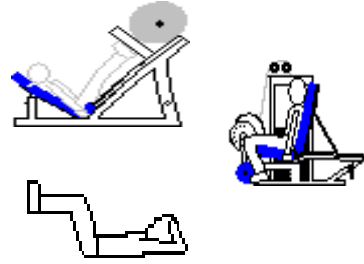
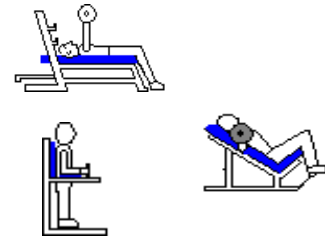


Day 1 (Monday)		Legs 1	
Exercise	Sets	Reps	
Leg Press	3	12-15	
Squats	3	12-15	
Leg Extensions	3	12-15	
Lying Hamstring Curls	4	12-15	
Stiff Leg Deadlifts	4	12-15	
Abs: Situps	3	<i>to failure</i>	
Abs: Crunches on floor (feet up!)	3	<i>to failure</i>	
CARDIO: Stairmaster		20-30 Minutes (HR 150+)	

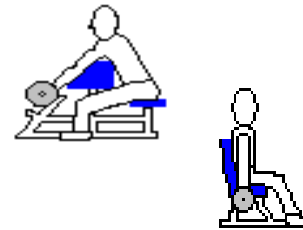


Day 2 (Tuesday)		Chest&Triceps	
Exercise	Sets	Reps	
Barbell Bench Press, flat	4	12-15	
Incline Dumbbell Bench Press	4	12-15	
Triceps Extension, cambered Bar	4	12-15	
Cable Pushdowns	4	12-15	
Abs: Hanging Leg Lifts (straight legs!)	3	<i>to failure</i>	
Abs: Knee Ups on bench	3	<i>to failure</i>	
CARDIO: Stationary Bike		20-30 Minutes (HR 150+)	

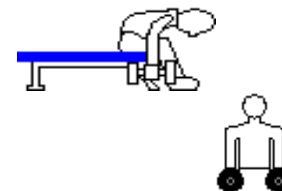


**OFF**

Day 3 (Thursday)		Leg 2 / Biceps	
Exercise	Sets	Reps	
Dead Lifts	4	12-15	
Hamstring Curls	4	12-15	
Scott Curl Machine	4	10	
Seated Dumbbell Curls	4	10	
Abs: Situps	3	<i>to failure</i>	
Abs: Crunches on floor (feet up!)	3	<i>to failure</i>	
CARDIO: Stairmaster		20-30 Minutes (HR 150+)	



Day 4 (Friday)		Back&Shoulders	
Exercise	Sets	Reps	
Chin-Ups (start: assisted)	3	<i>to failure</i>	
Seated Low Cable Rows	3	12-15	
Seated Lateral Dumbbell Raises	3	12-15	
Seated Dumbbell Side Raises	3	12-15	
Standing Dumbbell Front Lifts	3	12-15	
Abs: Hanging Leg Lifts	3	<i>to failure</i>	
Abs: Knee Ups on bench	3	<i>to failure</i>	
CARDIO: Treadmill (walking!)		20-30 Minutes (HR 150+)	



**Saturday / Sunday: OFF**

THIS IS RESISTANCE TRAINING NOT WEIGHT TRAINING!  
 IF YOU CAN DO MORE THAN 15 (CORRECT) REPS USE MORE WEIGHT!  
 AFTER 75 MINUTES OF WORKOUT YOU WILL START EATING YOUR MUSCLE TISSUE!





