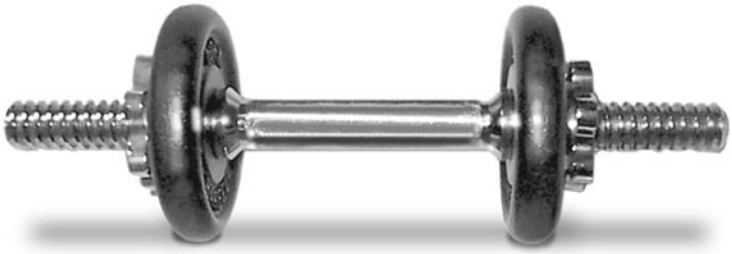
Part V

Supplemental 4-WEEK PROGRAMS



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Endurance/ Fat Burning TRAINING

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Program Level I

Endurance/Fat Burning Training

Entire body every other day

Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Seated cable rows	3	20,20,20
Squats	3	20,20,20
Dumbbell military press	3	20,20,20

Day 2

Exercise	Sets	Reps
Incline barbell bench press	3	20,20,20
One-arm dumbbell press	3	20,20,20
Leg press	3	20,20,20
Barbell military press	3	20,20,20

Day 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Seated cable rows	3	20,20,20
Squats	3	20,20,20
Dumbbell military press	3	20,20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Seated cable rows	3	25,25,25
Squats	3	25,25,25
Dumbbell military press	3	25,25,25

Day 2

Exercise	Sets	Reps
Incline barbell bench press	3	25,25,25
One-arm dumbbell press	3	25,25,25
Leg press	3	25,25,25
Barbell military press	3	25,25,25

Day 3

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Seated cable rows	3	25,25,25
Squats	3	25,25,25
Dumbbell military press	3	25,25,25

Program Level II

Endurance/Fat Burning Training

Entire body every training day

Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Seated cable rows	3	20,20,20
Squats	3	20,20,20
Dumbbell military press	3	20,20,20
Lunges	3	20,20,20
Front raises	2	20,20

Day 2

Exercise	Sets	Reps
Dumbbell bench press	3	20,20,20
Standing byes	3	20,20,20
Boot over barbell rows	3	20,20,20
Leg curls	3	20,20,20
Standing calf raises	3	20,20,20
Cable crossovers	2	20,20

Day 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Seated cable rows	3	20,20,20
Squats	3	20,20,20
Dumbbell military press	3	20,20,20
Lunges	3	20,20,20
Front cases	2	20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Seated cable rows	3	25,25,25
Squats	3	25,25,25
Dumbbell military press	3	25,25,25
Lunges	3	25,25,25
Front cases	2	25,25

Day 2

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Standing byes	3	25,25,25
Boot over barbell rows	3	25,25,25
Leg curls	3	25,25,25
Standing calf raises	3	25,25,25
Cable crossovers	2	25,25

Day 3

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Seated cable rows	3	25,25,25
Squats	3	25,25,25
Dumbbell military press	3	25,25,25
Lunges	3	25,25,25
Front cases	2	25,25

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Program Level II

Endurance/Fat Burning Training

Three-Day Split four days a week

Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Dumbbell incline bench press	2	20,20
Seated cable rows	3	20,20,20
Bent-over barbell rows	2	20,20

Day 2

Exercise	Sets	Reps
Triceps kickbacks	2	20,20
Bench dips	2	20,20
Dumbbell curls	2	20,20
Incline curls	2	20,20

Day 3

Exercise	Sets	Reps
Squats	3	20,20,20
Leg curls	3	20,20,20
Dumbbell military press	3	20,20,20
Upright rows	3	20,20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Incline bench press	2	25,25
One-arm dumbbell rows	3	25,25,25
T-bar rows	2	25,25

Day 2

Exercise	Sets	Reps
Incline dumbbell curls	2	25,25
Reverse curls	2	25,25
Barbell triceps curls	2	25,25
Bench dips	2	25,25

Day 3

Exercise	Sets	Reps
Leg press	3	25,25,25
Lunges	3	25,25,25
Barbell military press	3	25,25,25
Front raises	2	25,25

Program Level II

Endurance/Fat Burning Training

Three-Day Split four days a week

Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	20,20,20
Incline barbell bench press	3	20,20,20
Triceps kickbacks	2	20,20
Bench dips	2	Failure

Day 2

Exercise	Sets	Reps
Seated cable rows	3	20,20,20
Bent-over barbell rows	3	20,20,20
Dumbbell curls	2	20,20
Incline curls	2	20,20

Day 3

Exercise	Sets	Reps
Squats	3	20,20,20
Leg extensions	2	20,20
Dumbbell military press	3	20,20,20
Upright rows	3	20,20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Dumbbell incline bench press	3	25,25,25
Triceps curls	3	25,25,25
Bench dips	2	Failure

Day 2

Exercise	Sets	Reps
One-arm rows	3	25,25,25
1-Bar rows	3	25,25,25
Incline dumbbell curls	2	25,25
Barbell curls	2	25,25

Day 3

Exercise	Sets	Reps
Leg press	3	25,25,25
Lunges	3	25,25,25
Barbell military press	3	25,25,25
Front raises	2	25,25

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Program Level III

Endurance/Fat Burning Training

Endurance/Fat Burning Training

Three-Day Split four days a week-Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20,20
Dumbbell incline bench press	2	20,20
Seated cable rows	3	20,20,20
Bent-over barbell rows	2	20,20
Dips	3	Failure
Wide grip lat pull downs	2	20,20

Day 2

Exercise	Sets	Reps
Triceps kickbacks	2	20,20
Bench dips	2	20,20
Dumbbell curls	2	20,20
Incline curls	2	20,20
Hammer curls	2	20,20
Close-grip bench press	2	20,20

Day 3

Exercise	Sets	Reps
Squats	3	20,20,20
Leg extensions	2	20,20
Dumbbell military press	3	20,20,20
Upright rows	3	20,20,20
Lunges	2	20,20
Bent-over lateral raises	2	20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Incline barbell bench press	2	25,25
One-arm dumbbell rows	3	25,25,25
T-bar rows	2	25,25
Cable crossovers	2	25,25
Close-grip fat pull downs	2	25,25

Day 2

Exercise	Sets	Reps
Incline dumbbell curls	2	25,25
Reverse curls	2	25,25
Dumbbell triceps curls	2	25,25
Bench dips	2	25,25
Triceps pull downs	2	25,25
Barbell curls	2	25,25

Day 3

Exercise	Sets	Reps
Leg press	3	25,25,25
Lunges	3	25,25,25
Barbell military press	3	25,25,25
Lateral raises	2	25,25
Standing calf raises	2	25,25

Program Level III

Endurance/Fat Burning Training

Endurance/Fat Burning Training

Three-Day Split four days a week-Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	20,20,20
Incline barbell bench press	3	20,20,20
Triceps kickbacks	2	20,20
Bench dips	2	Failure
Close grip bench press	2	20,20
Dips	3	Failure

Day 2

Exercise	Sets	Reps
Seated cable rows	3	20,20,20
Bent-over barbell rows	3	20,20,20
Dumbbell curls	2	20,20
Incline curls	2	20,20
Wide-grip pull downs	3	20,20,20
Hammer curls	3	20,20,20

Day 3

Exercise	Sets	Reps
Squats	3	20,20,20
Leg cuts	2	20,20
Dumbbell military press	3	20,20,20
Upright rows	3	20,20,20
Lunges	2	20,20
Bent-over lateral raises	2	20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Incline dumbbell bench press	3	25,25,25
Triceps curls	3	25,25,25
Bench dips	2	Failure
Cable crossovers	2	25,25
Dips	3	Failure

