

Your Name & Phone # Here!

Weight Training Schedule

The following Weight Training Program is intended to be used in conjunction with the Nutrition and Dietary Program. Each exercise should be performed with the specified number of sets and repetitions. You should always complete a full range of motion and squeeze with each repetition.

Weight should be adjusted for each exercise that specifies the number of sets and a range of reps, so you can complete the number of reps listed. If you can complete more than the number of reps listed, the weight is too light. If you cannot complete the number of reps listed, the weight is too heavy. For exercises that specify the number reps and weight for each set, complete the number of reps listed using the weight given.

IF YOU FEEL THE WEIGHT IS TOO HEAVY, STOP IMMEDIATELY and consult your Health Care Professional.

Proper warm-up and stretching (at least 20 minutes) will improve muscle development and help reduce injuries.

Tuesday

<u>Body Area</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>
Warm Up	Working Muscles	0	0-0
Stretch	Working Muscles	0	0-0
Leg	Leg Extensions	2	8-10
Leg	Seated Leg Curls	2	8-10
Leg	Leg Curls	2	8-10
Hip	Hip Abductor	2	8-10
Hip	Hip Adductors	2	8-10
Calf	Standing Calf Raises	4	8-10
Abdominals	Crunches	4	8-10
Cool Down	Working Muscles	0	0-0

Thursday

<u>Body Area</u>	<u>Exercise</u>	<u>Sets</u>	<u>Reps</u>
Warm Up	Working Muscles	0	0-0
Stretch	Working Muscles	0	0-0
Low Back	Low Back Machine	3	8-10
Back	Gravitrone Pull Ups Wide	2	8-10
Back	One Arm Dumbbell Row	2	8-10
Chest	Seated Machine Press	2	8-10
Chest	Flat Flys	2	8-10
Shoulder	Overhead Press	2	8-10
Shoulder	Side Lateral Raise	2	8-10
Arm	Seated Dumbbell Curl	2	8-10
Arm	Seated Push Downs	2	8-10
Cool Down	Working Muscles	0	0-0