Training Program Designed by Dave Herber, NSCA CPT of www.exercise2u.com

Muscle Building Program

	Week 1	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Back And Traps**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Pull Ups		AMAP		AMAP						
2	Barbell Rows		10		10						
3	Low Cable Rows		10		10						
4	Hyper Extensions		10		10						
5A	Upright Rows		10		10						
5B	DB Shrugs		10		10						
	Alternate Exercises Used										

	Week 1	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Chest & Shoulders**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press		10		10						
2A	Incline DB Press		10		10						
2B	Decline Push Ups		AMAP		AMAP						
3	DB Military Press		10		10						
4	DB Rear Laterals		10		10						
	Alternate Exercises Used										

	Week 1	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Legs**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		10		10						
2	Leg Press		10		10						
3	Deadlifts		10		10						
4	DB Step Ups		10		10						
5	Standing Calf Raise		10		10						
	Alternate Exercises Used										

	Week 1	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Arms**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Barbell Curls		10		10						
2	Close Grip Bench Press		10		10						
3A	Skull Crushers		10		10						
3B	Standing DB Curls		10		10						
4A	Preacher Curls		10		10						
4B	Tricep Kickbacks		10		10						
	Alternate Exercises Used										

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Muscle Building Program

	Week 2	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Back And Traps**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Pull Ups		AMAP		AMAP		AMAP				
2	Barbell Rows		8		8		8				
3	Low Cable Rows		8		8		8				
4	Hyper Extensions		8		8		8				
5A	Upright Rows		8		8		8				
5B	DB Shrugs		8		8		8				
	Alternate Exercises Used										

	Week 2	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Chest & Shoulders**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press		8		8		8				
2A	Incline DB Press		8		8		8				
2B	Decline Push Ups		AMAP		AMAP		AMAP				
3	DB Military Press		8		8		8				
4	DB Rear Laterals		8		8		8				
	Alternate Exercises Used										

	Week 2	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Legs**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		8		8		8				
2	Leg Press		8		8		8				
3	Deadlifts		8		8		8				
4	DB Step Ups		8		8		8				
5	Standing Calf Raise		8		8		8				
	Alternate Exercises Used										

	Week 2	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Arms**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Barbell Curls		8		8		8				
2	Close Grip Bench Press		8		8		8				
3A	Skull Crushers		8		8		8				
3B	Standing DB Curls		8		8		8				
4A	Preacher Curls		8		8		8				
4B	Tricep Kickbacks		8		8		8				
	Alternate Exercises Used										

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Muscle Building Program

	Week 3	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Back And Traps**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Pull Ups		AMAP		AMAP		AMAP		AMAP		
2	Barbell Rows		6		6		6		6		
3	Low Cable Rows		6		6		6		6		
4	Hyper Extensions		6		6		6		6		
5A	Upright Rows		6		6		6		6		
5B	DB Shrugs		6		6		6		6		
	Alternate Exercises Used										

	Week 3	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Chest & Shoulders**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press		6		6		6		6		
2A	Incline DB Press		6		6		6		6		
2B	Decline Push Ups		AMAP		AMAP		AMAP		AMAP		
3	DB Military Press		6		6		6		6		
4	DB Rear Laterals		6		6		6		6		
	Alternate Exercises Used										

	Week 3	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Legs**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		6		6		6		6		
2	Leg Press		6		6		6		6		
3	Deadlifts		6		6		6		6		
4	DB Step Ups		6		6		6		6		
5	Standing Calf Raise		6		6		6		6		
	Alternate Exercises Used										

	Week 3	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Arms**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Barbell Curls		6		6		6		6		
2	Close Grip Bench Press		6		6		6		6		
3A	Skull Crushers		6		6		6		6		
3B	Standing DB Curls		6		6		6		6		
4A	Preacher Curls		6		6		6		6		
4B	Tricep Kickbacks		6		6		6		6		
	Alternate Exercises Used										

