

# LEVEL I EXERCISE PROGRAM

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## LEVEL I BASIC TRAINING

Mon	Tue	Wed	Thur	Fri	Sat
Chest	Shoulders	Thighs	Chest	Shoulders	Thighs
Back	Upper arms	Calves	Back	Upper arms	Calves
Abs	Forearms	Lower back	Abs	Forearms	Lower back
	Abs	Abs		Abs	Abs

NOTE ON SETS AND REPS: In the following program, always do 5 sets of 8 to 12 repetitions each unless otherwise specified.

### Monday and Thursday

#### CHEST

Bench Press  
Incline Press  
Pullovers

#### BACK

Chin-Ups (do as many repetitions at a time as you can until you reach a total of 50 reps)  
Bent-Over Rows

#### Power Training

Deadlifts, 3 sets of 10, 6, 4 reps to failure

#### ABDOMINALS

Leg Raises, 5 sets of 25 reps

### Tuesday and Friday

#### SHOULDERS

Barbell Clean and Press  
Dumbbell Lateral Raises

#### Power Training

Heavy Upright Rows, 3 sets of 10, 6, 4 reps to failure  
Push Presses, 3 sets of 6, 4, 2 reps to failure

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## UPPER ARMS

Standing Barbell Curls  
Seated Dumbbell Curls  
Narrow-Grip Bench Press  
Standing Triceps Extensions with Barbell

## FOREARMS

Wrist Curls  
Reverse Wrist Curls

## ABDOMINALS

Incline Sit-Ups, 5 sets of 25 reps each

### Wednesday and Saturday

#### THIGHS

Squats  
Lunges  
Leg Curls

#### CALVES

Standing Calf Raises, 5 sets of 15 reps each

#### LOWER BACK

#### Power Training

Straight-Leg Deadlifts, 3 sets of 10, 6, 4 reps to failure  
Good Mornings, 3 sets of 10, 8, 6 reps to failure

NOTE: Although these power movements work the lower back directly, they also involve the trapezius and the leg biceps and help to develop overall strength.

#### ABDOMINALS

Leg Raises, 5 sets of 25 repetitions each

# LEVEL II EXERCISE PROGRAM

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## LEVEL II BASIC TRAINING

Mon	Tue	Wed	Thur	Fri	Sat
Chest	Shoulders	Chest	Shoulders	Chest	Shoulders
Back	Lower back	Back	Lower back	Back	Lower Back
Thighs	Upper arms	Thighs	Upper arms	Thighs	Upper arms
	Forearms		Forearms		Forearms
Calves	Abs	Calves	Abs	Calves	Abs
Abs		Abs		Abs	

NOTE ON SETS AND REPS: In the following program, always do 5 sets of 8 to 12 repetitions unless otherwise specified.

### Monday/Wednesday/Friday

#### CHEST

Bench Presses  
Incline Presses  
Pullovers

#### BACK

Chin-Ups (do as many repetitions at a time as you can until you have reached a total of 50 reps)  
Bent-Over Rows

#### Power Training

Deadlifts, 3 sets of 10, 6, 4 reps to failure

#### THIGHS

Squats  
Lunges  
Leg Curls

#### CALVES

Standing Calf Raises, 5 sets of 15 reps each

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## ABDOMINALS

Leg Raises, 5 sets of 25 reps each

### Tuesday/Thursday/Saturday

#### SHOULDERS

Barbell Clean and Press  
Dumbbell Lateral Raises

#### Power Training

Heavy Upright Rows, 3 sets of 10, 6, 4 reps to failure  
Push Presses, 3 sets of 6, 4, 2 reps to failure

#### LOWER BACK

#### Power Training

Straight-Leg Deadlifts, 3 sets of 10, 6, 4 reps to failure  
Good Mornings, 3 sets of 10, 8, 6 reps to failure

NOTE: Although these power movements work the lower back directly, they also involve the trapezius and leg biceps and help to develop overall strength.

#### UPPER ARMS

Standing Barbell Curls  
Seated Dumbbell Curls  
Narrow-Grip Bench Press  
Standing French Press

#### FOREARMS

Wrist Curls  
Reverse Wrist Curls

#### ABDOMINALS

Incline Sit-Ups, 5 sets of 25 reps

# LEVEL I EXERCISE PROGRAM

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## Monday/Wednesday/Friday

### CHEST

Barbell Bench Press

5 sets: 1 set of 15 rep warm-up; sets of 10,8,6,4,4 reps—stripping last two sets

Incline Barbell Bench Press

5 sets: (same formula as Bench Presses)

Every third workout, substitute Dumbbell Presses and Incline Dumbbell Presses for barbell exercises.

Dumbbell Flys 5 sets of 10,8,8,8,6 reps

Parallel Dips 5 sets of 15,10,8,8,8 reps

Pullovers 3 sets of 15,15,15 reps

### BACK

Chin-Ups

5 sets: 10 reps minimum each set

Use a dumbbell fastened around your waist for greater resistance; do chins to the rear one workout, to the front the next.

