

	Average Working Weight:				
	Week 1	Week 2	Week 3	Week 4	Week 5
BACK					
Inverted Pullup (2 x BW) for 15 reps	BW	BW	BW	BW	BW
Seated Lat Pull-Downs 4 x 12, in two series:					
First series: 2 x 12 (wide)					
Second series: 2 x 12 (regular, shoulder width)					
Narrow Grip Cable Rows 3 x 12 (machine or cable)					
(Alt.) DB Rows 3 x 12					
Rear Deltoid Raise (SLOW and heavy) 2 x 12					
Forearm Curls (DB or Barbell, 3 x 12)/ABS					
CHEST					
BW Pushup (2 x BW) for 15 reps	BW	BW	BW	BW	BW
Flat Bench Press 4 x 12					
Incline DB Bench 3 x 12					
DB Flys (high) 2 x 12					
LEGS					
"Pre-Squats" (BW) Form Specific	BW	BW	BW	BW	BW
Barbell Squats 4 x 12					
Leg Extensions 3 x 12					
Leg Curls 3 x 12					
Calf Raises 2 x 12 (Smith or DB, heavy)					
HIIT (Sprint Day 10 x 50 yds. or 5 x 100 yds.) (perform on turf/grass)					
SHOULDERS					
Scarecrows on BOSU (2.5 lbs. +) 2 x 20					
Staggered Stance* Military Press (Barbell): 4 x 12, in two series:					
First series: 2 x 12 (slightly wider than shoulder width)					
Second series: 2 x 12 (shoulder width, edge of deltoids)					
Alt. Front DB Raises 3 x 12					
Bilateral Side Deltoid Raises (SLOW and heavy) 2 x 12					
BICEPS					
Standing Barbell Curl 4 x 12					
Alt. DB Curls 3 x 12					
Machine Preacher Curls or DB Concentration Curls 2 x 12					
ABS					
TRICEPS					
Ez-Bar Tricep Ext. (Skull Crushers on floor or behch) 4 x 12					
Standing Overhead DB Tricep Ext. 3 x 12					
(Alt.) D-Ring Tricep Cable Extension (SLOW and heavy) 2 x 12					
Heavy Traps (Barbell or DB) 4 x 12					
<p>Notes: BW = body weight; (Alt.) = one side, then the other, each for the complete number of prescribed repetitions; Alt. = one side and then the other in an alternating manner; *Alternate L or R foot forward and behind, with hips under the bar. All REST PERIODS ARE 60-90 SECONDS.</p>					