

3-DAY PER WEEK “PUSH” “PULL”
Push = Quads, Outer Thigh, Shoulders, Chest & Triceps
Pull = Hamstrings, Inner Thigh, Back & Biceps

WEEK ONE:

DAY #1 (Push #1)	DAY #2 (Pull # 1)	DAY #3 (Push #2)
1. Leg Press	1. Leg Curl (on machine)	1. Squats (Smith or DBs)
2. Shoulder Press w/DBs	2. Lat Pulldown	2. Arm Raise (Front/Side) w/DBs
3. Squat/Lunges (F/B stride)	3. Hip Extension (w/pulley)	3. Walking Lunges
4. Flyes (on mat, fitball or bench)	4. Seated Rowing	4. Chest Press (fitball/bench)
5. Outer Thigh (Side Leg Lifts w/pulley)	5. Inner Thigh Pull (w/pulley)	5. Outer Thigh w/ankle wts.)
6. Tricep Pushdown	6. Biceps Curls (w/DBs)	6. Triceps Kickback
7. Abs	7. Abs	7. Abs
a. Full Curlups w/ rolldown	a. T.T. Crunches	a. Dbl. Ended Crunch
b. Rotations	b. Side to Side Knee Drops	b. Bicycles
c. Reverse Curls	c. Fitball Reverse Curls	c. Rollover

WEEK TWO:

DAY #1 (Pull #2)	DAY #2 (Push)	DAY #3 (Pull)
1. Leg Curl (w/Fitball)	1. Leg Press	1. Leg Curl (tube/ankle wts.)
2. Straight-Arm Pulldown (high pulley)	2. Shoulder Press	2. Lat Pulldown
3. Dead Lift	3. Kneeup/Lungeback	3. Hip Extension (apparatus)
4. One-Arm Row	4. Flyes (incline & decline)	4. Seated Rowing
5. Inner Thigh (fitball squeeze)	5. Outer Thigh	5. Inner Thigh (body bar/ankle wts)
6. Biceps Curls	6. Head Bangers (Triceps)	6. Bicep Curls
7. Abs	7. Abs	7. Abs
a. Split-leg Curl ups	a. Decline Crunch	MAKE SOME UP!
b. Core Pike Plank	b. Full Curlup w/1/2 roll down/Torso Twist	
c. “V” Oblique Curls	c. Reverse Curls to butt lift	