Day 2

Exercise	Sets	Reps
One-arm dumbbell rows	3	25,25,25
T-bar rows	3	25,25,25
Preaches curls	2	25,25
Barbell curls	2	25,25
Close-grip tat pull downs	3	25,25,25
Concentration curls	2	25,25

Day 3

Exercise	Sets	Reps
Leg press	3	25,25,25
Lunges	3	25,25,25
Barbell military press	3	25,25,25
Lateral raises	2	25,25
Standing calf raises	3	25,25,25
Cable lateral raises	2	25,25

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Program Level III

Endurance/Fat Burning Training

Two - Day Split four days per week
upper & lower body training on different days
Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Dumbbell military press	3	20,20,20
Wide-grip pull-ups	3	20,20,20
Leg press	3	20,20,20

Days 2 and 4

Exercise	Sets	Reps
Leg curls	3	20,20,20
Standing calf raises	3	20,20,20
Dumbbell curls	3	20,20,20
Triceps curls	2	20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Barbell military press	3	25,25,25
Close-grip lat pull downs	3	25,25,25
Leg press	2	25,25

Days 2 and 4

Exercise	Sets	Reps
Squats	3	25,25,25
Standing calf raises	2	25,25
Barbell curls	2	25,25
One-arm triceps extensions	2	25,25

Program Level III

Endurance/Fat Burning Training

Endurance/Fat Burning Training
Two-Day Split 4 days per week
Upper & lower body training on different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Barbell military press	3	20,20,20
Bent-over dumbbell rows	3	20,20,20
Hammer curls	2	20,20

Days 2 and 4

Exercise	Sets	Reps
Squats	3	20,20,20
Leg press	3	20,20,20
Seated call raises	3	20,20,20
Lunges	2	20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Dumbbell military press	3	25,25,25
Bent-over barbell rows	3	25,25,25
Reverse dumbbell curls	2	25,25

Days 2 and 4

Exercise	Sets	Reps
Leg press	3	25,25,25
Lunges	2	25,25,25
Squats	3	25,25,25
Standing calf raises	3	25,25

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Program Level III

Endurance/Fat Burning Training

Endurance/Fat Burning Training

Two-Day Split 4 days per week

Upper & lower body training on the same day – synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Dumbbell incline bench press	2	20,20
Standing flyes	3	20,20,20
Leg press	3	20,20,20

Days 2 and 4

Exercise	Sets	Reps
Wide-grip pull-ups	2	Failure
Hammer curls	2	20,20
Leg curls	3	20,20,20
Standing calf raises	3	20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	20,20,20
Barbell incline bench press	2	20,20
Upright rows	3	25,25,25
Squats	3	25,25,25

Days 2 and 4

Exercise	Sets	Reps
Close-grip pull-ups	2	Failure
Reverse curls	2	25,25
Leg curls	3	25,25,25
Seated call raises	2	25,25,25

Program Level II

Endurance/Fat Burning Training

Entire body every training day-Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Seated cable rows	3	20,20,20
Squats	3	20,20,20
Dumbbell military press	3	20,20,20
Funges	3	20,20,20
Front raises	3	20,20,20
Incline flyes	2	20,20
Wide-grip pull-ups	2	Failure

Day 2

Exercise	Sets	Reps
Dumbbell bench press	3	20,20,20
Standing flyes	3	20,20,20
Bent-over barbell rows	3	20,20,20
Leg curls	3	20,20,20
Standing call raises	3	20,20,20
Cable crossovers	2	20,20
Barbell military press	2	20,20
Close-grip pull ups	2	Failure

Day 3

Exercise	Sets	Reps
Bench	3	20,20,20
Seated cable rows	3	20,20,20
Squats	3	20,20,20
Dumbbell military	3	20,20,20
Lunges	3	20,20,20
Front raises	2	20,20
Incline flyes	2	20,20
Wide-grip pull ups	2	Failure

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	25,25,25
Seated cable rows	3	25,25,25
Squats	3	25,25,25
Dumbbell military press	3	25,25,25
Funges	3	25,25,25
Front raises	3	25,25,25
Incline flyes	2	25,25
Wide-grip pull-ups	2	Failure

Day 2

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Standing flyes	3	25,25,25
Bent-over barbell rows	3	25,25,25
Leg curls	3	25,25,25
Standing call raises	3	25,25,25
Cable crossovers	2	25,25
Barbell military press	2	25,25
Close-grip pull ups	2	Failure

Day 3

Exercise	Sets	Reps
Bench	3	25,25,25
Seated cable rows	3	25,25,25
Squats	3	25,25,25
Dumbbell military	3	25,25,25
Lunges	3	25,25,25
Front raises	2	25,25
Incline flyes	2	25,25
Wide-grip pull ups	2	Failure

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Program Level IV

Endurance/Fat Burning Training

Three-Day Split four days a week – Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20
Dumbbell incline bench press	2	20
Seated cable rows	3	20
Bent-over barbell rows	2	20
Dips	3	Failure
Wide-grip lat pull downs	2	20
Flyes	2	20
Wide-grip pull-ups	2	Failure

Day 2

Exercise	Sets	Reps
Triceps kickbacks	2	20
Bench dips	2	20
Dumbbell dips	2	20
Incline curls	2	20
Hammer curls	2	20
Close grip bench press	2	20
Triceps push downs	2	20
Behind back wrist curls	2	20

Day 3

Exercise	Sets	Reps
Squats	3	20
Leg curls	2	20
Dumbbell military press	3	20
Upright rows	3	20
Lunges	2	20
Bent-over lateral raises	2	20
Standing flyes	2	20
Standing calf raises	3	20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	25
Incline barbell bench press	2	25
One-arm dumbbell rows	3	25
T-bar rows	2	25
Cable crossovers	2	25
Close grip lat pull downs	2	25
Dips	3	Failure
Close-grip pull-ups	2	Failure

Day 2

Exercise	Sets	Reps
Incline dumbbell curls	2	25
Reverse curls	2	25
Barbell triceps curls	2	25
Bench dips	2	25
Triceps pull downs	2	25
Barbell curls	2	25
Reverse wrist curls	2	25
One-arm triceps extensions	2	25

Day 3

Exercise	Sets	Reps
Leg press	3	25
Lunges	3	25
Barbell military press	3	25
Lateral raises	2	25
Standing calf raises	3	25
Cable lateral raises	2	25
Dumbbell shrugs	3	25
Leg curls	2	25

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Program Level IV

Endurance/Fat Burning Training

Three-Day Split four days a week – Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Dumbbell incline bench press	3	20,20,20
Bench dips	3	Failure
Dumbbells triceps curls	3	20,20,20
Cable crossovers	3	20,20,20
One-arm triceps extensions	3	20,20,20
Dips	3	Failure
Biceps kickbacks	3	20,20,20

Day 2

Exercise	Sets	Reps
Wide grip lat pull down	3	20,20,20
T-bar row	3	20,20,20
Barbell curls	3	Failure
Concentration curls	3	20,20,20
Seated cable rows	3	20,20,20
Bent-over barbell rows	3	20,20,20
Hammer curls	3	20,20,20
Incline dumbbell curls	3	20,20,20