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Muscle Building Program

	Week 4	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Back And Traps**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Pull Ups		AMAP		AMAP		AMAP		AMAP		AMAP
2	Barbell Rows		6		6		6		6		6
3	Low Cable Rows		6		6		6		6		6
4	Hyper Extensions		6		6		6		6		6
5A	Upright Rows		6		6		6		6		6
5B	DB Shrugs		6		6		6		6		6
	Alternate Exercises Used										

	Week 4	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Chest & Shoulders**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Bench Press		6		6		6		6		6
2A	Incline DB Press		6		6		6		6		6
2B	Decline Push Ups		AMAP		AMAP		AMAP		AMAP		AMAP
3	DB Military Press		6		6		6		6		6
4	DB Rear Laterals		6		6		6		6		6
	Alternate Exercises Used										

	Week 4	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Legs**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		6		6		6		6		6
2	Leg Press		6		6		6		6		6
3	Deadlifts		6		6		6		6		6
4	DB Step Ups		6		6		6		6		6
5	Standing Calf Raise		6		6		6		6		6
	Alternate Exercises Used										

	Week 4	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Arms**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Barbell Curls		6		6		6		6		6
2	Close Grip Bench Press		6		6		6		6		6
3A	Skull Crushers		6		6		6		6		6
3B	Standing DB Curls		6		6		6		6		6
4A	Preacher Curls		6		6		6		6		6
4B	Tricep Kickbacks		6		6		6		6		6
	Alternate Exercises Used										

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Muscle Building Program

	Week 5	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Upperbody A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Bench Press		8		8		8				
1B)	Barbell Row		8		8		8				
2A)	Military Press		8		8		8				
2B)	BB Shrug		8		8		8				
3A)	Skull Crushers		8		8		8				
3B)	Hammer Curls		8		8		8				
	Alternate Exercises Used										

	Week 5	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Lower Body & Abs - A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squat		8		8		8				
2	Dead Lifts		8		8		8				
3	Seated Calf Raises		8		8		8				
4	Weighted Crunches		8		8		8				
5	Cable Pull Ins		8		8		8				
	Alternate Exercises Used										

	Week 5	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Upper Body- B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A	Incline Bench Press		8		8		8				
1B	Lat Pulldowns		8		8		8				
2A	Arnold Presses		8		8		8				
2B	DB Shrugs		8		8		8				
3A	DB Tricep Extension		8		8		8				
3B	Incline DB Curls		8		8		8				
	Alternate Exercises Used										

	Week 5	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Lower Body & Abs B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		8		8		8				
2	Lunges		8		8		8				
3	Standing Calf Raise		8		8		8				
4	Knee Raises w/ Med Ball		8		8		8				
5	Reverse 1 Leg Crunch		8		8		8				
	Alternate Exercises Used										

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Muscle Building Program

	Week 6	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Upperbody A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Bench Press		8		8		8				
1B)	Barbell Row		8		8		8				
2A)	Military Press		8		8		8				
2B)	BB Shrug		8		8		8				
3A)	Skull Crushers		8		8		8				
3B)	Hammer Curls		8		8		8				
	Alternate Exercises Used										

	Week 6	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Lower Body & Abs - A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squat		8		8		8				
2	Dead Lifts		8		8		8				
3	Seated Calf Raises		8		8		8				
4	Weighted Crunches		8		8		8				
5	Cable Pull Ins		8		8		8				
	Alternate Exercises Used										

	Week 6	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Upper Body- B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A	Incline Bench Press		8		8		8				
1B	Lat Pulldowns		8		8		8				
2A	Arnold Presses		8		8		8				
2B	DB Shrugs		8		8		8				
3A	DB Tricep Extension		8		8		8				
3B	Incline DB Curls		8		8		8				
	Alternate Exercises Used										

