Name: **2005-2006 Weight** week: to week:

Date: **Training Program**

Exercise / Day	1*	2	3	1	2	3	1	2	3	1	2	3
1. Stretch (Back especially)												
8 to 10minutes												
2. Bench Press**												
1(10), 2(6), 2(4), 2(3), 1(1), 1(10)												
3. Laying down-bench dumbbells												
3x8 to 12												
4. Standing flies (shoulders)												
3x8 to 12												
5. Dips												
3x25												
6. Curls												
3x8 to 12												
7. Shoulder Shrugs												
4x8 to 12												
8. Tricep Machine												
3x8 to 12												
9. Sitting Curls												
3x8 to 12												
10. Lat Pulldowns												
3x8 to 12												
11. Bend-over-Triceps back												
4x8 to 12												
12. Front Upright Row (Traps)												
3x8 to 12												
13. Overhead Press												
3x8 to 12												
14. Wrist Curls												
3x8 to 12												
15. Toe Raise (wts. if possible)												
4x25 to 35												
16. Neck-Back												
4x30 to 40												
17. Neck-Front												
4x30 to 40												
18. Neck-Side to Side												
4x30 to 40												
19. Quad Extend												
4x8 to 12												
20. Leg Curls												
4x8 to 12												
21. Leg Press (1/2 bend or less)												
4x8 to 12												
22. Sit-ups												
3x40 to 50												
23. Stretch												
To cool down												
24. Do Run Workout												

* -- Place check in box or weight/repetitions

** -- Do first 10 reps with max. weight you can handle; add 20#s to 50#s. Do 2(6) to 1(1), adding 20#s each time repetition number decreases. Do last 1(10) with original weight.

Note: Bold Face Exercises Absolute Minimum Training Program.