Day 3

Exercise	Sets	Reps
Jump squats	3	20,20,20
Dumbbell military press	3	20,20,20
Push press	3	20,20,20
Leg press	3	20,20,20
Bent-over lateral raises	3	20,20,20
Standing lilies	3	20,20,20
Standing calf raises	3	20,20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Incline barbell bench press	3	25,25,25
Close-grip bench press	3	25,25,25
Skull crushes	3	25,25,25
Incline flyes	3	25,25,25
Triceps push downs	3	25,25,25
Dips	3	Failure
One-arm biceps extensions	3	25,25,25

Day 2

Exercise	Sets	Reps
Close grip pull-ups	3	Failure
Seated cable rows	3	25,25,25
Incline dumbbell curls	3	25,25,25
Concentration curls	3	25,25,25
Bent-over dumbbell rows	3	25,25,25
Hammer curls	3	25,25,25
Reverse wrist curls	3	25,25,25
Close-gup lat pull downs	3	25,25,25

Day 3

Exercise	Sets	Reps
Jump squats	3	25,25,25
Box steps	3	25,25,25
Barbell military press	3	25,25,25
Push press	3	25,25,25
Squats	3	25,25,25
Upright rows	3	25,25,25
Front raises	3	25,25,25
Standing calf raises	3	25,25,25

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Program Level IV

Endurance/Fat Burning Training

Two-Day Split 4 days per week

Upper & lower body training on the same day

Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Wide-grip pull-ups	2	Failure
Push press	3	12,12,12
Leg curls	3	12,12,12
Standing calf raises	3	20,20,20
Dips	2	Failure

Days 2 and 4

Exercise	Sets	Reps
Leg press	3	12,12,12
Power cleans	3	12,12,12
Bench clips	2	Failure
Incline dumbbell curls	4	12,12,12,12
Reverse curls	3	12,12,12
Triceps kickbacks	4	12,12,12

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Close-grip pull-ups	3	Failure
Push press	3	25,25,25
Leg curls	3	25,25,25
Standing calf raises	3	25,25,25
Dips	3	Failure

Days 2 and 4

Exercise	Sets	Reps
Power cleans	3	25,25,25
Box steps	3	25,25,25
Concentration curls	4	25,25,25,25
Triceps curls	4	25,25,25,25
Bench dips	3	Failure
Hammer curls	3	25,25,25

Program Level IV

Endurance/Fat Burning Training

Two-Day Split 4 days per week

Upper & lower body training on different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Push press	3	20,20,20
Wide-grip pull-ups	2	Failure
Reverse curls	3	20,20,20
Dips	2	Failure
Bent-over dumbbell rows	3	20,20,20

Days 2 and 4

Exercise	Sets	Reps
Jump squals	3	20,20,20
Power cleans	3	20,20,20
Squats	3	20,20,20
Lunges	3	20,20,20
Box steps	3	20,20,20
Standing calf raises	3	20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Push press	3	25,25,25
Close-grip pull-ups	3	Failure
Hammer curls	3	25,25,25
Cable crossovers	3	25,25,25
T-bar rows	3	25,25,25

Days 2 and 4

Exercise	Sets	Reps
Squats	3	25,25,25
Lunges	3	25,25,25
Jump squats	3	25,25,25
Power cleans	3	25,25,25
Box steps	3	25,25,25
Standing calf raises	3	25,25,25

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Program Level IV

Endurance/Fat Burning Training

Two-Day Split 4 days per week

Upper & lower body training on the same day -- Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Dumbbell incline bench press	2	20,20,20
Standing flyes	3	20,20,20
Leg press	3	20,20,20
Dips	2	Failure
Lunges	2	20,20

Days 2 and 4

Exercise	Sets	Reps
Wide-grip pull-ups	2	Failure
Hammer curls	2	20,20,20
Leg curls	3	20,20,20
Standing calf raises	3	20,20,20
Seated rows	3	20,20,20
Dumbbell curls	2	20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Incline barbell bench press	2	25,25
Upright rows	3	25,25,25
Squats	3	25,25,25
Leg extensions	2	25,25
Bench dips	3	Failure

Days 2 and 4

Exercise	Sets	Reps
Close-grip pull-ups	2	Failure
Reverse curls	2	25,25
Leg curls	3	25,25,25
Standing calf raises	2	25,25
One-arm dumbbell rows	3	25,25,25
Incline dumbbell curls	2	25,25

Program Level IV

Endurance/Fat Burning Training

Two-Day Split 4 days per week

Upper & lower body training on the same day -- Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Barbell military press	3	20,20,20
Wide-grip pull-ups	3	20,20,20
Leg press	3	20,20,20
Incline flyes	2	20,20
Lunges	2	20,20
Squatted rows	2	20,20
Dips	2	Failure

Days 2 and 4

Exercise	Sets	Reps
Leg curls	3	20,20,20
Standing calf raises	3	20,20,20
Dumbbell curls	2	20,20
Triceps curls	2	20,20
Hammer curls	2	20,20
Triceps kickbacks	2	20,20
Good mornings	2	20,20
Bench dips	2	20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Barbell military press	3	25,25,25
Close-grip pull downs	3	25,25,25
Leg curls	2	25,25
Incline barbell bench press	2	25,25
Leg extensions	2	25,25
Dips	3	Failure
Close-grip pull-ups	2	failure

Days 2 and 4

Exercise	Sets	Reps
Squats	3	25,25,25
Good mornings	2	25,25
Barbell curls	2	25,25
One-arm triceps extension	2	25,25
Reverse curls	2	25,25
Bench dips	3	Failure
Standing calf raises	3	25,25,25
Skull crushers	2	25,25

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Program Level V

Endurance/Fat Burning Training

Two-Day Split 4 days per week

Upper & lower body training on the different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	20,20,20
Barbell military press	3	20,20,20
Bent-over barbell rows	3	20,20,20
Hammer curls	2	20,20
Dips	2	Failure
Wide-grip lat pull downs	2	Failure
Cable crossovers	2	20,20
Skull crushers	2	20,20

Days 2 and 4

Exercise	Sets	Reps
Squats	3	20,20,20
Leg press	3	20,20,20
Standing calf raises	3	20,20,20
Lunges	2	20,20
Leg extensions	2	20,20
Leg curls	2	20,20
Dead lift	2	20,20
Good mornings	2	20,20

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Dumbbell bench press	3	25,25,25
Bent-over bar bell rows	3	25,25,25
Reverse curls	2	25,25
Close-grip pull ups	3	Failure
Dumbbell curls	2	25,25
Incline flyes	2	25,25
Dips	3	25,25,25

Days 2 and 4

Exercise	Sets	Reps
Squats	3	25,25,25
Leg extensions	2	25,25
Leg curls	2	25,25
Leg press	3	25,25,25
Leg curls	2	25,25
Dead lift	2	25,25
Lunges	2	25,25
Standing calf raises	3	25,25,25
Good mornings	2	25,25

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Program Level V

Endurance/Fat Burning Training

Two-Day Split 4 days per Week

Upper & lower body training on same day

Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbel l bench press	3	20,20,20
Dumbbell incline bench press	2	20,20
Standing flyes	3	20,20,20
Leg press	3	20,20,20
Dips	3	Failure
Lunges	2	20,20
Bench dips	2	Failure
Dumbbell military press	2	20,20

Days 2 and 4

Exercise	Sets	Reps
Wide-grip pull ups	2	Failure
Hammer curls	2	20,20
Leg curls	2	20,20
Standing calf raises	3	20,20,20
seated rows	3	20,20,20
Dumbbell curls	2	20,20
Good mornings	2	20,20
Wide grip pull-downs	2	20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	25,25,25
Incline barbell bench press	2	25,25
Upright rows	3	25,25,25
Squats	3	25,25,25
Leg extensions	2	25,25
Bench dips	3	Failure
Dips	3	Failure
Front raises	2	25,25

