**Monday**

**Tuesday**

**Wed**

**Thursday**

**Friday**

**Chest, Back, & Shoulders**

**Legs & Arms**

**Chest, Back, & Shoulders**

**Legs & Arms**

**3 Sets (80% @ 8 reps)**

**3 Sets (80% @ 8 reps)**

**OFF**

**3 Sets (60% @ 12 reps)**

**3 Sets (60% @ 12 reps)**

Bench Press

Squats or Leg Press

Bench Press

Squats or Leg Press

Dumb Bell Inclines

Leg Extensions

Dumb Bell Inclines

Leg Extensions

Pushups

Leg Curls

Pushups

Leg Curls

Pec Dec

Hip Flexors

Pec Dec

Hip Flexors

Pull Ups

Bicep Curl

Pull Ups

Bicep Curl

Low Cable Rows

Tricep Extension

Low Cable Rows

Tricep Extension

High Pulls

Straight Leg Dead Lift

High Pulls

Straight Leg Dead Lift

Shoulder Press

Shoulder Press

Shoulder Shrugs

Shoulder Shrugs

You should do Plyometrics after you lift, but it should only last about 5 minutes. Do these twice per week after you've lifted for your legs.

Drop Box (3 sets of 5)

Bench Jump (5 sets of 5)

**General Notes:**

**Force X Mass = Acceleration (F\*M=A)**

**Stabilization**

is Critical. Stabilize your Core, Joints, and Back when lifting.

**Constant Motion**

is Critical. Do not stop when you extend or contract while performing an exercise.

Do not lift too fast. You do not want momentum to help you lift a weight.

Do not lift for longer than 1 hour.

**Recovery**

requires 48 hours. (Be sure to get 8 hours sleep per night.)

Take

**Vitamin Supplements**

. Eat fruits and vegetables. Drink lots of

**water**

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**4 Day Weightlifting Workout**