	Week 6	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Lower Body & Abs B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		8		8		8				
2	Lunges		8		8		8				
3	Standing Calf Raise		8		8		8				
4	Knee Raises w/ Med Ball		8		8		8				
5	Reverse 1 Leg Crunch		8		8		8				
	Alternate Exercises Used										

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Muscle Building Program

	Week 7	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Upperbody A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Bench Press		6		6		6				
1B)	Barbell Row		6		6		6				
2A)	Military Press		6		6		6				
2B)	BB Shrug		6		6		6				
3A)	Skull Crushers		6		6		6				
3B)	Hammer Curls		6		6		6				
	Alternate Exercises Used										

	Week 7	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Lower Body & Abs - A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squat		6		6		6				
2	Dead Lifts		6		6		6				
3	Seated Calf Raises		6		6		6				
4	Weighted Crunches		6		6		6				
5	Cable Pull Ins		6		6		6				
	Alternate Exercises Used										

	Week 7	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Upper Body- B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A	Incline Bench Press		6		6		6				
1B	Lat Pulldowns		6		6		6				
2A	Arnold Presses		6		6		6				
2B	DB Shrugs		6		6		6				
3A	DB Tricep Extension		6		6		6				
3B	Incline DB Curls		6		6		6				
	Alternate Exercises Used										

	Week 7	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Lower Body & Abs B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		6		6		6				
2	Lunges		6		6		6				
3	Standing Calf Raise		6		6		6				
4	Knee Raises w/ Med Ball		6		6		6				
5	Reverse 1 Leg Crunch		6		6		6				
	Alternate Exercises Used										

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Muscle Building Program

	Week 8	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Upperbody A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Bench Press		6		6		6				
1B)	Barbell Row		6		6		6				
2A)	Military Press		6		6		6				
2B)	BB Shrug		6		6		6				
3A)	Skull Crushers		6		6		6				
3B)	Hammer Curls		6		6		6				
	Alternate Exercises Used										

	Week 8	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Lower Body & Abs - A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squat		6		6		6				
2	Dead Lifts		6		6		6				
3	Seated Calf Raises		6		6		6				
4	Weighted Crunches		6		6		6				
5	Cable Pull Ins		6		6		6				
	Alternate Exercises Used										

	Week 8	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Upper Body- B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A	Incline Bench Press		6		6		6				
1B	Lat Pulldowns		6		6		6				
2A	Arnold Presses		6		6		6				
2B	DB Shrugs		6		6		6				
3A	DB Tricep Extension		6		6		6				
3B	Incline DB Curls		6		6		6				
	Alternate Exercises Used										

	Week 8	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 4	**Lower Body & Abs B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		6		6		6				
2	Lunges		6		6		6				
3	Standing Calf Raise		6		6		6				
4	Knee Raises w/ Med Ball		6		6		6				
5	Reverse 1 Leg Crunch		6		6		6				
	Alternate Exercises Used										

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Muscle Building Program

	Week 9	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Whole Body A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		6		6						
2	Straight Leg Deadlifts		6		6						
3	Seated Calf Raise		6		6						
4	DB Bench Press		6		6						
5	Low Row		6		6						
6	Arnold Press		6		6						
7	BB Shrugs		6		6						
8	Tricep DB Extensions		6		6						
9	BB Curls		6		6						
	Alternate Exercises Used										

	Week 9	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Whole Body - B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		10		10						
2	Leg Curls		10		10						
3	Standing Calf Raise		10		10						
4	Incline DB Bench Press		10		10						
5	1 Arm Rows		10		10						
6	Military Press		10		10						
7	DB Shrugs		10		10						
8	Tricep Pushdowns		10		10						
9	DB Hammer Curls		10		10						
	Alternate Exercises Used										

	Week 9	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Whole Body - C**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Lunges		12		12						
2	Step Ups		12		12						
3	Arnold Presses		12		12						
4	DB Shrugs		12		12						
5	DB Tricep Extension		12		12						
6	Incline DB Curls		12		12						
7	Upright Rows		12		12						
8	Skull Crushers		12		12						
9	Preacher Curls		12		12						
	Alternate Exercises Used										