Days 2 and 4

Exercise	Sets	Reps
Close-grip pull-ups	2	Failure
Reverse curls	2	25,25
Leg curls	3	25,25,25
God mornings	2	25,25
One-armed dumbbell rows	3	25,25,25
Incline dumbbell curls	2	25,25
Standing calf raises	3	25,25,25
Close-grip pull downs	2	25,25

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Power/ General Fitness TRAINING

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Program Level I
Power/General Fitness Training
Entire body every training day
Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power clears	3	12,12,12

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12

Day 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12

Day 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12

Program Level II
Power/General Fitness Training
Entire body every training day
Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Jump squats	3	10,10,10
Standing flyes	3	15,15,15

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12
Barbell military press	3	10,10,10
Standing calf raises	3	20,20,20

Day 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	2	12,12,12
Box steps	3	10,10,10
Standing flyes	3	15,15,15

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Jump squats	3	10,10,10
Standing flyes	3	15,15,15

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12
Barbell military press	3	10,10,10
Standing calf raises	3	20,20,20

Day 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Box steps	3	10,10,10
Standing flyes	3	15,15,15

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Program Level II

Power/General Fitness Training

Three-Day Split four days a week

Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Incline dumbbell bench press	3	12,12,12
Wide-grip pull-ups	3	Failure
T-bar rows	3	10,10,10

Day 2

Exercise	Sets	Reps
Bench dips	3	Failure
Dumbbell triceps curls	3	15,15,15
Barbell curls	3	15,15,15
Incline dumbbell curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Incline barbell bench press	3	12,12,12
Close-grip pull-ups	3	Failure
Seated cable rows	3	10,10,10

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Box steps	3	12,12,12
Barbell military press	3	10,10,10
Push press	3	12,12,12

Program Level II

Power/General Fitness Training

Three-Day Split four days a week

Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Incline dumbbell bench press	3	12,12,12
Bench dips	3	Failure
Triceps curls	3	15,15,15

Day 2

Exercise	Sets	Reps
Wide-grip pull-ups	3	Failure
T-bar rows	3	10,10,10
Barbell curls	3	15,15,15
Incline dumbbell curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Incline barbell bench press	3	12,12,12
Close grip bench press	3	12,12,12
Skull crushers	3	15,15,15

Day 2

Exercise	Sets	Reps
Close-grip pull-ups	3	Failure
Seated cable rows	3	10,10,10
Incline dumbbell curls	3	15,15,15
Concentration curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Box steps	3	12,12,12
Barbell military press	3	10,10,10
Push press	3	12,12,12

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Program Level III
Power/General Fitness Training
Three-day Split four days a week
Antagonist Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Dumbbell incline bench press	3	12,12,12
Wide-grip pull-ups	3	Failure
T-bar rows	3	10,10,10
Cable crossovers	3	15,15,15
One-arm dumbbell rows	3	12,12,12

Day 2

Exercise	Sets	Reps
Bench clips	3	Failure
Barbell triceps curls	3	15,15,15
Barbell curls	3	15,15,15
Incline dumbbell curls	3	15,15,15
Reverse curls	3	15,15,15
One-arm triceps extensions	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12
Leg press	3	8,8,8
Bent-over lateral raises	3	15,15,15

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Incline barbell bench press	3	12,12,12
Close-grip pull-ups	3	Failure
Seated cable rows	3	10,10,10
Flyes	3	15,15,15
Bent-over barbell rows	3	12,12,12

Day 2

Exercise	Sets	Reps
Close-grip bench press	3	15,15,15
Skull crushers	3	15,15,15
Incline dumbbell curls	3	15,15,15
Concentration curls	3	15,15,15
Hammer curls	3	15,15,15
Triceps push downs	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Box steps	3	12,12,12
Barbell military press	3	10,10,10
Push press	3	12,12,12
Squats	3	8,8,8
Upright rows	3	12,12,12

Program Level III
Power/General Fitness Training
TThree-Day Split four days a week
Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Incline dumbbell bench press	3	12,12,12
Bench dips	3	Failure
Dumbbell triceps curls	3	15,15,15
Cable crossovers	3	15,15,15
One-arm triceps extensions	3	15,15,15

Day 2

Exercise	Sets	Reps
Wide-grip pull-ups	3	Failure
T-bar rows	3	10,10,10
Barbell curls	3	15,15,15
Incline dumbbell curls	3	15,15,15
One-arm dumbbell rows	3	12,12,12
Reverse curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12
Leg press	3	8,8,8
Bent-over lateral raises	3	15,15,15

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Incline barbell bench press	3	12,12,12
Close-grip bench press	3	12,12,12
Skull crushers	3	15,15,15
Incline flyes	3	15,15,15
Triceps push-downs	3	15,15,15

Day 2

Exercise	Sets	Reps
Close-grip pull-ups	3	Failure
Seated cable rows	3	10,10,10
Incline dumbbell curls	3	15,15,15
Concentration curls	3	15,15,15
Bent-over dumbbell rows	3	12,12,12
Hammer curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Box steps	3	12,12,12
Barbell military press	3	10,10,10
Push press	3	12,12,12
Squats	3	8,8,8
Upright rows	3	12,12,12

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Program Level III

Power/General Fitness Training

Two-Day Split 4 days per week

Upper & lower body training on the same day—Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead litt	5	10,8,6,4,2
Incline dumbbell curls	4	12,10,8,6
Triceps push downs	4	12,10,8,6

Days 2 and 4

Exercise	Sets	Reps
Calf raises	3	20,20,20
Power cleans	3	12,12,12
Bench dips	2	Failure
Hammer curls	4	12,12,12,12

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Close-grip pull-ups	3	Failure
Push press	3	12,12,12
Leg curls	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Power cleans	3	10,10,10
Box steps	3	12,12,12
Concentration curls	4	15,15,15,15
Triceps curls	4	15,15,15,15

Program Level III

Power/General Fitness Training

Two-Day Split 4 days per week

Upper & lower body training on different ways

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Push press	3	12,12,12
Wide-grip pull-ups	2	Failure
Reverse curls	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Jump squats	3	10,10,10
Cleans	3	12,12,12
Lunges	3	10,10,10
Standing calf raises	3	20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Close-grip pull-ups	3	Failure
Hammer curls	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Lunges	3	10,10,10
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Standing calf raises	3	20,20,20

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Program Level III

Power/General Fitness Training

Two-Day Split 4 days per week

Upper & lower body training on the same day – Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Dumbbell incline bench press	3	12,12,12,
Leg curls	3	12,12,12,

Days 2 and 4

Exercise	Sets	Reps
Wide grip pull-ups	2	Failure
Reverse curls	3	12,12,12
Squats	4	10,10,10
Box steps	3	12,12,12

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	12,12,12
Incline barbell bench press	3	12,12,12
Standing calf raises	3	28,20,20

Days 2 and 4

Exercise	Sets	Reps
Close-grip pull-ups	3	Failure
Hammer curls	4	12,12,12,12
Jump squats	3	10,10,10
Power cleans	3	12,12,12

Program Level III

Power/General Fitness Training

Entire body every training day-Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Jump squats	3	10,10,10
Standing flyes	3	15,15,15
T-bar rows	3	12,12,12
Cable crossovers	3	10,10,10

