

Name _____

Tuesday/Saturday

Three-Day Total Body Workout Card,

Name _____

Body weight						
Date	9/25	9/29	10/2	10/6	10/9	10/13
Exercises	Wt. x reps	Wt. x reps	Wt. x reps	Wt. x reps	Wt. x reps	Wt. x reps
1. Hang Clean 8-6-6 / 8-6-6 (9/25) (10/16)						
2. Squat or Leg Press 10-10-10 / 8-8-8						
2. Hamstring Curl (lying, single-leg, seated, or standing) 10-10-10 / 10-10-10						
3. Step-Up or Leg Extension 10-10 / 10-10						
3. Straight-Leg Deadlift 15-15 / 15-15						
4. Side Lunge 15-12 / 12-10						
4. Standing Calf Raise 25-20 (or extensors on 20-15 Leg Press machine)						
5. Bench Press 10-10-10 / 8-8-8						
5. Lat Pulldown 10-10-10 / 8-8-8						
6. Press (Shoulder) 10-10-10 - Dumbbell or 10-8-8 Military						
7. Triceps Press-Down 10-10-10 / 10-10-10						
7. Dumbbell Biceps Curl 10-10-10 / 10-8-8						
8. Core—abs 10-50 x 3 exercises Beg. / Inter.						
8. Core—lower back 10-50 x 2 exercises Beg. / Inter.						

Thursday

Three-Day Total Body Workout Card,

Name

Body weight						
Date	9/27	10/4	10/11	10/18	10/25	11/1
Exercises	Wt. x reps	Wt. x reps	Wt. x reps	Wt. x reps	Wt. x reps	Wt. x reps
1. Dumbbell Bench Press 10-10-10/8-8-8 (9/25) (10/16)						
1. Pull-Up max x 2 / max x 2						
2. Dumbbell Incline Bench Press 10-10-10/8-8-8						
2. Dumbbell Lat Row or Seated Lat Row 10-10-10/8-8-8						
3. Dumbbell Lateral Raise 10-10-10/10-10-10						
3. Bar Dip max x 2 / max x 2						
3. Bar Biceps Curl 10-10-10/8-8-8						
4. Hang Pull 8-6-6/8-6-6						
5. Lunge 10-10-10/10-10-10						
5. Hamstring Curl 10-10-10/10-10-10						
6. Standing Calf Raise (or extensions on the Leg Press Machine)						
6. Back Extension 15-10/15-10						
7. Core—abs 10-50 x 3 exercises Beg. / Inter.						
7. Core—lower back 10-50 x 2 exercises Beg. / Inter.						

25-20
20-15

