

WEEK 1	WARM UP	MAIN SECTION	COOL DOWN
MONDAY	Cross Trainer & Rowing Machine (2 x 5 Min)	Chest: Incline Dumbbell Press Flat Dumbbell Press Incline Dumbbell Fly Dumbbell Pullover (4 sets of each x 12 reps descending to 6 as weight increases) CV: 30 Minute Interval training Treadmill	Bike (5 Min)
TUESDAY	Cross Trainer & Treadmill (2 x 5 Min)	Legs: Squats Calf Raise Leg Curl Leg Extension (4 sets of each x 12 reps descending to 6 as weight increases) Abs : Crunch (5 x 10 reps) Hanging Leg Raise (5 x 10 reps)	Bike (5 Min)
WEDNESDAY	Rowing Machine (2 x 5 Min)	Back: Front Chin up (adding weight) Dead lifts Seated Row One-Arm Dumbbell Row (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
THURSDAY	Cross Trainer & Stepper (2 x 5 Min)	CV: 30 Minute Interval training- Treadmill Arms: Triceps Pushdown One-Arm Dumbbell Extension Dumbbell Curl Concentration Curl (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
FRIDAY	Rowing Machine (2 x 5 Min)	Shoulders: Seated Dumbbell Press Arnies Side Lateral Raise Bent-Over Lateral Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs: Decline Crunch (5 x 10 reps) Seated Knee up (5 x 10 reps)	Rowing Machine (5 Min)
SATURDAY	N/A	SATURDAY LEAGUE FOOTBALL	N/A
SUNDAY	N/A	REST	N/A

Notes:

1. The warm up also consists of joint mobility and stretching all muscle groups (Specifically targeting the muscle group to be worked) as well as the 2 pulse raisers (both pulse raisers will involve using cardio machines that will reflect the muscles group to be exercised).
2. The cool down also consists of developmentally stretches, especially targeting the muscle groups just worked.

WEEK 2	WARM UP	MAIN SECTION	COOL DOWN
MONDAY	Cross Trainer & Rowing Machine (2 x 5 Min)	Chest: Incline Barbell Press Flat Barbell Press Decline Barbell Press Flat Dumbbell Fly (4 sets of each x 12 reps descending to 6 as weight increases) CV: 30 Minute Interval training Treadmill	Bike (5 Min)
TUESDAY	Cross Trainer & Treadmill (2 x 5 Min)	Legs: Hack Squat Leg Press Lunge Calf Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs : Crossover Crunch (5 x 10 reps) Raised Leg Crunch (5 x 10 reps)	Bike (5 Min)
WEDNESDAY	Rowing Machine (2 x 5 Min)	Back: Front Chin up (adding weight) T bar Row Upright Row Lat Pull-down (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
THURSDAY	Cross Trainer & Stepper (2 x 5 Min)	CV: 30 Minute Interval training- Treadmill Arms: Overhead Barbell Extension Dumbbell Kickback Barbell Curl Preacher Curl Wrist Curl (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
FRIDAY	Rowing Machine (2 x 5 Min)	Shoulders: Seated Military Press Behind-the-Neck-Press Low Pulley Raise Barbell Front Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs: Seated Twist (5 x 10 reps) Dumbbell Side Bend (5 x 10 reps)	Rowing Machine (5 Min)
SATURDAY	N/A	SATURDAY LEAGUE FOOTBALL	N/A
SUNDAY	N/A	REST	N/A

Notes:

1. The warm up will always consist of the following; Joint mobility and stretching all muscle groups (Specifically targeting the muscle group to be worked) as well as the 2 pulse raisers (both pulse raisers will involve using cardio machines that will reflect the muscles group to be exercised).
2. The cool down will always consist of developmentally stretches, especially targeting the muscle groups just worked.

WEEK 3	WARM UP	MAIN SECTION	COOL DOWN
MONDAY	Cross Trainer & Rowing Machine (2 x 5 Min)	Chest: Incline Dumbbell Press Flat Barbell Press Cable Fly Dumbbell Pullover (4 sets of each x 12 reps descending to 6 as weight increases) CV: 30 Minute Interval training Treadmill	Bike (5 Min)
TUESDAY	Cross Trainer & Treadmill (2 x 5 Min)	Legs: Squats Hack Squat Leg Curl Leg Extension Calf Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs : Crunch (5 x 10 reps) Hanging Leg Raise (5 x 10 reps)	Bike (5 Min)
WEDNESDAY	Rowing Machine (2 x 5 Min)	Back: Lat Front Pull-down Dead lifts Bent-over Row Back Extension (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
THURSDAY	Cross Trainer & Stepper (2 x 5 Min)	CV: 30 Minute Interval training- Treadmill Arms: Dumbbell Triceps Extension Seated Dumbbell Extension Alternative Dumbbell Curl Reverse Barbell Curl (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
FRIDAY	Rowing Machine (2 x 5 Min)	Shoulders: Seated Dumbbell Press Behind-the-Neck-Press Alternative Front Raise Bent-Over Lateral Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs: Decline Crunch (5 x 10 reps) Seated Knee up (5 x 10 reps)	Rowing Machine (5 Min)
SATURDAY	N/A	SATURDAY LEAGUE FOOTBALL	N/A
SUNDAY	N/A	REST	N/A

Notes:

1. The warm up will always consist of the following; Joint mobility and stretching all muscle groups (Specifically targeting the muscle group to be worked) as well as the 2 pulse raisers (both pulse raisers will involve using cardio machines that will reflect the muscles group to be exercised).
2. The cool down will always consist of developmentally stretches, especially targeting the muscle groups just worked.

WEEK 4	WARM UP	MAIN SECTION	COOL DOWN
MONDAY	Cross Trainer & Rowing Machine (2 x 5 Min)	Chest: Incline Dumbbell Press Flat Dumbbell Press Incline Dumbbell Fly Dumbbell Pullover (4 sets of each x 12 reps descending to 6 as weight increases) CV: 30 Minute Interval training Treadmill	Bike (5 Min)
TUESDAY	Cross Trainer & Treadmill (2 x 5 Min)	Legs: Squats Calf Raise Leg Curl Leg Extension (4 sets of each x 12 reps descending to 6 as weight increases) Abs : Crunch (5 x 10 reps) Hanging Leg Raise (5 x 10 reps)	Bike (5 Min)
WEDNESDAY	Rowing Machine (2 x 5 Min)	Back: Front Chin up (adding weight) Dead lifts Seated Row One-Arm Dumbbell Row (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
THURSDAY	Cross Trainer & Stepper (2 x 5 Min)	CV: 30 Minute Interval training- Treadmill Arms: Triceps Pushdown One-Arm Dumbbell Extension Dumbbell Curl Concentration Curl (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
FRIDAY	Rowing Machine (2 x 5 Min)	Shoulders: Seated Dumbbell Press Arnies Side Lateral Raise Bent-Over Lateral Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs: Decline Crunch (5 x 10 reps) Seated Knee up (5 x 10 reps)	Rowing Machine (5 Min)
SATURDAY	N/A	SATURDAY LEAGUE FOOTBALL	N/A
SUNDAY	N/A	REST	N/A

Notes:

1. The warm up will always consist of the following; Joint mobility and stretching all muscle groups (Specifically targeting the muscle group to be worked) as well as the 2 pulse raisers (both pulse raisers will involve using cardio machines that will reflect the muscles group to be exercised).
2. The cool down will always consist of developmentally stretches, especially targeting the muscle groups just worked.