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12
Barbell military press	3	10,10,10
Standing calf raises	3	20,20,20
Seated cable rows	3	12,12,12
Incline flyes	3	10,10,10

Day 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Box steps	3	10,10,10
Standing flyes	3	15,15,15
T-bar rows	3	12,12,12
Cable crossovers	3	10,10,10

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Jump squats	3	10,10,10
Standing flyes	3	15,15,15
T-bar rows	3	12,12,12
Cable crossovers	3	10,10,10

Day 2

Exercise	Sets	Reps
Dumbbell incline bench press	3	12,12,12
Upright rows	3	10,10,10
Close-grip pull-ups	2	Failure
Leg curls	3	12,12,12
Barbell military press	3	10,10,10
Standing calf raises	3	20,20,20
Seated cable rows	3	12,12,12
Incline flyes	3	10,10,10

Day 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Push press	3	10,10,10
Wide-grip pull-ups	2	Failure
Power cleans	3	12,12,12
Box steps	3	10,10,10
Standing flyes	3	15,15,15
T-bar rows	3	12,12,12
Cable crossovers	3	10,10,10

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Program Level IV

Power/General Fitness Training

Three-Day split four days a week -Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Incline dumbbell bench press	3	12,12,12
Wide-grip pull-ups	3	Failure
T-bar rows	3	10,10,10
Cable crossovers	3	15,15,15
One-arm dumbbell rows	3	12,12,12
Dips	3	Failure
Behind-the-neck pull downs	3	12,12,12

Day 2

Exercise	Sets	Reps
Bench dips	3	Failure
Dumbbell triceps curls	3	15,15,15
Barbell curls	3	15,15,15
Incline dumbbell curls	3	15,15,15
Reverse curls	3	15,15,15
One-arm triceps-extensions	3	15,15,15
Behind back wrist curls	3	15,15,15
Triceps kickbacks	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12
Leg press	3	8,8,8
Bent-over lateral raises	3	15,15,15
Standing flyes	3	12,12,12
Standing calf raises	3	20,20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12
Leg press	3	8,8,8
Bent-over lateral raises	3	15,15,15
Standing flyes	3	12,12,12
Standing calf raises	3	20,20,20

Day 2

Exercise	Sets	Reps
Close-grip bench press	3	15,15,15
Skull crushers	3	15,15,15
Incline dumbbell curls	3	15,15,15
Concentration curls	3	15,15,15
Hammer curls	3	15,15,15
Triceps push downs	3	15,15,15
Reverse wrist curls	3	15,15,15
Barbell triceps curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Box steps	3	12,12,12
Barbell military press	3	10,10,10
Push press	3	12,12,12
Squats	3	8,8,8
Upright rows	3	12,12,12
Front raises	3	15,15,15
Sealed calf raise	3	20,20,20

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Program Level IV

Power/General Fitness Training

Three-Day Split four days a week – Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Dumbbell incline bench press	3	12,12,12
Bench dips	3	Failure
Dumbbells triceps curls	3	15,15,15
Cable crossovers	3	15,15,15
One-arm triceps extensions	3	Failure
Dips	3	Failure
Triceps kickbacks	3	15,15,15

Day 2

Exercise	Sets	Reps
Wide-grip lat pull down	3	10,10,10
T-bar row	3	12,12,12,
Barbell curls	3	Failure
Concentration curls	3	15,15,15
Seated cable rows	3	15,15,15
Bent-over barbell rows	3	15,15,15
Hammer curls	3	12,12,12
Incline dumbbell curls	3	15,15,15

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Dumbbell military press	3	10,10,10
Push press	3	12,12,12
Leg press	3	8,8,8
Bent-over lateral raises	3	15,15,15
Standing flyes	3	12,12,12
Standing call raises	3	20,20,20

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Incline barbell bench press	3	12,12,12
Close-grip bench press	3	12,12,12
Skull crushers	3	15,15,15
Incline flyes	3	15,15,15
Triceps push downs	3	15,15,15
Dips	3	Failure
One-arm triceps extensions	3	15,15,15

Day 2

Exercise	Sets	Reps
Close-grip pull-ups	3	Failure
Seated cable rows	3	10,10,10
Incline dumbbell curls	3	15,15,15
Concentration curls	3	15,15,15
Bent-over dumbbell rows	3	12,12,12
Hammer curls	3	15,15,15
Reverse wrist curls	3	15,15,15
Close-grip fat pull downs	9	12,12,12

Day 3

Exercise	Sets	Reps
Jump squats	3	10,10,10
Box steps	3	12,12,12
Barbell military press	3	10,10,10
Push press	3	12,12,12
Squats	3	8,8,8
Upright rows	3	12,12,12
Front raises	3	15,15,15
Standing calf raises	3	20,20,20

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Program Level IV

Power/General Fitness Training

Two-Day Split 4 Days per Week

Upper & lower body training on the same day – Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Wide –grip pull-ups	2	Failure
Push press	3	12,12,12
Leg curls	3	12,12,12
Standing call raises	3	20,20,20
Dips	2	Failure

Days 2 and 4

Exercise	Sets	Reps
Leg press	3	12,12,12
Power cleans	3	12,12,12
Bench clips	2	Failure
Incline dumbbell curls	4	12,12,12,12
Reverse curls	3	12,12,12
Triceps kickbacks	4	12,12,12

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Close-grip pull-ups	3	Failure
Push press	3	12,12,12
leg curls	3	15,15,15
Standing call raises	3	20,20,20
Bench rips	3	Failure

Days 2 and 4

Exercise	Sets	Reps
Power cleans	3	10,10,10
Box steps	3	12,12,12
Concentration curls	4	15,15,15,15
Triceps curls	4	15,15,15,15
Bench clips	3	Failure
Hammer curls	3	12,12,12

Program Level IV

Power/General Fitness Training

Two-Day Split 4 Days per Week

Upper & lower body training on different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Push press	3	12,12,12
Wide –grip pull-ups	2	Failure
Reverse curls	3	15,15,15
Dips	2	Failure
Bent-over dumbbell rows	3	12,12,12

Days 2 and 4

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Squats	3	8,8,8
Lunges	3	10,10,10
Box steps	3	12,12,12
Standing call raises	3	20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Close-grip pull-ups	3	Failure
Hammer curls	3	15,15,15
Cable crossovers	3	10,10,10
T-bar rows	3	12,12,12

Days 2 and 4

Exercise	Sets	Reps
Squats	3	8,8,8
Lunges	3	10,10,10
Jump squals	3	10,10,10
Power cleans	3	12,12,12
Box steps	3	12,12,12
Standing call raises	3	20,20,20

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Program Level IV
Power/General Fitness Training
Two-Day Split 4 Days per Week
Upper & lower body training on the same day – Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Dumbbell incline bench press	3	12,12,12
Leg curls	3	12,12,12
Dips	2	Failure
Standing call raises	3	20,20,20

Days 2 and 4

Exercise	Sets	Reps
Wide-grip pull-ups	2	Failure
Reverse curls	3	12,12,12
Squats	4	10,10,10,10
Box steps	3	12,12,12
T-bar rows	3	12,12,12
Power cleans	3	10,10,10

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Push press	3	12,12,12
Incline barbell bench press	3	12,12,12
standing call raises	3	20,20,20
Leg curls	4	10,10,10,10
Bench rips	3	Failure

Days 2 and 4

Exercise	Sets	Reps
Close-grip pull-ups	3	Failure
Hammer curls	4	12,12,12,12
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Box steps	3	12,12,12
One-arm dumbbell rows	3	12,12,12