Close-Grip Chins 5 sets of 10 reps each

T-Bar Rows 5 sets of 15,12,10,8,6 reps

Bent-Over Barbell Rows 5 sets of 8 to 12 reps

### THIGHS

Squats 6 sets of 20 rep warm-up; 10,8,6,4,4 reps

Front Squats 4 sets of 10,8,8,6 reps

Hack Squats 4 sets of 10 reps each

Lying Leg Curls 5 sets of 20,10,8,6,6 reps

Standing Leg Curls 5 sets of 10 reps each

Straight-Leg Deadlifts 3 sets of 10 reps each

### CALVES

Donkey Calf Raises 5 sets of 10 reps each

Standing Calf Raises 5 sets of 15,10,8,8,8 reps

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### ABDOMINALS

Bent-Knee Leg Raises 100 reps

Bent-Over Twists 100 reps each side

Crunches 50 reps

## Tuesday/Thursday/Saturday

### SHOULDERS

Behind-the-Neck Barbell Presses 5 sets of 15 rep warm-up; 10,8,8,6 reps

Lateral Raises 5 sets of 8 reps each

Bent-Over Lateral Raises 5 sets of 8 reps each

Dumbbell Shrugs 3 sets of 10 reps each

### UPPER ARMS

Standing Barbell Curls 5 sets of 15,10,8,6,4 reps

Incline Dumbbell Curls 5 sets of 8 reps each

Concentration Curls 3 sets of 8 reps each

Lying French Press 5 sets of 15,10,8,6,4 reps

Triceps Cable Pushdowns 5 sets of 8 reps each

One-Arm Triceps Extensions 5 sets of 10 reps each

### FOREARMS

Barbell Wrist Curls 5 sets of 10 reps each

Reverse Wrist Curls 3 sets of 10 reps each

### CALVES

Seated Calf Raises 5 sets of 10 reps each

### ABDOMINALS

Bent-Knee Sit-Ups 100 reps

Incline Bench Leg Raises 100 reps

# LEVEL II EXERCISE PROGRAM

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## Monday/Wednesday/Friday

**ABDOMINALS** Begin workout with 5 minutes of Roman Chair Sit-Ups.

### CHEST AND BACK

Superset: Bench Presses 1 set of 15 rep warm-up;  
5 sets of 10,8,8,6,4 reps

Wide-Grip Chins  
(to back) 5 sets of 10 reps

Superset: Dumbbell Incline Presses 5 sets of 10,8,8,8,6 reps  
Close-Grip Chins 5 sets of 10 reps

Dumbbell Flys 5 sets of 10,8,8,8,6 reps  
Parallel Dips 5 sets of 15,10,8,8,8 reps  
T-Bar Rows 5 sets of 15,10,8,8,8 reps  
Bent-Over Rows 5 sets of 10 reps

Superset: Seated Cable Rows 5 sets of 10 reps  
Dumbbell Pullovers 5 sets of 15 reps

### THIGHS

Squats 6 sets of 15,10,8,8,6,4 reps  
Front Squats 4 sets of 10,8,8,6 reps

Superset: Hack Squats 1 set of 15 rep warm-up;  
5 sets of 10,8,8,8,8 reps

Lying Leg Curls 1 set of 15 rep warm-up;  
5 sets of 10,8,8,8,8 reps

Superset: Standing Leg Curls 5 sets of 10 reps  
Straight-Leg Deadlifts 5 sets of 10 reps

### CALVES

Donkey Calf Raises 5 sets of 10 reps  
Standing Calf Raises 5 sets of 10 reps  
Seated Calf Raises 5 sets of 10 reps

### ABDOMINALS

Hanging Leg Raises (bent knees) 150 reps  
Crunches 150 reps  
Bent-Over Twists 100 reps each side

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## Tuesday/Thursday/Saturday

**ABDOMINALS** Begin workout with 5 minutes of Roman Chair Sit-Ups.

### SHOULDERS

Superset: Behind-the-Neck Barbell Presses 1 set of 15 rep warm-up;  
5 sets of 10,8,8,8,6 reps

Dumbbell Laterals 5 sets of 8 reps

Superset: Machine Front Press 5 sets of 8 reps  
Bent-Over Laterals 5 sets of 8 reps

Superset: Upright Rows 5 sets of 10 reps  
One-Arm Seated Cable Laterals 5 sets of 10 reps each arm

### UPPER ARMS

Superset: Standing Barbell Curls 5 sets of 15,10,8,6,4 reps  
Lying French Presses 5 sets of 15,10,8,6,4 reps

Superset: Alternate Dumbbell Curls 5 sets of 8 reps  
Triceps Cable Pushdowns 5 sets of 8 reps

Superset: Concentration Curls 5 sets of 8 reps  
One-Arm Triceps Extensions 5 sets of 12 reps

Reverse Push-Ups 5 sets of 15 reps.

### FOREARMS

Superset: Wrist Curls 5 sets of 10 reps  
Reverse Curls 5 sets of 10 reps

One-Arm Wrist Curls 5 sets of 10 reps

### CALVES

Standing Calf Raises 5 sets of 15,10,8,8,8 reps  
Calf Raises on Leg Press Machine 5 sets of 10 reps

### ABDOMINALS

Bent-Knee Sit-Ups 150 reps  
Leg Raises 150 reps  
Side Leg Raises 100 reps each side  
Hyperextensions 3 sets of 10 reps