WEEK 5	WARM UP	MAIN SECTION	COOL DOWN
MONDAY	Cross Trainer & Rowing Machine (2 x 5 Min)	Chest: Incline Barbell Press Flat Barbell Press Decline Barbell Press Flat Dumbbell Fly (4 sets of each x 12 reps descending to 6 as weight increases) CV: 30 Minute Interval training Treadmill	Bike (5 Min)
TUESDAY	Cross Trainer & Treadmill (2 x 5 Min)	Legs: Hack Squat Leg Press Lunge Calf Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs : Crossover Crunch (5 x 10 reps) Raised Leg Crunch (5 x 10 reps)	Bike (5 Min)
WEDNESDAY	Rowing Machine (2 x 5 Min)	Back: Front Chin up (adding weight) T bar Row Upright Row Lat Pull-down (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
THURSDAY	Cross Trainer & Stepper (2 x 5 Min)	CV: 30 Minute Interval training- Treadmill Arms: Overhead Barbell Extension Dumbbell Kickback Barbell Curl Preacher Curl Wrist Curl (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
FRIDAY	Rowing Machine (2 x 5 Min)	Shoulders: Seated Military Press Behind-the-Neck-Press Low Pulley Raise Barbell Front Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs: Seated Twist (5 x 10 reps) Dumbbell Side Bend (5 x 10 reps)	Rowing Machine (5 Min)
SATURDAY	N/A	SATURDAY LEAGUE FOOTBALL	N/A
SUNDAY	N/A	REST	N/A

Notes:

1. The warm up will always consist of the following; Joint mobility and stretching all muscle groups (Specifically targeting the muscle group to be worked) as well as the 2 pulse raisers (both pulse raisers will involve using cardio machines that will reflect the muscles group to be exercised).
2. The cool down will always consist of developmentally stretches, especially targeting the muscle groups just worked.

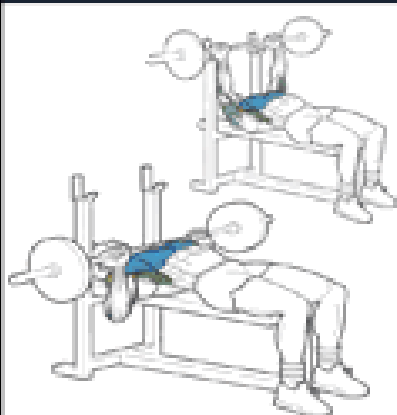
WEEK 6	WARM UP	MAIN SECTION	COOL DOWN
MONDAY	Cross Trainer & Rowing Machine (2 x 5 Min)	Chest: Incline Dumbbell Press Flat Barbell Press Cable Fly Dumbbell Pullover (4 sets of each x 12 reps descending to 6 as weight increases) CV: 30 Minute Interval training Treadmill	Bike (5 Min)
TUESDAY	Cross Trainer & Treadmill (2 x 5 Min)	Legs: Squats Hack Squat Leg Curl Leg Extension Calf Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs : Crunch (5 x 10 reps) Hanging Leg Raise (5 x 10 reps)	Bike (5 Min)
WEDNESDAY	Rowing Machine (2 x 5 Min)	Back: Lat Front Pull-down Dead lifts Bent-over Row Back Extension (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
THURSDAY	Cross Trainer & Stepper (2 x 5 Min)	CV: 30 Minute Interval training- Treadmill Arms: Dumbbell Triceps Extension Seated Dumbbell Extension Alternative Dumbbell Curl Reverse Barbell Curl (4 sets of each x 12 reps descending to 6 as weight increases)	Rowing Machine (5 Min)
FRIDAY	Rowing Machine (2 x 5 Min)	Shoulders: Seated Dumbbell Press Behind-the-Neck-Press Alternative Front Raise Bent-Over Lateral Raise (4 sets of each x 12 reps descending to 6 as weight increases) Abs: Decline Crunch (5 x 10 reps) Seated Knee up (5 x 10 reps)	Rowing Machine (5 Min)
SATURDAY	N/A	SATURDAY LEAGUE FOOTBALL	N/A
SUNDAY	N/A	REST	N/A

Notes:

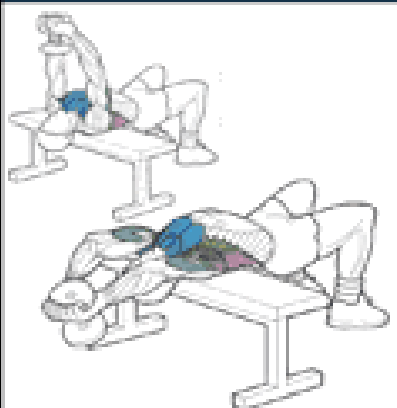
1. The warm up will always consist of the following; Joint mobility and stretching all muscle groups (Specifically targeting the muscle group to be worked) as well as the 2 pulse raisers (both pulse raisers will involve using cardio machines that will reflect the muscles group to be exercised).
2. The cool down will always consist of developmentally stretches, especially targeting the muscle groups just worked.