Program Level V
Power/General Fitness Training
Two-Day Split 4 Days per Week
Upper & Lower body training on the same day - Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Wide-grip pull-ups	2	Failure
Push press	3	12,12,12
Leg curls	3	12,12,12
Standing calf raises	3	20,20,20
Dips	2	Failure
One-arm dumbbells rows	3	12,12,12
Barbell military press	3	10,10,10

Days 2 and 4

Exercise	Sets	Reps
Leg press	3	12,12,12
Power cleans	3	12,12,12
Bench clips	2	Failure
Incline dumbbell curls	4	12,12,12,12
Reverse curls	3	12,12,12
Triceps kickbacks	4	15,15,15
Close-grip bench press	3	10,10,10

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	12,12,12
Close-grip pull-ups	3	Failure
Push press	3	12,12,12
Leg curls	3	15,15,15
Standing call raises	3	20,20,20
Dips	3	Failure
Cable crossovers	3	10,10,10
Bent-over lateral raises	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Power cleans	3	10,10,10
Box steps	3	12,12,12
Concentration curls	4	15,15,15,15
Triceps curls	4	15,15,15,15
Bench clips	3	Failure
Hammer curls	3	12,12,12
Jump squats	3	12,12,12
One-arm triceps extensions	3	12,12,12

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Program Level V

Power/General Fitness Training

Two-Day Split 4 Days per Week

Upper & Lower body training on different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	10,10,10
Push press	3	12,12,12
Wide grip pull-ups	2	Failure
Reverse curls	3	15,15,15
Dips	2	Failure
Bent-over dumbbell rows	3	12,12,12
Incline flyes	3	12,12,12
Triceps push downs	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Squats	3	8,8,8
Lunges	3	10,10,10
Box steps	3	12,12,12
Leg curls	3	12,12,12
Leg extensions	3	12,12,12
Standing calf raises	3	20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Close-grip pull-ups	3	Failure
Hammer curls	3	15,15,15
Cable crossovers	3	10,10,10
T-bar rows	3	12,12,12
Incline bench press	3	12,12,12
Bench clips	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Squats	3	8,8,8
Box steps	3	12,12,12
Power cleans	3	12,12,12
Jump squats	3	10,10,10
Lunges	3	10,10,10
Leg curls	3	12,12,12
Leg extensions	3	12,12,12
Standing calf raises	3	20,20,20

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Program Level V

Power/General Fitness Training

Two-Day Split 4 Days per Week

Upper & Lower body training on the same day

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Dumbbell incline bench press	3	12,12,12
Leg curls	3	12,12,12
Dips	2	Failure
Standing calf raises	3	20,20,20
Bench clips	2	Failure
Bent-over lateral raises	3	15,15,15

Days 2 and 4

Exercise	Sets	Reps
Dumbbell bench press	3	10,10,10
Push press	3	12,12,12
Dumbbell incline bench press	3	12,12,12
Leg curls	3	12,12,12
Dips	2	Failure
Standing calf raises	3	20,20,20
Behind-the-neck pull downs	3	12,12,12
Concentration curls	4	15,15,15,15

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	3	12,12,12
Puch press	3	12,12,12
Incline barbell bench press	3	12,12,12
Standing call raises	3	20,20,20
Leg curls	4	10,10,10,10
Bench clips	3	Failure
Dips	3	Failure
Upright rows	3	12,12,12

Days 2 and 4

Exercise	Sets	Reps
Close-grip pull-ups	3	Failure
Hammer curls	4	12,12,12,12
Jump squats	3	10,10,10
Power cleans	3	12,12,12
Box steps	3	12,12,12
One-arm dumbbell rows	3	12,12,12
T-bar rows	3	10,10,10
Dumbbell curls	3	12,12,12

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Strength TRAINING

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Program Level I

Strength Training

Entire body every training day

Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Squats	5	10,8,6,4,2

Day 2

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Close-grip lat pull-downs	4	8,8,8,8
Leg press	5	10,8,6,4,2

Day 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Squats	5	10,8,6,4,2

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Seated cable rows	4	8,8,8,8
Leg press	5	10,8,6,4,2

Day 2

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Seated cable rows	4	8,8,8,8
Squats	5	10,8,6,4,2

Day 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	Termover
Barbell rows	4	8,8,8,8
Leg press	5	10,8,6,4,2

Program Level II

Strength Training

Three-Day Split four Days a week

Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Seated cable rows	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Upright rows	4	8,8,6,6

Day 3

Exercise	Sets	Reps
Barbell triceps curls	5	12,10,8,6,2
Close-grip barbell bench press	5	12,10,8,6,2
Hammer curls	4	12,10,8,6
Incline dumbbell curls	4	12,10,8,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
T-bar rows	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Standing flyes	4	8,8,6,6

Day 3

Exercise	Sets	Reps
Barbell triceps curls	5	12,10,8,6,2
Triceps push downs	5	12,10,8,6,2
Reverse barbell curls	4	12,10,8,6
Barbell curls	4	12,10,8,6

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Program Level II

Strength Training

Three-Day Split four Days a week

Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Close-grip barbell bench press	5	8,6,4,2,1
Triceps push downs	4	12,10,8,6

Day 2

Exercise	Sets	Reps
Wide-grip lat pull downs	4	8,8,8,8
Hammer curls	4	12,10,8,6
Barbell curls	4	12,10,8,6
Bent-over barbell rows	4	8,8,8,8

Day 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Upright rows	4	8,8,6,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell triceps curls	4	12,10,8,6
Flyes	4	8,8,6,6
Skull crushers	4	12,10,8,6

Day 2

Exercise	Sets	Reps
Close-grip lat pull downs	4	8,8,8,8
Reverse barbell curls	4	12,10,8,6
T-bar rows	4	8,8,8,8
Concentration curls	4	12,10,8,6

Day 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Standing flyes	4	8,8,8,8
Dead lift	5	10,8,6,4,2

Program Level II

Strength Training

Entire body every training day

Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Squats	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Lunges	4	10,8,8,6

Day 2

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Leg press	5	10,8,6,4,2
Barbell bench press	4	8,6,4,2
Dead lift	5	10,8,6,4,2

Day 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Squats	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Lunges	4	10,8,8,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
T-bar rows	4	8,8,8,8
Leg press	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Dead lift	5	10,8,6,4,2

Day 2

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Seated cable rows	4	8,8,8,8
Squats	5	10,8,6,4,2
Incline flyes	4	8,6,4,2
Lunges	5	10,8,6,4,2

Day 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
T-bar rows	4	8,8,8,8
Leg press	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Dead lift	5	10,8,6,4,2

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Program Level III

Strength Training

Three-Day Split four Days a week-Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Wide-grip lap pull downs	4	8,8,8,8
Seated cable rows	4	8,8,8,8
Cable crossovers	4	8,8,6,6
Bent-over barbell rows	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell military press	5	8,8,6,4,2
Upright rows	4	8,8,6,6
Lunges	4	10,8,8,6
Barbell shrugs	4	10,8,8,6

Day 3

Exercise	Sets	Reps
Barbell triceps curls	5	12,10,8,6,2
Close-grip barbell bench press	5	12,10,8,6,2
Hammer curls	4	12,10,8,6
Incline dumbbell curls	4	12,10,8,6,2
Bench clips	5	12,10,8,6,2
Barbell curls	4	12,10,8,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Close-grip lap pull downs	4	8,8,8,8
T-bar rows	4	8,8,8,8
Flyes	4	10,8,8,6
Behind-the-neck pull-downs	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Standing flyes	4	8,8,6,6
Lunges	4	10,8,8,6
Barbell shrugs	4	10,8,8,6

