

	Week 1	Week 2	Week 3	Week 4
<i>SHOULDER PRESS (bar)</i>	2 sets of 12 reps for each exercise using a weight that barely allows you to complete the 12th rep.	2 sets of 12 reps for each exercise using a weight that barely allows you to complete the 12th rep.	3 sets of 10 reps for each exercise using a weight that barely allows you to complete the 10th rep	3 sets of 10 reps for each exercise using a weight that barely allows you to complete the 10th rep
<i>LAT PULL DOWNS</i>				
<i>SQUATS OR LEG PRESS</i>	Workout 2x in week 1 with 2 days rest between workouts	workout 3x's in week 2 with at least 1 day of rest between workouts	workout 3x's in week 3 with at least 1 day of rest between workouts	workout 3x's in week 4 with at least 1 day of rest between workouts
<i>BENCH PRESS</i>				
<i>CURL (bar)</i>	2-minutes rest between sets	2-minutes rest between sets	2-minutes rest between sets	2-minutes rest between sets
<i>TRICEP PULLS (lat machine)</i>				

Follow this program for 4-weeks. At the start of week 4 email me and let me know the weight you are currently using for each exercise. I will then design the next 4-week program

Let me know if you are not sure how to perform an exercise.

For maximum effectiveness, warm up 5-minutes prior to starting the program and cool down 5-minutes after completing the program each day

2-days of 30-minutes of cardio is also highly recommended throughout the 4-weeks.