CHEST WORKOUT

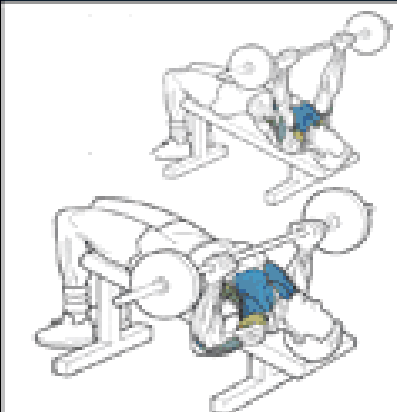
BENCH PRESS



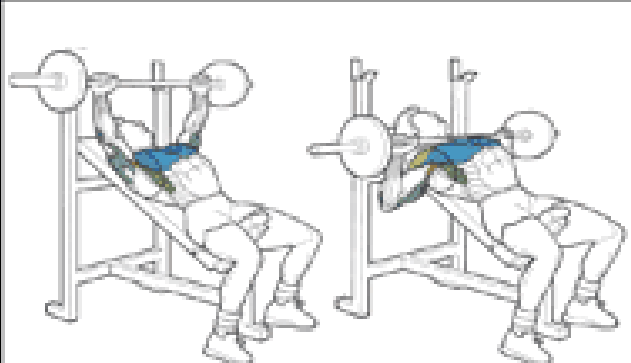
DUMBBELL PULLOVER



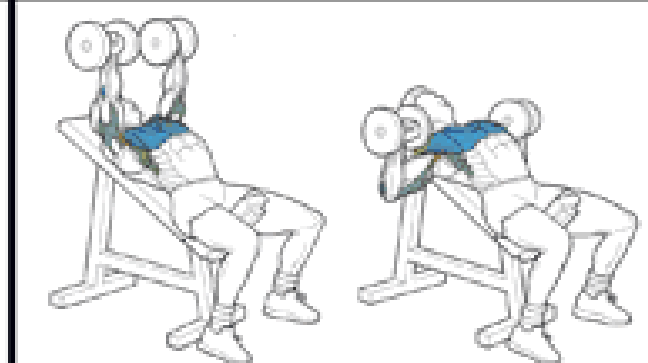
DECLINE PRESS



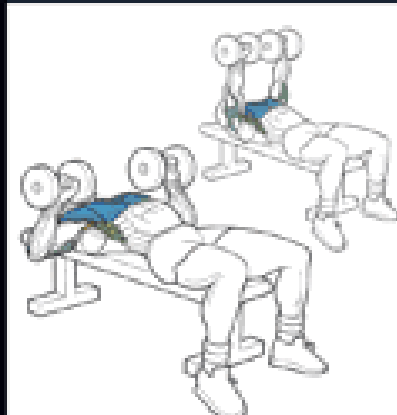
INCLINE PRESS



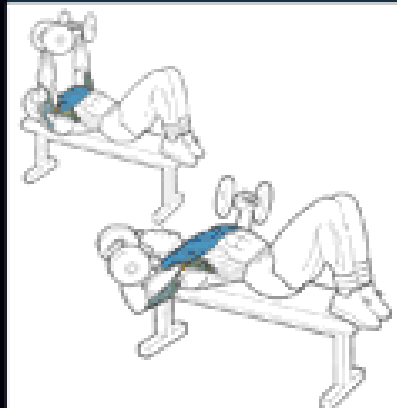
INCLINE DUMBBELL PRESS



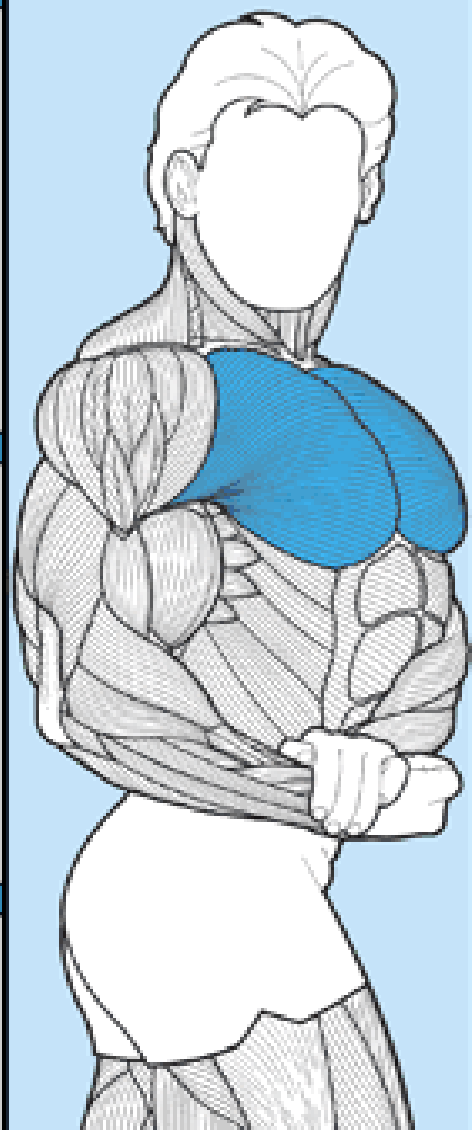
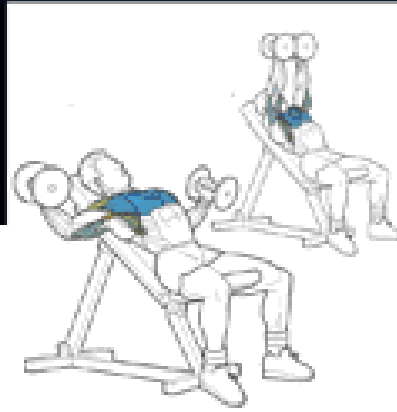
DUMBBELL PRESS