Day 3

Exercise	Sets	Reps
Barbell triceps curls	5	12,10,8,6,2
Triceps push downs	5	12,10,8,6,2
Reverse barbell curls	4	12,10,8,6
Barbell curls	4	12,10,8,6
Dips	5	12,10,8,6,2
Incline dumbbell curls	4	12,10,8,6

Program Level III

Strength Training

Three-Day Split four Days a week-Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Close-grip barbell bench press	5	8,6,4,2,1
Triceps push downs	4	12,10,8,6
Flyes	4	10,8,8,6
Skull crushers	5	12,10,8,6,2

Day 2

Exercise	Sets	Reps
Wide-grip lat pull downs	4	8,8,8,8
Hammer curls	4	12,10,8,6
Incline dumbbell curls	4	12,10,8,6
Bent-over barbell rows	4	8,8,8,8
Seated cable rows	4	8,8,8,8
Barbell curls	4	12,10,8,6

Day 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Upright rows	4	8,8,6,6
Lunges	4	10,8,8,6
Standing flyes	4	8,8,6,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Triceps kickbacks	5	8,6,4,2,1
Triceps pull downs	4	12,10,8,6
Incline flyes	4	10,8,8,6
Barbell triceps curls	5	12,10,8,6,2

Day 2

Exercise	Sets	Reps
Close-grip lat pull downs	4	8,8,8,8
Reverse barbell curls	4	12,10,8,6
Incline dumbbell curls	4	12,10,8,6
Behind-the-neck pull downs	4	8,8,8,8
T-bar rows	4	8,8,8,8
Concentration curls	4	12,10,8,6

Day 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Lateral raises	4	8,8,8,8
Leg curls	4	10,8,8,6
Upright rows	4	8,8,6,6

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Program Level III

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the same day –Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell curls	4	12,10,8,6
Skull crushers	5	12,10,8,6,2

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Incline dumbbell curls	4	12,10,8,6
Triceps pull downs	4	12,10,8,6

Program Level III

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Hammer curls	4	12,10,8,6

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Lunges	5	10,8,6,4,2
Standing calf raises	5	20,20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Reverse curls	5	12,10,8,6

Days 2 and 4

Exercise	Sets	Reps
Leg press	5	10,8,6,4,2
Leg extensions	5	10,8,6,4,2
Squats	5	10,8,6,4,2
Standing calf raises	4	20,20,20,20

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Program Level III

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the same day –Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Upright rows	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2

Days 2 and 4

Exercise	Sets	Reps
Wide-grip lat pull downs	4	8,8,8,8
Hammer curls	4	12,10,8,6
Squats	5	10,8,6,4,2
Leg extensions	4	8,8,6,6

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Upright rows	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2

Days 2 and 4

Exercise	Sets	Reps
Close-grip lat pull downs	4	8,8,8,8
Reverse curls	4	12,10,8,6
Leg press	5	10,8,6,4,2
Leg extensions	4	8,8,6,6

Program Level III

Strength Training

Entire body every training day - Rest every other day

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Wide-grip lat pull downs	4	10,8,6,8
Squats	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Lunges	4	10,8,8,6
Bent-over barbell rows	4	8,8,8,8
Incline flyes	4	8,8,6,6

Day 2

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,6,8
Leg press	5	10,8,6,4,2
Barbell bench press	4	8,6,4,2
Dead lift	5	10,8,6,4,2
Seated cable rows	4	8,8,8,8
Flyes	4	8,8,6,6

Day 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Wide-grip lat pull downs	4	10,8,6,8
Squats	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Lunges	4	10,8,8,6
Bent-over barbell rows	4	8,8,8,8
Incline flyes	4	8,8,6,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
T-bar rows	4	8,8,8,8
Leg press	5	10,8,6,4,2
Barbell bench press	4	8,6,4,2
Dead lift	5	10,8,6,4,2
Wide-grip lat pull downs	4	8,8,8,8
Cable crossovers	4	8,8,6,6

Day 2

Exercise	Sets	Reps
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Seated cable rows	4	8,8,8,8
Squats	5	10,8,6,4,2
Incline flyes	4	8,6,4,2
Lunges	5	10,8,6,4,2
Close-grip lat pull downs	4	8,8,8,8
Barbell bench press	4	8,8,6,6

Day 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Bent-over barbell rows	4	8,8,8,8
Leg press	5	10,8,6,4,2
Incline barbell bench press	4	8,6,4,2
Dead lift	5	10,8,6,4,2
Wide-grip lat pull downs	4	8,8,8,8
Cable crossovers	4	8,8,6,6

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Program Level IV

Strength Training

Three-Day Split four days wa week – Antagonistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Seated cable rows	4	8,8,8,8
Cable crossovers	4	8,8,6,6
Bent-over barbell rows	4	8,8,8,8
Incline flyes	4	10,8,6,6
T-bar rows	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg Press	5	10,8,6,4,2
Barbell Military Press	5	8,6,4,2,1
Upright rows	4	8,8,6,6
Lunges	4	10,8,8,6
Barbell Shrugs	4	10,8,8,6
Dead lift	5	10,8,6,4,2
Bent-over lateral raises	4	10,8,6,6

Day 3

Exercise	Sets	Reps
Barbell triceps curls	5	12,10,8,6,2
Close-grip barbell bench press	5	12,10,8,6,2
Hammer curls	4	12,10,8,6
Incline dumbbell curls	4	12,10,8,6
Bench dips	5	12,10,8,6,2
Barbell curls	4	12,10,8,6
Skull crushers	5	12,10,8,6,2
Concentration curls	4	12,10,8,6

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
T-bar rows	4	8,8,8,8
Flyes	4	8,8,6,6
Behind-the-neck pull downs	4	8,8,8,8
Cable crossovers	4	10,8,6,6
Bent-over barbell rows	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Standing flyes	4	8,8,6,6
Lunges	4	10,8,8,6
Barbell shrugs	4	10,8,8,6
Leg press	5	10,8,6,4,2
Upright rows	4	8,8,6,6

Day 3

Exercise	Sets	Reps
Barbell triceps curls	5	12,10,8,6,2
Triceps push downs	5	12,10,8,6,2
Reverse barbell curls	4	12,10,8,6
Barbell curls	4	12,10,8,6
Dips	5	12,10,8,6,2
Incline dumbbell curls	4	12,10,8,6
Skull crushers	5	12,10,8,6,2
Concentration curls	4	12,10,8,6

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Program Level IV

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Hammer curls	4	12,10,8,6
Close-grip barbell bench press	4	10,10,8,8
Bent-over barbell rows	4	8,8,8,8

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Standing calf raises	4	20,20,20,20
Lunges	4	10,8,8,6
Leg extensions	4	8,8,6,6
Leg curls	4	8,8,6,6

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Reverse curls	4	12,8,6,4
Incline barbell bench press	4	10,10,8,8
T-bar rows	4	8,8,8,8

Days 2 and 4

Exercise	Sets	Reps
Leg press	5	10,8,6,4,2
Squats	5	10,8,6,4,2
Lunges	4	10,8,6,4,2
Dead lift	4	10,8,8,6
Leg curls	4	8,8,6,6
Leg extensions	4	8,8,6,6

