

November 2009

Part II (8-Week Program)

This (8-Week Program) will utilize many of the principles that we have covered in the past months. When choosing your weight you should follow this practice: The first step is to determine your One Repetition Maximum (1RM). That is the maximum amount of weight you can lift one time with good form. Once this maximum has been determined, you can fit it into the below workouts.

(Chest & Back) (Shoulders & Arms) (Legs)		
WEEK 5		
Exercise	Sets	Reps
Day 1: Flyes	4	8-12
Bench Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Incline Bench Press	4	8-12
Pull Downs	4	8-12
Rows (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Pullovers	4	8-12
Day 2: Front Raises	4	8-12
Lateral Raises	4	8-12
Smith Machine Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Barbell Curls (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Concentration Curls	4	8-12
Press Downs (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Dips	4	Failure
Day 3: Leg Extensions (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Leg Curls(Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F

(Back & Arms) (Chest & Shoulders) (Legs)		
WEEK 6		
Exercise	Sets	Reps
Day 1: Pull Downs	4	8-12
Rows	4	8-12
Preacher Curls (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Lying Triceps Extensions	4	8-12
Barbell Curls	4	8-12
Press Downs (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Day 2: Incline Bench Press	4	8-12
Bench Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Cable Crossovers	4	8-12
Barbell Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Upright Rows	4	8-12
Shrugs	4	15-20
Day 3: Squats (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Lunges	4	8-12
Calf Raises on Leg Press	4	20-30

(Legs) (Back & Arms) (Chest & Shoulders)		
WEEK 7		
Exercise	Sets	Reps
Day 1: Leg Curls (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Leg Extensions(Fast Rep Speed 2 sets)(Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Calf Raises on Leg Press	4	8-12
Day 2: Pull Downs (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Rows (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Chins	4	Failure
Preacher Curls (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Lying Triceps Extensions	4	8-12
Concentration Curls	4	8-12
Dips	4	Failure
Day 3: Incline Bench Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Dumbbell Press	4	8-12
Push Presses (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-12
Lateral Raises	4	8-12
Shrugs	4	20-30

(Biceps & Shoulders) (Chest & Triceps) (Back & Legs)		
WEEK 8		
Exercise	Sets	Reps
Day 1: Barbell Curls (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Preacher Curls (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Lateral Raises (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Smith Machine Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Upright Rows	4	8-12
Day 2: Pullovers Supersetted with Bench Press	4	8-12
Cable Crossovers	4	8-12
Incline Dumbbell Press	4	8-12
Triceps Extensions	4	8-12
Close Grip Bench Press (Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-12
Day 3: Chins	4	Failure
Pull Downs	4	8-12
Leg Extensions(Fast Rep Speed 2 sets)(Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Leg Curls(Fast Rep Speed 2 sets) (Decrease the weight and go to Failure for 2 sets)	4	5-8-F
Leg Press	4	10-15