DUMBBELL FLY

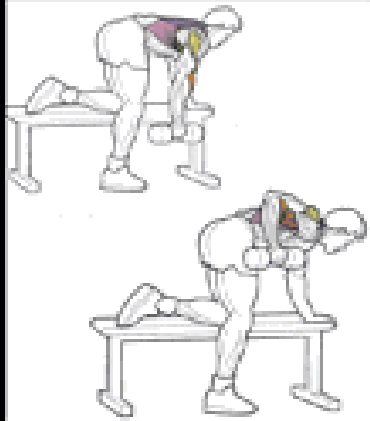


INCLINE DUMBBELL FLY

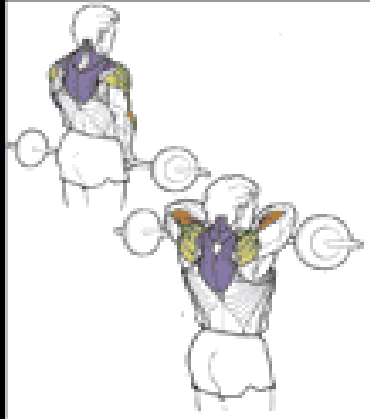


BACK WORKOUT

ONE-ARM DUMBBELL ROW



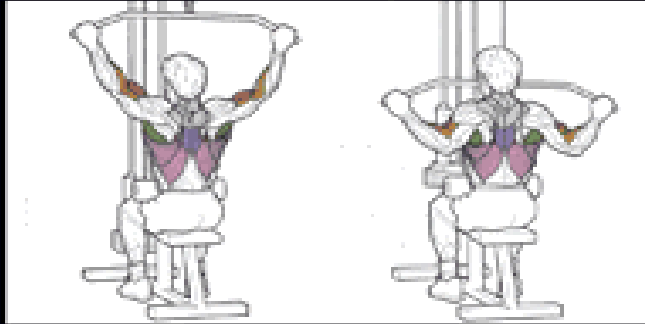
UPRIGHT ROW



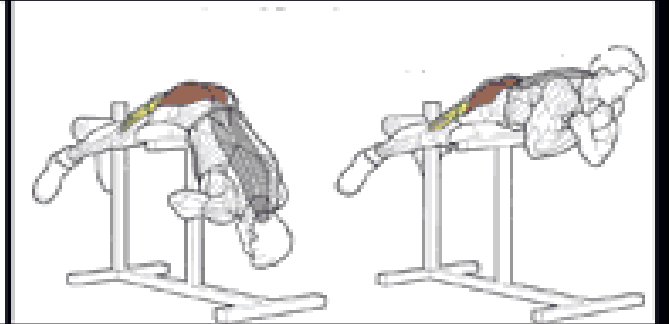
SEATED ROW



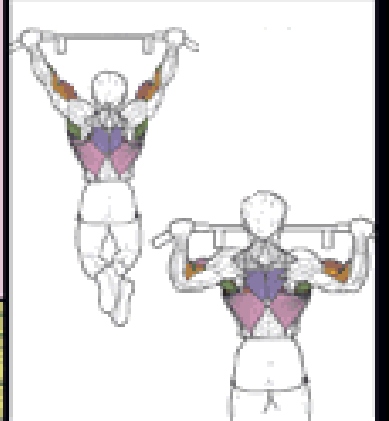
LAT PULLDOWN (FRONT)



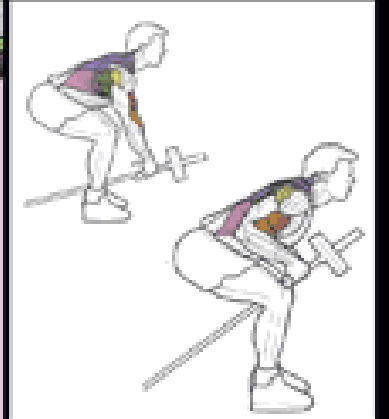
BACK EXTENSION



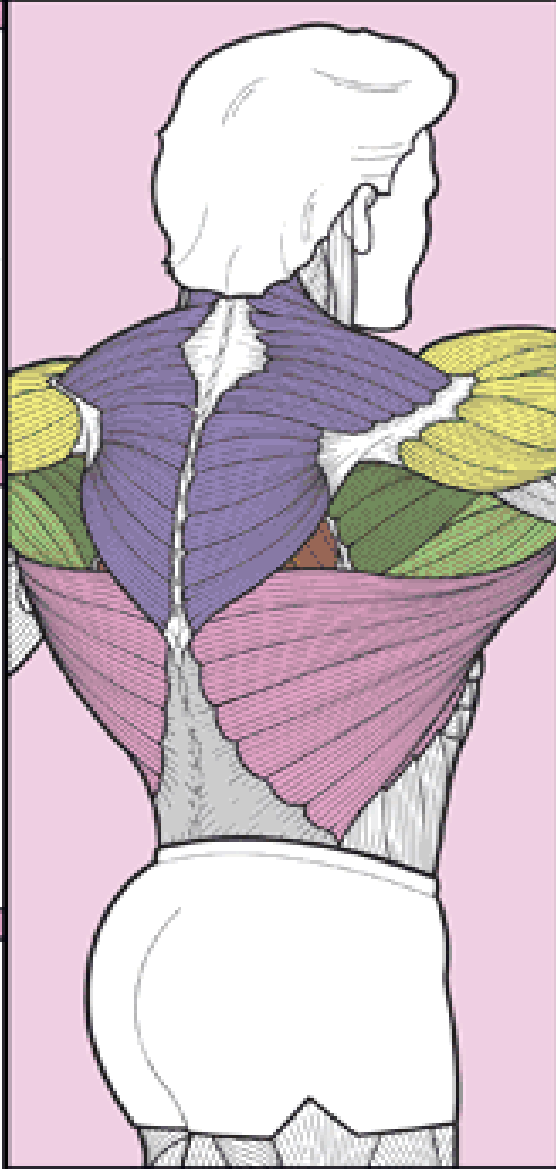
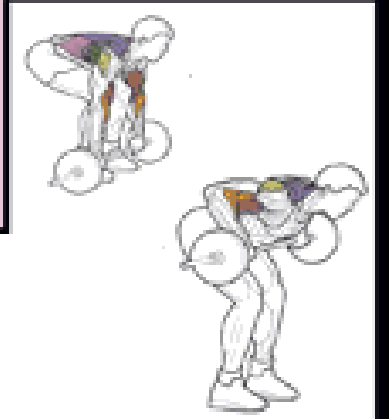
FRONT CHIN-UP



