**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 |