

Men's Weight Training

- Weight train intensely, three times per week on alternating days with aerobic exercise three times per week. Make sure to hit your "high points" during your workout.
- Alternate training the major muscles of the upper and lower body.
- Perform two exercises for each major muscle group of the upper body.
- Select one exercise for each muscle group and conduct five sets, starting with a set of 12 reps, then increasing the weight and doing 10 reps, adding more weight and doing 8 reps, adding more weight for 6 reps. Then reduce the weight, do 12 reps, and immediately go to another set of 12 reps for that muscle group.
- For each muscle group, rest for one minute between the first four sets. Then complete the final two sets with no rest in between, Wait two minutes before moving on to your next muscle group, Complete this pattern five times for the upper body training experience and four times for the lower body training experience.
- Always plan your training before hand.
- Record all your weightlifting exercised in a journal indicating the exercise selected and weight lifted.

Daily Training Guide

[Download the Exercise Guide](#)

Day 1	Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 2	Cardiovascular Workout	
Day 3	Lower Body and Abs Training	Quads/Hamstrings/Calves/Abdominals
Day 4	Cardiovascular Workout	
Day 5	Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 6	Cardiovascular Workout	
Day 7	Rest	

Upper Body

Chest

Choose Exercise from List

Barbell Bench Press
 Barbell Incline Press
 Dumbbell Bench Press
 Dumbbell Incline Press
 Dumbbell Flyes
 Cable Crossovers

Repetitions: x12, 10, x8, x6, x12, x12

Back

Choose Exercise from List

Pull-Ups
 Wide-Grip Lat Pulldowns

Lower Body

Quadriceps

Choose Exercise from List

Barbell Squats
 Leg Presses
 Leg Extensions

Repetitions: x12, 10, x8, x6, x12, x12

Hamstrings

Choose Exercise from List

Dumbbell Lunges
 Straight-Leg Deadlifts
 Lying Leg Curls

Repetitions: x12, 10, x8, x6, x12, x12

Calves

Seated Cable Rows
Back Extensions
Straight Arm Pulldowns
Repetitions: x12, 10, x8, x6, x12, x12

Shoulders

Choose Exercise from List

Seated Dumbbell Press
Front Raises
Lateral Raises
Reverse Flyes
Upright Cable Rows
Upright Barbell Rows
Repetitions: x12, 10, x8, x6, x12, x12

Biceps

Choose Exercise from List

Alternate Dumbbell Curls
Barbell Curls
Preacher Curls
Concentration Curls
Cable Curls
Hammer Curls
Repetitions: x12, 10, x8, x6, x12, x12

Triceps

Choose Exercise from List

Seated Triceps Presses
Lying Triceps Presses
Triceps Kickbacks
Triceps Pushdowns
Cable Extensions
Bench Dips
Repetitions: x12, 10, x8, x6, x12, x12

Choose Exercise from List

Seated Calf Raises
Standing Heel Raises
Repetitions: x12, 10, x8, x6, x12, x12

Abs

Choose Exercise from List

Floor Crunches
Oblique Floor Crunches
Decline Crunches
Decline Oblique
Hanging Knee Raises
Reverse Crunches
Cable Crunches
Cable Oblique Crunches
Repetitions: x12, 10, x8, x6, x12, x12



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