T-BAR ROW

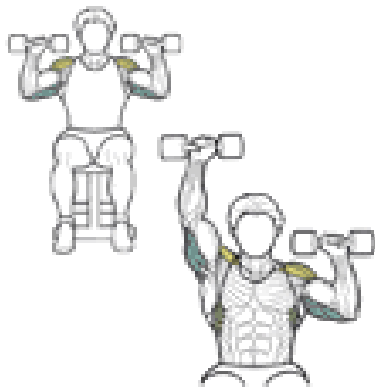


BENT-OVER ROW

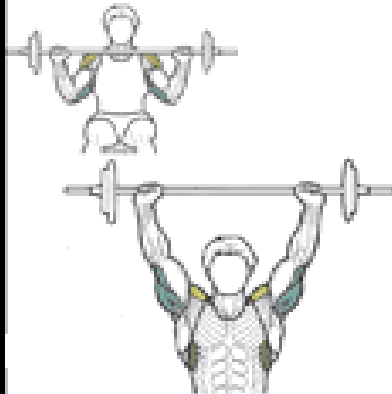


SHOULDER WORKOUT

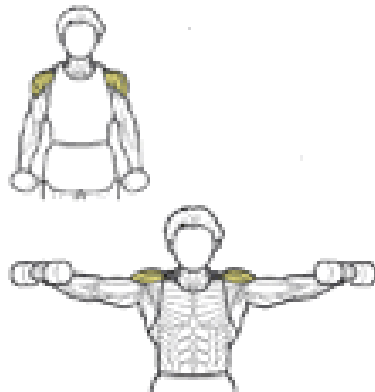
ALTERNATE DUMBBELL PRESS



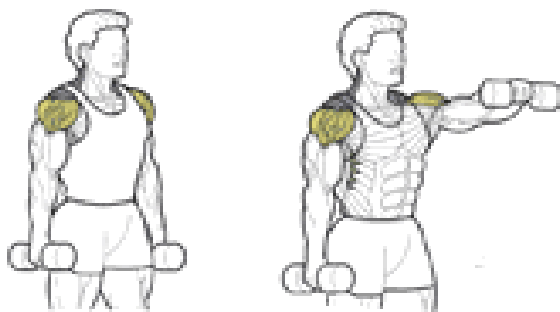
SEATED MILITARY PRESS



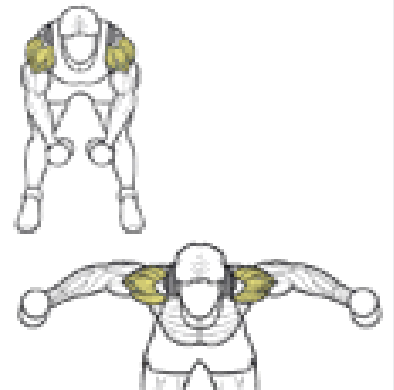
SIDE LATERAL RAISE



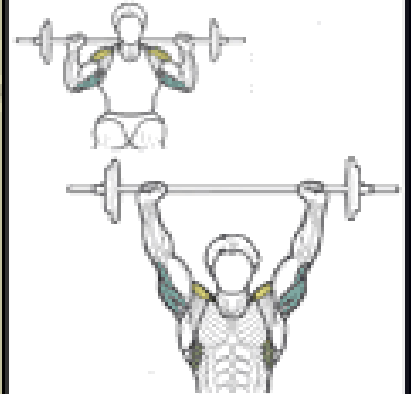
ALTERNATE FRONT RAISE



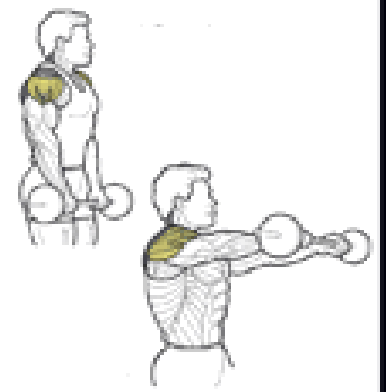
BENT-OVER LATERAL RAISE



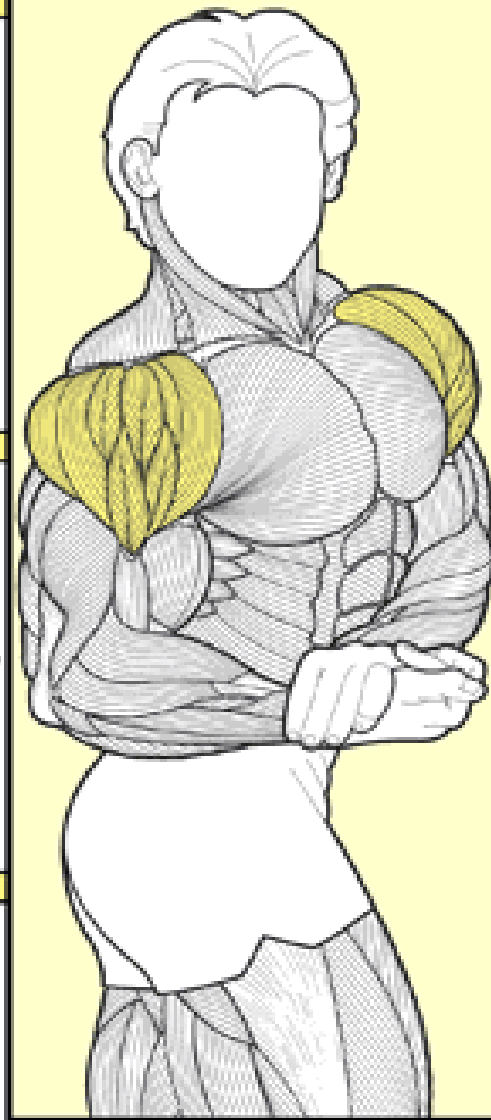
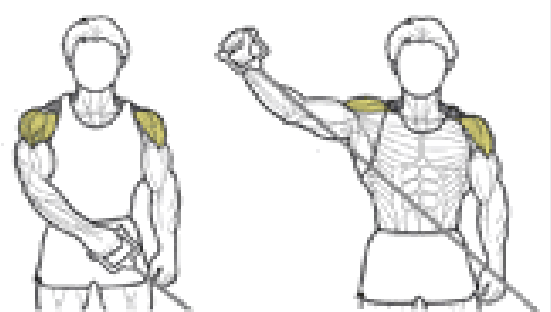
BEHIND-THE-NECK PRESS



