



NUTRITION AND EXERCISE CONSULTING

Step one program:

WEEKLY RESISTANCE TRAINING PROGRAM

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Monday: Push groups: **Shoulder press** 12-10-8, **Laterals** 15-12-8, **Push Ups** 15-12-10, **Flies** 15-12-8, **Triceps kickback** 12-10-8 RM.

Pull groups: **D.B. row** 12-10-8, **Rear laterals** 12-10-8, **D.B. curl** 12-10-(8-10) RM, **Abs** 3 x 15/10

Thursday:	CHEST	<b>Push Up / Incline fly</b>	2 x 8-12
	BACK	<b>Pullover / D.B. row</b>	2 x 8-12
	SHOULDERS	<b>Partial clean / Front raise</b>	2 x 8-10
	ARMS	<b>D.B. curl / Kickback</b>	2 x 8-10
	ABDOMINALS	<b>Crunch / Pelvic thrust</b>	3 x 10/10

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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 Thursday for the supersets should be ~80% of your max weight for the given number of reps.