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Muscle Building Program

	Week 10	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Whole Body A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		6		6						
2	Straight Leg Deadlifts		6		6						
3	Seated Calf Raise		6		6						
4	DB Bench Press		6		6						
5	Low Row		6		6						
6	Arnold Press		6		6						
7	BB Shrugs		6		6						
8	Tricep DB Extensions		6		6						
9	BB Curls		6		6						
	Alternate Exercises Used										

	Week 10	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Whole Body - B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		10		10						
2	Leg Curls		10		10						
3	Standing Calf Raise		10		10						
4	Incline DB Bench Press		10		10						
5	1 Arm Rows		10		10						
6	Military Press		10		10						
7	DB Shrugs		10		10						
8	Tricep Pushdowns		10		10						
9	DB Hammer Curls		10		10						
	Alternate Exercises Used										

	Week 10	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Whole Body - C**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Lunges		12		12						
2	Step Ups		12		12						
3	Arnold Presses		12		12						
4	DB Shrugs		12		12						
5	DB Tricep Extension		12		12						
6	Incline DB Curls		12		12						
7	Upright Rows		12		12						
8	Skull Crushers		12		12						
9	Preacher Curls		12		12						
	Alternate Exercises Used										

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Muscle Building Program

	Week 11	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Whole Body A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		6		6						
2	Straight Leg Deadlifts		6		6						
3	Seated Calf Raise		6		6						
4	DB Bench Press		6		6						
5	Low Row		6		6						
6	Arnold Press		6		6						
7	BB Shrugs		6		6						
8	Tricep DB Extensions		6		6						
9	BB Curls		6		6						
	Alternate Exercises Used										

	Week 11	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Whole Body - B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		10		10						
2	Leg Curls		10		10						
3	Standing Calf Raise		10		10						
4	Incline DB Bench Press		10		10						
5	1 Arm Rows		10		10						
6	Military Press		10		10						
7	DB Shrugs		10		10						
8	Tricep Pushdowns		10		10						
9	DB Hammer Curls		10		10						
	Alternate Exercises Used										

	Week 11	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Whole Body - C**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Lunges		12		12						
2	Step Ups		12		12						
3	Arnold Presses		12		12						
4	DB Shrugs		12		12						
5	DB Tricep Extension		12		12						
6	Incline DB Curls		12		12						
7	Upright Rows		12		12						
8	Skull Crushers		12		12						
9	Preacher Curls		12		12						
	Alternate Exercises Used										

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Muscle Building Program

	Week 12	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 1	**Whole Body A**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Squats		6		6						
2	Straight Leg Deadlifts		6		6						
3	Seated Calf Raise		6		6						
4	DB Bench Press		6		6						
5	Low Row		6		6						
6	Arnold Press		6		6						
7	BB Shrugs		6		6						
8	Tricep DB Extensions		6		6						
9	BB Curls		6		6						
	Alternate Exercises Used										

	Week 12	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 2	**Whole Body - B**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Leg Press		10		10						
2	Leg Curls		10		10						
3	Standing Calf Raise		10		10						
4	Incline DB Bench Press		10		10						
5	1 Arm Rows		10		10						
6	Military Press		10		10						
7	DB Shrugs		10		10						
8	Tricep Pushdowns		10		10						
9	DB Hammer Curls		10		10						
	Alternate Exercises Used										

	Week 12	Set 1		Set 2		Set 3		Set 4		Set 5	
Day 3	**Whole Body - C**	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1	Lunges		12		12						
2	Step Ups		12		12						
3	Arnold Presses		12		12						
4	DB Shrugs		12		12						
5	DB Tricep Extension		12		12						
6	Incline DB Curls		12		12						
7	Upright Rows		12		12						
8	Skull Crushers		12		12						
9	Preacher Curls		12		12						
	Alternate Exercises Used										