BARBELL FRONT RAISE

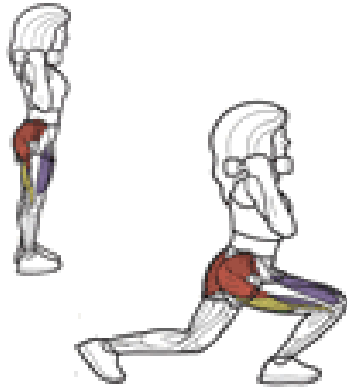


LOW-PULLEY RAISE

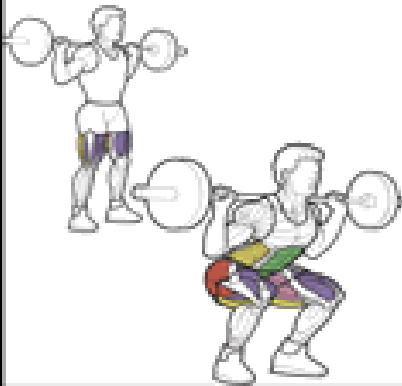


LEG WORKOUT

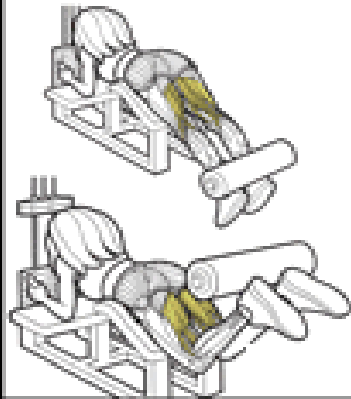
LUNGE



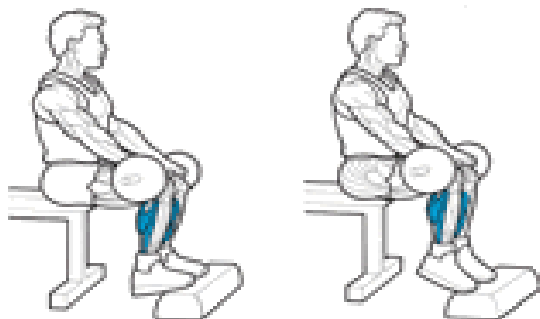
SQUAT



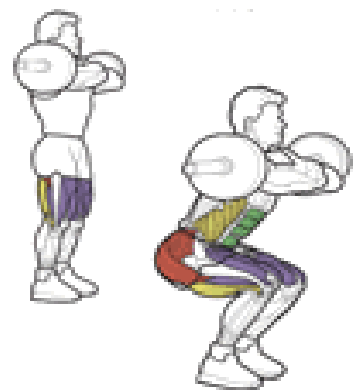
LEG CURL



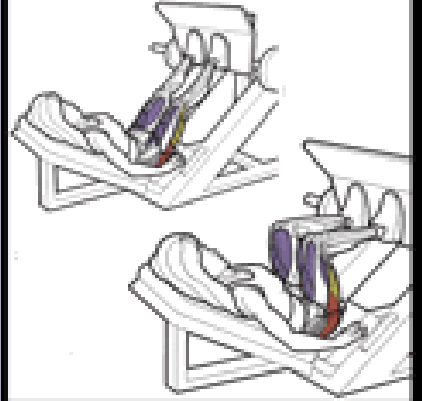
SEATED TOE RAISE



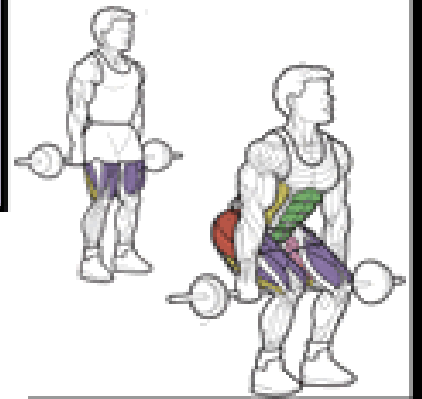
FRONT SQUAT



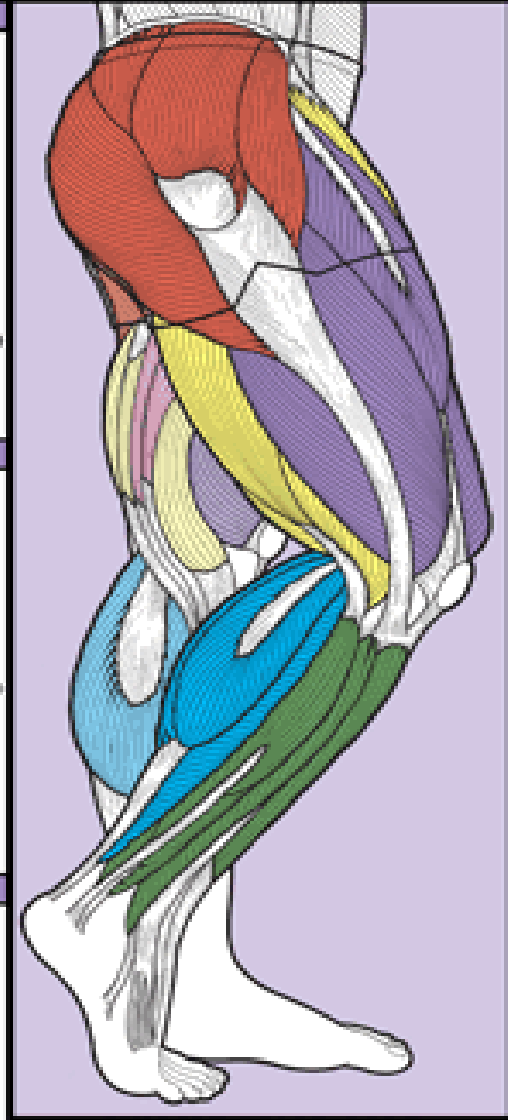
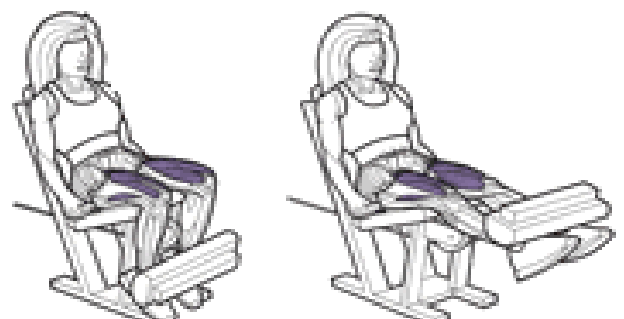
LEG PRESS



