.30-0.60 seconds | 1 1 1  |
| Brachioradialis | Barbell Reverse Curl | 3 | 14 | 12lb each hand | 0.30-0.60 seconds | 1 1 1  |
|  |  |  |  |  |  |  |
| Day 2 |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps**  | **Weight** | **Rest Period**  | **Tempo** |
| Abdominals (Obliques) | Twisting Sit-Up | 3 | 14 | Body Weight | 0.30-0.60 seconds | 1 1 1 |
| Latissimus Dorsi + Teres Major | Lever Close Grip Pulldown | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1 |
| Pectoralis Major | Cable Bench Press | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1  |
| Quadriceps  | Dumbbell Front Squat | 3 | 14 | 10lbs each hand | 0.30-0.60 seconds | 1 1 1  |
| Biceps Brachii | Dumbbell Incline Curl | 3 | 14 | 10-12 each hand | 0.30-0.60 seconds | 1 1 1  |
| Hamstrings | Lever Lying Leg Curl (plate loaded) | 3 | 14 each side | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1  |
| Tricep Brachii | Dumbbell Kickbacks | 3 | 14 | 12lbs each hand | 0.30-0.60 seconds | 1 1 1 |
| Hip Flexors (Iliopsoas) | Incline Leg Raise | 3 | 14 | Body Weight | 0.30-0.60 seconds | 1 1 1 |
| Deltoids | Dumbbell Raise | 3 | 14 | 10-12 each hand | 0.30-0.60 seconds | 1 1 1  |
| Gastrocneumius  | Dumbbell Single Leg Calf Raise | 3 | 14 | 10-12 each hand | 0.30-0.60 seconds | 1 1 1 |
| Brachialis | Dumbbell Prone Incline Curl | 3 | 14 | 10-12 each hand | 0.30-0.60 seconds | 1 1 1 |
| Glutues Maximus  | Rear Lunge/Split Squat | 3 | 14 each side | Body Weight | 0.30-0.60 seconds | 1 1 1 |
|  |  |  |  |  |  |  |
| Day 3  |  |  |  |  |  |  |
| Body Part | **Exercise** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Quadriceps | Single Leg Split Squat | 3 | 14 | Body Weight | 0.30-0.60 seconds | 1 2 1 |
| Pectoralis Major | Flat Dumbbell Press  | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1 |
| Gluteus Maximus  | Barbell Front Squat | 3 | 14 | 10-15lb | 0.30-0.60 seconds | 1 1 1 |
| Deltoids/Anterior  | Dumbbell Arnold Press | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1 |
| Biceps Femoris | Lever Kneeling Leg Curl | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1 |
| Triceps Brachii  | Lever Seated Close Grip Press | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1 |
| Gastrocnemius  | Lever Seated Calf Press | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1 |
| Biceps Brachii | Dumbbell Incline Curl | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1 |
| Anterior Deltoids | Lever Shoulder Press | 3 | 14 | 65-67% 1RM | 0.30-0.60 seconds | 1 1 1 |
| Gastrocenemius  | Standing Calf Raises | 3 | 14 | Body Weight | 0.30-0.60 seconds | 1 1 1 |
| General Back | Dumbbell Lying Row | 3 | 14 | 10-12lb each hand | 0.30-0.60 seconds | 1 1 1 |
| Rectus Abdominus  | Crunches/Reverse Crunches | 3 | 14 | Body Weight | 0.30-0.60 seconds | 1 1 1  |
| FITNESS ASSESSMENT DONE |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Maintenance Weeks (25+ Weeks) | Frequency: 2-3 Times/Week |  |  |  |  |  |
| Body Part | **Exercises** | **Sets** | **Reps** | **Weight** | **Rest Period** | **Tempo** |
| Whole-Body (repeat previous weeks) | 12 Exercises per Session | 03-Jan | Dec-14 | 10-12lbs, 65-67% | 0.20-0.60 (depdend on intensity) |

\*\*Remember to take active recovery periods and rest days as to not promote any injury or over-training which may lead to an increase risk of an adverse health event.