Program Level IV

Strength Training

Three-day split four days a week –Synergistic Training

Weeks 1 and 2

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Close-grip barbell bench press	5	8,6,4,2,1
Triceps pushdown	4	12,10,8,6
Flyes	4	10,8,11,6
Skull crushers	5	12,10,8,6,2
Dips	4	8,11,8,8
Barbell triceps coils	5	12,10,8,6,2

Day 2

Exercise	Sets	Reps
Wide-grip lat pull downs	4	8,8,8,8
Hammer curls	4	12,10,8,6
Barbell curls	4	12,10,8,6
Boat over barbell rows	4	8,8,8,8
Seated cable rows	4	8,8,8,8
Incline dumbbell curls	4	12,10,8,6
T-bar rows	4	8,8,8,8
Wrist curls	4	8,8,8,8

Day 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Upright rows	4	8,8,6,6
Lunges	4	10,8,8,6
Standing flyes	4	8,8,6,6
Leg extensions	4	8,8,6,6
Lateral raises	4	8,8,8,8

Weeks 3 and 4

Day 1

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Dumbbell triceps curls	4	8,6,6,6
Triceps pull downs	4	12,10,8,6
Incline flyes	4	10,8,8,6
One –arms triceps extensions	5	12,10,8,6,2
Bench dips	4	8,8,8,8
Triceps kickbacks	4	8,8,8,8

Day 2

Exercise	Sets	Reps
Close-grip lat pull downs	4	8,8,8,8
Reverse barbell curls	4	12,10,8,6
Concentration curls	4	12,10,8,6
Behind-the-neck pull downs	4	8,8,8,8
Seated cable rows	4	8,8,8,8
Incline dumbbell curls	4	12,10,8,6
Barbell curls	4	12,10,8,6
One-arm dumbbell rows	4	8,8,8,8

Day 3

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Barbell military press	5	8,6,4,2,1
Upright rows	4	8,8,6,6
Leg curls	4	10,8,8,6
Standing call raises	4	20,20,20,20
Front raises	4	8,8,8,8

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Program Level IV

Strength Training

Two-Day Split 4 days per week - Upper & lower body training on the same day Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Incline barbell bench press	5	8,6,4,2,1
Barbell military press	5	10,8,6,4,2,
Leg curls	5	8,6,4,2,1
Standing calf raises	4	20,20,20,20

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell curls	4	12,10,8,6
Skull crushers	5	12,10,8,6,2
Hammer curls	4	12,10,8,6
Barbell biceps curls	4	12,10,8,6

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Good mornings	4	15,15,15,15
Incline barbell bench press	5	8,6,4,2,1

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Incline dumbbell curls	4	12,10,8,6
Triceps push downs	4	12,10,8,6
Reverse curls	4	12,10,8,6
Triceps kick backs	4	12,10,8,6

Program Level IV

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the same day - Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Close barbell bench press	4	10,10,8,8
Good mornings	4	15,15,15,15

Days 2 and 4

Exercise	Sets	Reps
Wide-grip lat pull downs	4	8,8,8,8
Hammer curls	4	12,10,8,6
Squats	5	10,8,6,4,2
Leg extensions	4	8,8,6,6
Bent-over rows	4	8,8,8,8
Lunges	4	10,8,8,6

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Barbell triceps curls	4	10,10,8,8
Standing call raises	4	20,20,20,20

Days 2 and 4

Exercise	Sets	Reps
Close-grip lat pull downs	4	8,8,8,8
Reverse curls	4	12,10,8,6
Leg press	5	10,8,6,4,2
Leg extensions	4	8,8,6,6
Bent-over barbell rows	4	8,8,8,8
Dead lift	5	10,8,6,4,2

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Program Level V

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the same day

Antagonistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Barbell military press down	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Incline barbell bench press	5	8,6,4,2,1
Standing call raises	4	20,20,20,20
T-bar rows	4	8,8,8,8
Standing flyes	4	8,8,6,6

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Barbell curls	4	12,10,8,6
Skull crushers	5	12,10,8,6,2
Hammers curls	4	12,10,8,6
Barbell triceps curls	4	12,10,8,6
Lunges	4	10,8,8,6
Triceps push downs	4	12,10,8,6

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Good mornings	4	15,15,15,15
Incline barbell bench press	5	8,6,4,2,1
Seated cable rows	4	8,8,8,8
Upright rows	4	8,8,6,6

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Dead lift	5	10,8,6,4,2
Incline dumbbell curls	4	12,10,8,6
Triceps push downs	4	12,10,8,6
Barbell triceps curls	4	12,10,8,6
Standing calf rises	4	20,20,20,20
Bench dips	3	15,15,15

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Program Level V

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the different days

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Wide-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Hammer curls	4	12,10,8,6
Close-grip barbell bench press	4	10,10,8,8
Bent-over barbell rows	4	8,8,8,8
Incline barbell bench press	5	8,6,4,2,1
Skull crushers	5	12,10,8,6,2

Days 2 and 4

Exercise	Sets	Reps
Squats	5	10,8,6,4,2
Leg press	5	10,8,6,4,2
Standing calf raises	4	20,20,20,20
Lunges	4	10,8,8,6
Leg extensions	4	8,8,6,6
Leg curls	4	8,8,6,6
Dead lift	4	8,6,4,2
Good mornings	4	20,20,20,20

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Close-grip lat pull downs	4	8,8,8,8
Barbell military press	5	8,6,4,2,1
Reverse curls	4	12,8,6,4
Incline barbell bench press	4	10,10,8,8
T-bar rows	4	8,8,8,8
Barbell triceps curls	5	12,10,8,6,4
Barbell curls	5	12,10,8,6,2

Days 2 and 4

Exercise	Sets	Reps
Leg press	5	10,8,6,4,2
Squats	5	10,8,6,4,2
Lunges	4	10,8,6,4,2
Dead lift	4	10,8,8,6
Leg curls	4	8,8,6,6
Leg extensions	4	8,8,6,6
Standing calf raises	4	8,6,4,2
Good mornings	4	20,20,20,20

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Program Level V

Strength Training

Two-Day Split 4 days per week

Upper & lower body training on the same day

Synergistic Training

Weeks 1 and 2

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Close barbell bench press	4	10,10,8,8
Good mornings	4	15,15,15,15
Skull crushers	5	12,10,8,6,2
Upright rows	4	8,8,6,6

Days 2 and 4

Exercise	Sets	Reps
Wide-grip lat pull downs	4	8,8,8,8
Hammer curls	4	12,10,8,6
Squats	5	10,8,6,4,2
Leg extensions	4	8,8,6,6
Bent-over rows	4	8,8,8,8
Lunges	4	10,8,8,6
T-bar rows	4	8,8,8,8
Incline dumbbell curls	4	12,10,8,6

Weeks 3 and 4

Days 1 and 3

Exercise	Sets	Reps
Barbell bench press	5	8,6,4,2,1
Barbell military press	5	8,6,4,2,1
Incline barbell bench press	5	8,6,4,2,1
Leg curls	5	10,8,6,4,2
Barbell triceps curls	4	10,10,8,8
Standing calf raises	4	20,20,20,20
Triceps pull downs	4	12,10,8,6
Standing flyes	4	8,8,6,6

Days 2 and 4

Exercise	Sets	Reps
Close-grip lat pull downs	4	8,8,8,8
Reverse curls	4	12,10,8,6
Leg press	5	10,8,6,4,2
Leg extensions	4	8,8,6,6
Bent-over barbell rows	4	8,8,8,8
Dead lift	5	10,8,6,4,2
Seated cable rows	4	8,8,8,8
Barbell curls	4	12,10,8,6

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