HACK SQUAT

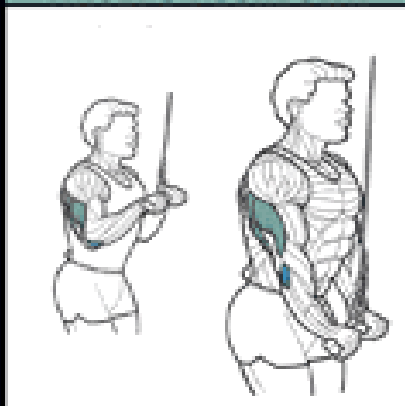


LEG EXTENSION



TRICEPS WORKOUT

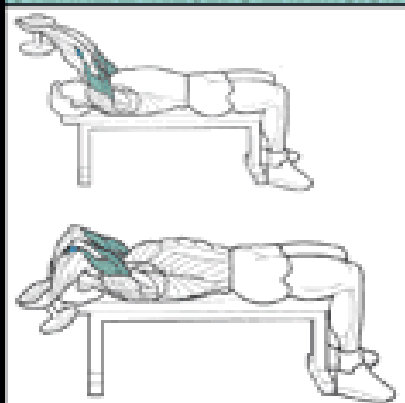
TRICEPS PUSHDOWN



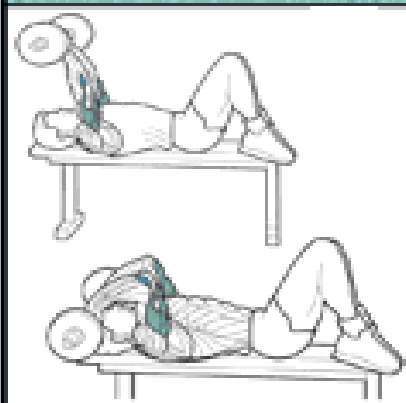
SEATED BARBELL EXTENSION



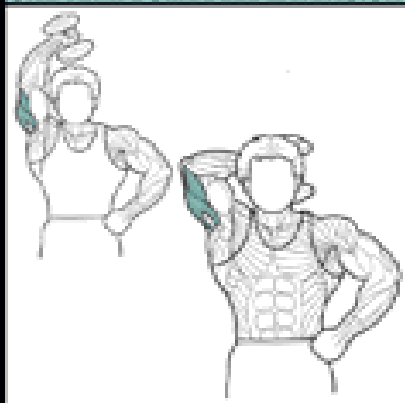
OVERHEAD TRICEPS EXTENSION



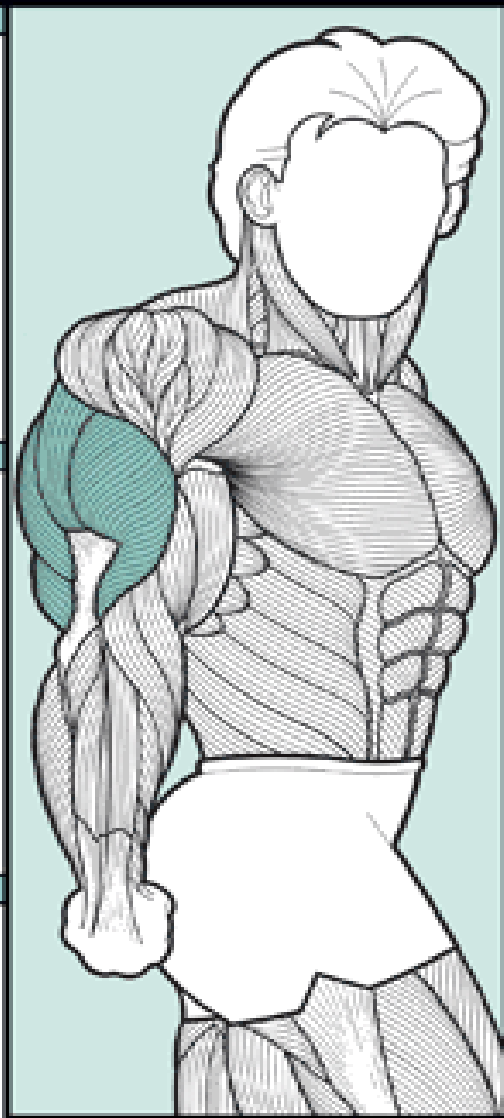
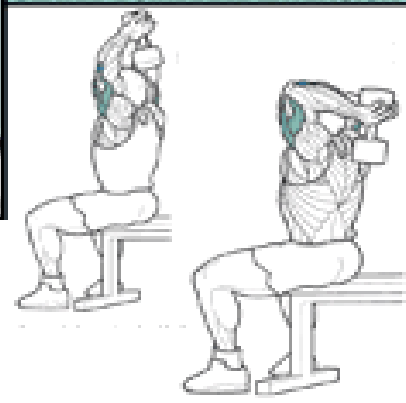
OVERHEAD BARBELL EXTENSION



