

Weight training Program

1. Complete full warm up routine 2. Complete Programme 3. Conduct Ab Circuit

Week 1				Week 3 - Use same weight as last week			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
1 – Flat Barbell Bench Press	3 x 10	60 sec.		1 – Flat Barbell Bench Press	4 x 10	60 sec.	
2 - Seated Cable Rows	3 x 10	60 sec.		2 - Seated Cable Rows	4 x 10	60 sec.	
3 - Squats	3 x 10	60 sec.		3 - Squats	4 x 10	60 sec.	
4 - Bodyweight Dips	3 x 10	60 sec.		4 - Bodyweight Dips	4 x 10	60 sec.	
5 – Bicep Curls	3 x 10	60 sec.		5 – Bicep Curls	4 x 10	60 sec.	
6 - Overhead Triceps extensions	3 x 10	60 sec.		6 - Overhead Triceps extensions	4 x 10	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
1 – Dips	3 x 8	90 sec.		1 – Dips	4 x 8	90 sec.	
2 - Barbell Upright Rows	3 x 8	90 sec.		2 - Barbell Upright Rows	4 x 8	90 sec.	
3 - Squats	3 x 8	90 sec.		3 - Squats	4 x 8	90 sec.	
4 - Machine Pull downs	3 x 8	90 sec.		4 - Machine Pull downs	4 x 8	90 sec.	
5 - Bicep Curls	3 x 8	90 sec.		5 - Bicep Curls	4 x 8	90 sec.	
6 - Dumbell Lateral Raises	3 x 8	90 sec.		6 - Dumbell Lateral Raises	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
1 – Squats	2 x 15	120 sec.		1 – Squats	3 x 15	120 sec.	
2 - Pull down	2 x 15	120 sec.		2 - Pull down	3 x 15	120 sec.	
3 - Bench Press	2 x 15	120 sec.		3 - Bench Press	3 x 15	120 sec.	
4 - Seated cable rows	2 x 15	120 sec.		4 - Seated cable rows	3 x 15	120 sec.	
5 -Bicep Curls	2 x 15	120 sec.		5 -Bicep Curls	3 x 15	120 sec.	
6 - Overhead Triceps Extensions	2 x 15	120 sec.		6 - Overhead Triceps Extensions	3 x 15	120 sec.	
Week 2 - increase weight from last week				Week 4 - increase weight from last week			
Workout 1	Sets / Reps	Rest	Weight	Workout 1	Sets / Reps	Rest	Weight
1 – Flat Barbell Bench Press	3 x 10	60 sec.		1 – Flat Barbell Bench Press	4 x 10	60 sec.	
2 - Seated Cable Rows	3 x 10	60 sec.		2 - Seated Cable Rows	4 x 10	60 sec.	
3 - Squats	3 x 10	60 sec.		3 - Squats	4 x 10	60 sec.	
4 - Bodyweight Dips	3 x 10	60 sec.		4 - Bodyweight Dips	4 x 10	60 sec.	
5 – Bicep Curls	3 x 10	60 sec.		5 – Bicep Curls	4 x 10	60 sec.	
6 - Overhead Triceps extensions	3 x 10	60 sec.		6 - Overhead Triceps extensions	4 x 10	60 sec.	
Workout 2	Sets / Reps	Rest	Weight	Workout 2	Sets / Reps	Rest	Weight
1 – Dips	3 x 8	90 sec.		1 – Dips	4 x 8	90 sec.	
2 - Barbell Upright Rows	3 x 8	90 sec.		2 - Barbell Upright Rows	4 x 8	90 sec.	
3 - Squats	3 x 8	90 sec.		3 - Squats	4 x 8	90 sec.	
4 - Machine Pull downs	3 x 8	90 sec.		4 - Machine Pull downs	4 x 8	90 sec.	
5 - Bicep Curls	3 x 8	90 sec.		5 - Bicep Curls	4 x 8	90 sec.	
6 - Dumbell Lateral Raises	3 x 8	90 sec.		6 - Dumbell Lateral Raises	4 x 8	90 sec.	
Workout 3	Sets / Reps	Rest	Weight	Workout 3	Sets / Reps	Rest	Weight
1 – Squats	2 x 15	120 sec.		1 – Squats	3 x 15	120 sec.	
2 - Pull down	2 x 15	120 sec.		2 - Pull down	3 x 15	120 sec.	
3 - Bench Press	2 x 15	120 sec.		3 - Bench Press	3 x 15	120 sec.	
4 - Seated cable rows	2 x 15	120 sec.		4 - Seated cable rows	3 x 15	120 sec.	
5 -Bicep Curls	2 x 15	120 sec.		5 -Bicep Curls	3 x 15	120 sec.	
6 - Overhead Triceps Extensions	2 x 15	120 sec.		6 - Overhead Triceps Extensions	3 x 15	120 sec.	