**Weeks 1 -2**

**Day 1 Chest / Triceps Sets Reps**

Bench Press 3 6-8

Incline Dumbell Press 4 6-8

Incline Bench Press 3 10-12

Bench Dumbell 4 10-12

**TRICEPS**

Weighted Dip 6 3:6-8 / 3:10-12

Lying Extension 4 10-12

Reverse Press 3 6-8

**Day 2 Shoulders / Traps**

Overhead Dumbbell Press 3 6-8

Arnold Press 4 6-8

Smith Machine Overhead Press 3 10-12

Reverse Fly 3 10-12

**TRAPS**

Shoulder Shrug 3 6-8

Incline Shoulder Shrug 4 10-12

**Day 3 Legs**

Smith Maching Squat 3 6-8

Leg Press 4 6-8

Hamstring Curl 4 10-12

Quad. Extension 3 10-12

**CALVES** Seated Calf-Rains 3 6-8

Standing Calf-Rains 3 10-12

**Day 4 BACK / BICEPS**

Barbell Curl 3 6-8

Incline Dumbbell Curl 4 6-8

Close-Grip Curl 3 10-12

Cable Preacher Curl 3 10-12

**BACK**

Bent Over-Row 4 6-8

T-Bar Row 4 6-8

Lat. Pull-Down 3 10-12

Deadlift 3 10-12

**Weeks 3-4**

**Day 1 Chest / Back Sets Reps**

Dumbbell Flye 3 10-12

Machine Press 4 6-8

Machine Incline Bench Press 4 6-8

Cable Cross 3 10-12

**BACK**

One-Arm Dumbbell Row 4 6-8

Wide-Grip Row 3 10-12

Deadlift 3 6-8

Pull-Down 4 10-12

**Day 2 Shoulders / Traps**

Cable-Lat. Raise 3 10-12

Barbell Upright-Row 4 6-8

Smith Machine Overhead Press 3 6-8

Fly-Tri-Set 3 10-12

**TRAPS**

Shoulder Shrug 3 10-12

Incline Shoulder Shrug 4 6-8

**Day 3 Legs**

Quad. Lifts 4 6-8

Hack Squat 3 10-12

Jump Squats 4 10-12

Leg Press 3 6-8

**CALVES**

Seated Calf-Raise 3 6-8

Standing Calf-Raise 3 10-12

**Day 4 BICEPS / TRICEPS**

Preacher Curl 4 6-8

Barbell Curl 3 6-8

Close-Grip E-Z Bar Curl 3 10-12

Hammer Curl 3 10-12

**TRICEPS**

Reverse-Grip Bench 3 6-8

3-Step Pull-Down 3 10-12

Dips 4 10-12

Skull Crushers 3 6-8

Weeks 1-2

Day 1 Chest + Triceps

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Chest  |
| Incline Barbell Press  | 3\*  | 6-8  |
| Flat-Bench Dumbbell Press  | 4  | 6-8  |
| Weighted Dip  | 4  | 6-8  |
| Triceps  |
| Close-Grip Bench Press  | 4\*  | 6-8  |
| Lying Triceps Extension  | 3  | 6-8  |

Day 2 Legs + Calves + Abs

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Quads/Hamstrings/Glutes  |
| Smith Machine Squat  | 3\*  | 6-8  |
| Leg Press  | 4  | 6-8  |
| Hack Squat  | 4  | 6-8  |
| Hamstrings  |
| Romanian Deadlift  | 4\*  | 6-8  |
| Calves  |
| Standing Calf Raise  | 3\*  | 20  |
| Abs  |
| Hanging Leg Raise  | 2  | 20  |
| Cable Crunch  | 2  | 20  |

Day 3 Shoulders + Traps

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Shoulders  |
| Overhead Dumbbell Press  | 3\*  | 6-8  |
| Arnold Press  | 4  | 6-8  |
| Barbell Upright Row  | 4  | 6-8  |
| Bent-Over Lateral Raise  | 4  | 6-8  |
| Traps  |
| Dumbbell Shrug  | 3  | 6-8  |

Day 4 Back + Biceps + Abs

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Back  |
| Deadlift  | 3\*  | 6-8  |
| Barbell Bent-Over Row  | 4  | 6-8  |
| T-Bar Row  | 4  | 6-8  |
| Biceps  |
| Barbell Curl  | 4\*  | 6-8  |
| Incline Dumbbell Curl  | 4  | 6-8  |
| Preacher Curl  | 3  | 6-8  |
| Abs  |
| Crunch  | 2  | 20  |
| Reverse Crunch  | 2  | 20  |

\*Doesn’t include 1-2 warm-up sets.

The 10-Pound Training Program

Weeks 3-4

Day 1 Chest + Back

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Chest  |
| Dumbbell Flye  | 3\*  | 10-12  |
| Bench Press  | 3\*  | 10-12  |
| Incline Dumbbell Press  | 3  | 10-12  |
| Cable Crossover  | 3  | 10-12\*\*  |
| Back  |
| Rack Pull  | 3\*  | 10-12  |
| Lat Pulldown  | 3\*  | 10-12  |
| One-Arm Dumbbell Row  | 3  | 10-12  |
| Wide-Grip Seated Row  | 3  | 10-122  |

Day 2 Legs + Calves + Abs

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Quads/Hamstrings/Glutes  |
| Leg Extension  | 3\*  | 10-12\*\*  |
| Barbell Squat  | 3\*  | 10-12  |
| Leg Press  | 3  | 10-12  |
| Hack Squat  | 3  | 10-12  |
| Hamstrings  |
| Romanian Deadlift  | 3\*  | 10-12  |
| Lying Leg Curl  | 3  | 10-12\*\*  |
| Calves  |
| Seated Calf Raise  | 3\*  | 10-12  |
| Donkey Calf Raise  | 3  | 10-12\*\*  |
| Abs  |
| Reverse Crunch  | 2  | 12  |
| Hanging Knee Raise  | 2  | 12  |
| Double Crunch  | 2  | to failure  |

Day 3 Shoulders + Traps

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Shoulders  |
| Cable Lateral Raise  | 3\*  | 10-12\*\*  |
| Arnold Press  | 3\*  | 10-12  |
| Smith Machine Overhead Press  | 3  | 10-12  |
| Leaning Dumbbell Lateral Raise  | 3  | 10-12  |
| Reverse Pec-Deck Flye  | 3  | 10-12\*\*  |
| Traps  |
| Dumbbell Shrug  | 3  | 10-12\*\*  |
| Incline Dumbbell Shrug  | 3  | 10-12  |

Day 4 Triceps + Biceps + Abs

| Exercise  | Sets  | Reps  |
| --- | --- | --- |
| Triceps  |
| Lying Barbell Extension  | 3\*  | 10-12  |
| Weighted Bench Dip  | 3  | 10-12  |
| Reverse-Grip Pressdown  | 3  | 10-122  |
| Biceps  |
| Close-Grip EZ-Bar Curl  | 3\*  | 10-12  |
| Cable Preacher Curl  | 3  | 10-12\*\*  |
| Hammer Curl  | 3  | 10-12  |
| Abs  |
| Hanging Leg Raise  | 2  | 20  |
| Double Crunch  | 2  | 20  |