

WEIGHT TRAINING PROGRESSION GUIDE FOR SIX MONTHS
Starting w/Beginner and Progressing to Advanced

PHASE ONE: TOTAL BODY WORKOUT PROGRAM

NOTE: Maximize the amount of resistance you can lift in each set. Continue to increase the resistance as your strength increases. At the last few reps in each set, you should feel very challenged.

WEEKS 1 – 4

Day # 1 Total Body Workout

- Week 1 – 1 set of 15 – 20 reps
- Week 2 – 2 sets of 15 – 20 reps
- Week 3 – 3 sets of 12 - 15 reps
- Week 4 - 3 sets of 8 – 12 reps

WEEKS 5 – 8

Day # 2 Total Body Workout

- Week 5 - 2 sets of 15 – 20 reps
- Week 6 - 3 sets of 12 – 15 reps
- Week 7 - 3 sets of 12 – 15 reps
- Week 8- 3 sets of 8 – 12 reps

WEEKS 9 – 12

Day # 3 Total Body Workout

- Week 9 - 2 sets of 15 – 20 reps
- Week 10 - 3 sets of 12 – 15 reps
- Week 11 - 3 sets of 12 – 15 reps
- Week 12 - 3 sets of 8 – 12 reps

WEEKS 13 – 16

Alternate the three workouts within the week for weeks 13, 14, and 16

- Monday – Day # 1 Workout 3 sets of 6 – 12 reps
- Wednesday – Day # 2 Workout 3 sets of 6 – 12 reps
- Friday - Day # 3 Workout 3 sets of 6 – 12 reps

Or tues/thurs/sat format. As long as you rest one day in between workouts.

If you want to save time, you can alternate the upper and lower body exercise without any rest in between. For example, pick shoulder press and leg press—do one set of shoulder press and immediately do one set of leg press. Go back and do your 2nd set of shoulder press and immediately do the 2nd set of leg press. Then finish that battery by doing a 3rd set of shoulder press and immediately do a 3rd set of leg press. After you have completed that battery of two exercises, pick the next battery of an upper body and a lower body exercise and do the same thing. Continue on through the workout in batteries of two exercises. For now, don't do this with two lower body exercises or two upper body exercises back to back.

PHASE TWO: PUSH/PULL PROGRAM

WEEKS 17 – 20

- Week 17 – Mon = Push, Wed – Pull, Fri = Push
- Week 18 – Mon = Pull, Wed = Push, Fri = Pull
- Week 19 – Push, Pull, Push
- Week 20 – Pull, Push, Pull

You will be performing a **Pyramid** strategy on each of these exercises. Pyramiding is starting with a light set with many reps and working through each set by increasing the load and decreasing the # of reps.

For example, Leg Press

Set # 1	75 lbs.	15 reps	rest 30 seconds
Set # 2	85 lbs.	12 reps	rest 45 seconds
Set # 3	95 lbs.	10 reps	rest 1 minute
Set # 4	100 lbs.	8 reps	rest 1 1/2 minutes
Set # 5	105 lbs.	6 reps	rest 2+ minutes

PHASE THREE: 6-DAY SPLIT ROUTINE using pyramid strategy adding a 6th set with light/20 reps

WEEKS 21 – 27

- Sunday – 20 minutes intense cardio
Shoulders, Chest, Triceps
- Monday – **Legs and Core (Abs & Lower Back)**
- Tuesday – 20 minutes intense cardio
Upper Back and Biceps
- Wednesday – Rest
- Thursday -20 minutes intense cardio
Shoulders, Chest, Triceps
- Friday - **Legs and core (Abs & Lower Back)**
- Saturday – 20 minutes intense cardio
Upper Back & Biceps

OR you can split out the muscles as follows:

SUN.	MONDAY	TUESDAY	WED.	THURS.	FRI.	SAT.
Rest	Shoulders	Back	Arms	Chest	Legs	Core

Shoulder, Chest, & Triceps - Front/Side Arm Raise
Bench Press (flat)
Rear Flye
Chest Press w/DBs alternate incline/decline
Triceps (vary the exercise—see below)

Choice of Tricep exercises: Tricep pushdown, overhead extension, kickback or headbanger. You choose. Mix it up!

Legs and Core- Squats **or** Step Ups (15 – 20 Rt. - 15 – 20 Lt.)
Leg Curls
Walking Lunges **or** Forward Lunges
Hip Extensions
Calf raises
Lower back extensions **or** Deadlifts
Abs 10 minutes of a wide variety.

Upper Back & Biceps Lat Pulldown (wide-grip)
Seated Low Row
Straight Arm Pulldown
Bent-over one arm row
Biceps (vary the exercise—see below)

Choice of Biceps exercises: Bicep Curls with DBs, both neutral and palms up position; Bicep curls with BB; Bicep Curl with DB moving from palms down to palms up.

IMPORTANT GUIDELINES:

PACE: The pace on all your exercises is 2 counts up and 3 counts down.

REST: At least 30 seconds in between each sets on lighter weight. As you approach heavier weights with less reps in a set, you need to rest at least 1 minute between sets.

WEIGHT LOAD:

Choose a weight you can lift and be almost maximally challenged at the last rep of each set. In other words, the 15th rep of set # 1 should feel difficult—you probably can't do much more than that.

PROGRESSION:

When the last repetition of the last set for that exercise starts to feel easy, then its time to increase the weight. You may be able to increase the weight for all the sets, or you may only be able to do a few sets at higher weight and then back off for the last few sets.

FINAL PHASE: LAST 2 – 3 MONTHS OF COMPETITION PREP

Challenge your muscles with some maximal strategies such as drop sets, tri-sets, supersets, etc. Pick out a few exercises each time, not all the exercises!

