



NUTRITION AND EXERCISE CONSULTING

WEEKLY RESISTANCE TRAINING PROGRAM  
Strength Program

Monday: Heavy: pushing muscles, front/lateral deltoid - chest – triceps, abs.

Wednesday: Heavy: pulling muscles, back - rear deltoid/traps – biceps, abs.

Friday: Moderate: superset upper body.

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Monday: **Shoulder press** 12-10-8RM-6RM-(4-6) RM, **Laterals** 10-3 x (6-8) RM, **Inclines** 12-10-8RM-6RM- (4-6) RM-10, **Flies** 10- 3 x (6-8) RM, **Triceps pushdown** 12-10-8RM-(4-6) RM-10, **Triceps kickback** 3 x 6-8, **Abs** 3 x 15/10

Wednesday: **Pull downs** 12-10-8RM-(6-8) RM-12, **Cable row** 12-10-8RM-6RM-(4-6) RM **Upright row** 12-10-8RM-(4-6) RM, **Rear laterals** 3 x 6-8, **Cable curl** 12-3 x (6-8) RM, **Alternate D.B. curl** 3 x 6-8, **Abs** 3 x 15/10

Friday:

CHEST	<b>Bench press / Incline fly</b>	3 x 8-12
BACK	<b>Reverse pull down / D.B. row</b>	3 x 8-12
SHOULDERS	<b>Partial clean / Front raise</b>	3 x 8-10
ARMS	<b>D.B. curl / Reverse pull down</b>	3 x 8-10
ABDOMINALS	<b>Crunch / Pelvic thrust</b>	3 x 15/10

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Exercises can be substituted at any time, however the total sets and repetitions should remain the same. The amount of weight lifted on Friday for the supersets should be ~80% of RM weight for the given number of reps.

Cardiovascular workouts should be performed at least four days per week walking, running or spinning on a bicycle 45 minutes to 1 hour per workout @ HR 120 to 146. Followed by 15 – 20 minutes of flexibility training.