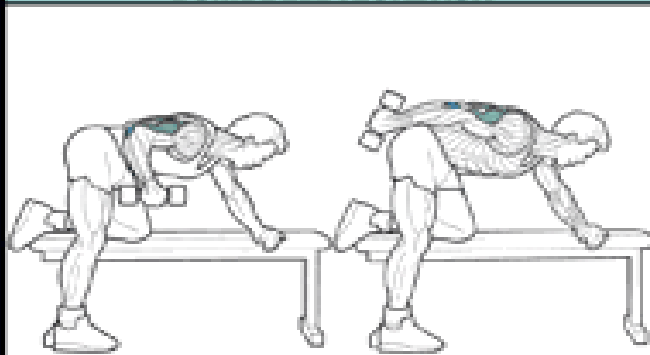
ONE-ARM DUMBBELL EXTENSION



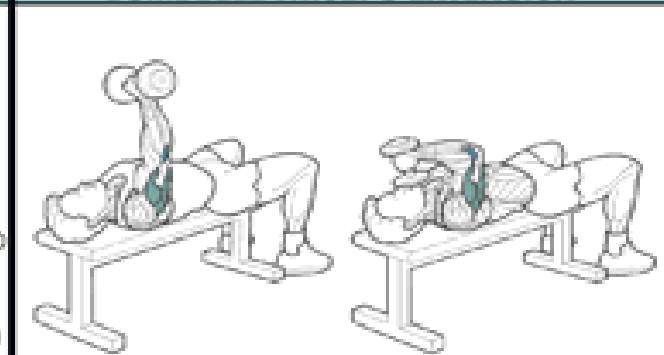
SEATED DUMBBELL EXTENSION



DUMBBELL KICKBACK

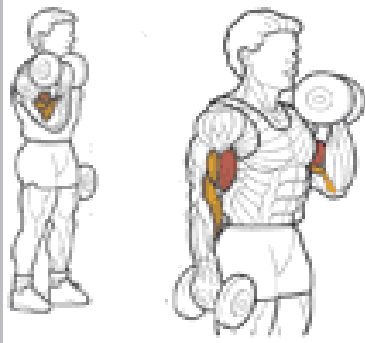


DUMBBELL TRICEPS EXTENSION

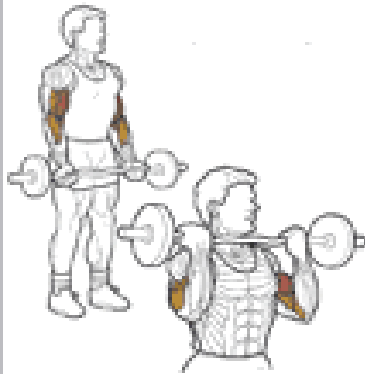


BICEPS & FOREARM WORKOUT

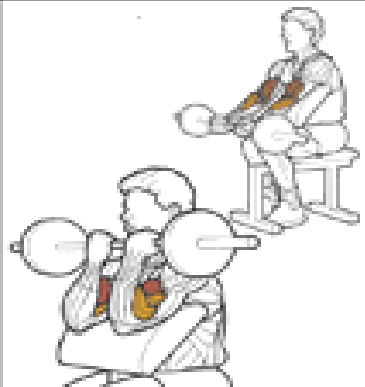
ALTERNATE DUMBBELL CURL



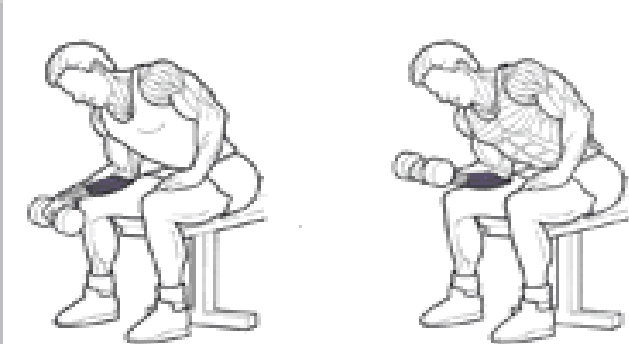
BARBELL CURL



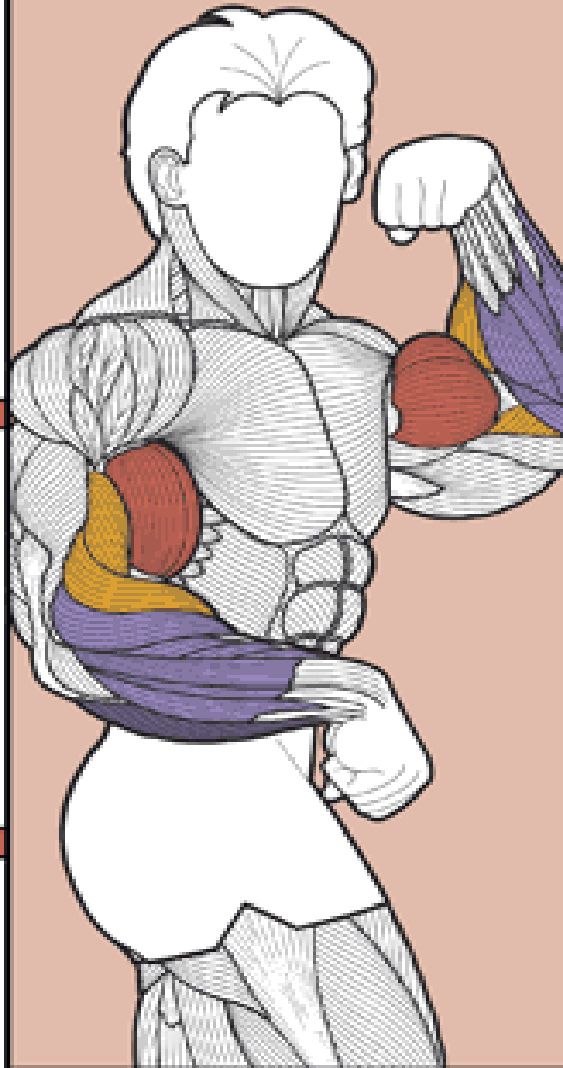
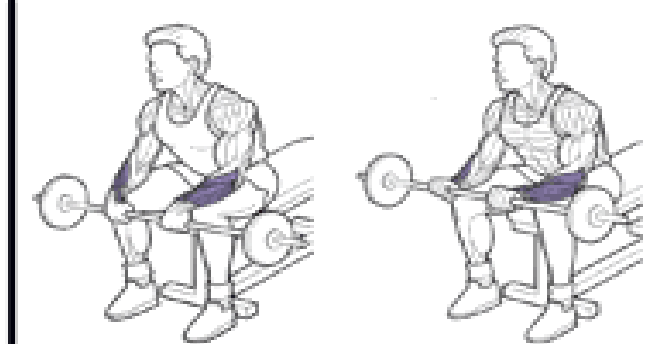
PREACHER CURL



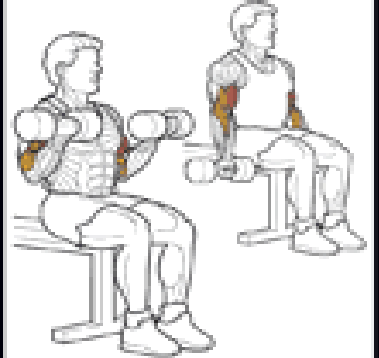
WRIST CURL



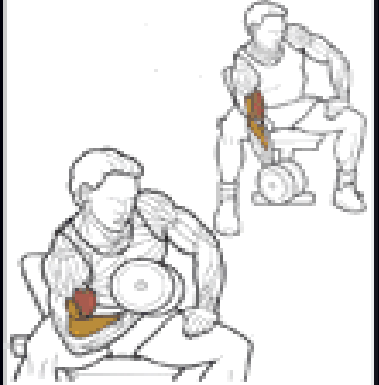
REVERSE WRIST CURL



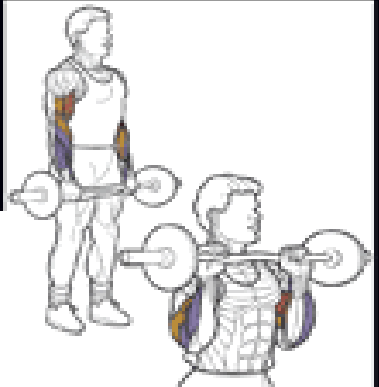
DUMBBELL CURL



CONCENTRATION CURL



REVERSE CURL

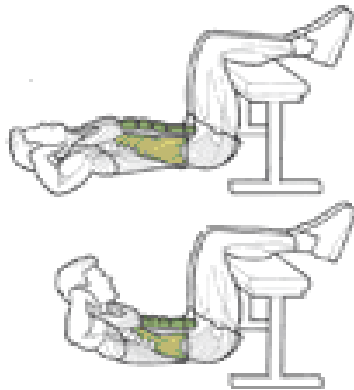


ABDOMINAL WORKOUT

CRUNCH



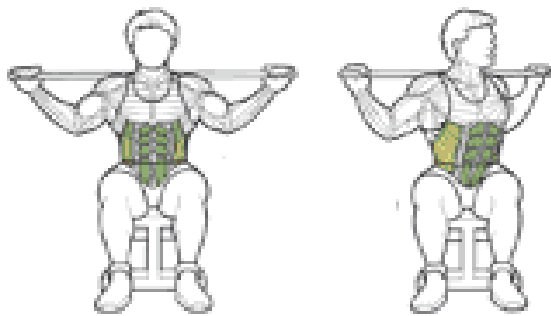
RAISED LEG CRUNCH



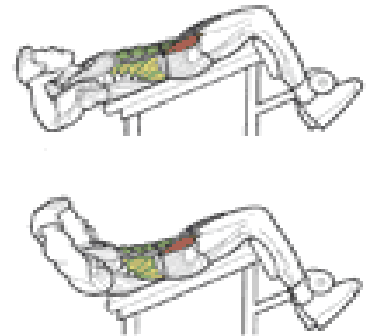
CROSSOVER CRUNCH



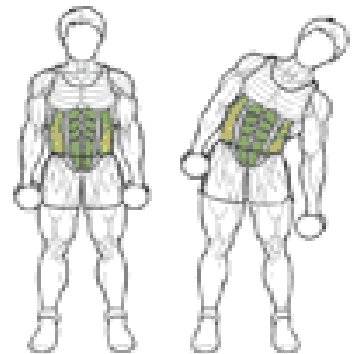
SEATED TWIST



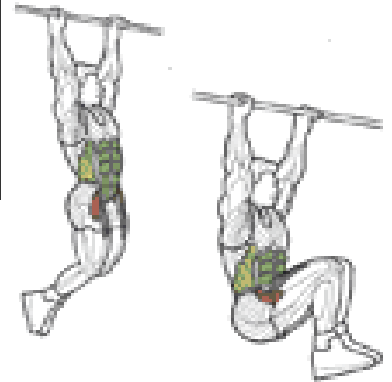
DECLINE CRUNCH



DUMBBELL SIDE BEND



HANGING LEG RAISE



SEATED KNEE UP

