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

Week 1: Introduction Week, Perform 2 sets of 8 reps as indicated.
Weight Selection: Choose a weight that makes getting 8 reps a struggle but not impossible
Perform A&B exercises as a Superset resting very little between exercises.

	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	Deadlifts		8		8						
3	Lat Pulldowns		8		8						
4	Hyper Extensions		8		8						
5A	Cable Face Pulls		8		8						
5B	DB Shrugs		8		8						
Alternate Exercises Used											

KEY:
DB = **D**umb**B**ells
BB = **B**ar**B**ell
SB = **S**tability **B**all
AMAP = **A**s **M**any **A**s **P**ossible

	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		8		8						
2A	Incline DB Press		8		8						
2B	Decline Push Ups		AMAP		AMAP						
3	DB Military Press		8		8						
4	DB Rear Laterals		8		8						
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		8		8						
2	Stiff Legged Deadlifts		8		8						
3	DB Lunges		8		8						
4	DB Step Ups		8		8						
5	Seated Calf Raise		8		8						
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
1A	Close Grip Bench Press		8		8						
1B	DB Hammer Curls		8		8						
2A	Skull Crushers		8		8						
2B	Barbell Curls		8		8						
3A	High Pulley Cable Curls		8		8						
3B	Tricep Kickbacks		8		8						
Alternate Exercises Used											

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Week 2: Accumulation Week, Add a 3rd set of 8 reps as indicated.
Weight Selection: Increase Weight if Too Light in week 1
Perform A&B exercises as a Superset resting very little between exercises.

	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	Deadlifts		8		8		8				
3	Lat Pulldowns		8		8		8				
4	Hyper Extensions		8		8		8				
5A	Cable Face Pulls		8		8		8				
5B	DB Shrugs		8		8		8				
Alternate Exercises Used											

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	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	Stiff Legged Deadlifts		8		8		8				
3	DB Lunges		8		8		8				
4	DB Step Ups		8		8		8				
5	Seated 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
1A	Close Grip Bench Press		8		8		8				
1B	DB Hammer Curls		8		8		8				
2A	Skull Crushers		8		8		8				
2B	Barbell Curls		8		8		8				
3A	High Pulley Cable Curls		8		8		8				
3B	Tricep Kickbacks		8		8		8				
Alternate Exercises Used											

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Week 3: Accumulation Week, Add 2 Reps to each Set bringing 8 to 10
Weight Selection: Keep Weight the Same unless too light previously
Perform A&B exercises as a Superset resting very little between exercises.

	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				
2	Deadlifts		10		10		10				
3	Lat Pulldowns		10		10		10				
4	Hyper Extensions		10		10		10				
5A	Cable Face Pulls		10		10		10				
5B	DB Shrugs		10		10		10				
Alternate Exercises Used											

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	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		10		10		10				
2A	Incline DB Press		10		10		10				
2B	Decline Push Ups		AMAP		AMAP		AMAP				
3	DB Military Press		10		10		10				
4	DB Rear Laterals		10		10		10				
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		10		10		10				
2	Stiff Legged Deadlifts		10		10		10				
3	DB Lunges		10		10		10				
4	DB Step Ups		10		10		10				
5	Seated Calf Raise		10		10		10				
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
1A	Close Grip Bench Press		10		10		10				
1B	DB Hammer Curls		10		10		10				
2A	Skull Crushers		10		10		10				
2B	Barbell Curls		10		10		10				
3A	High Pulley Cable Curls		10		10		10				
3B	Tricep Kickbacks		10		10		10				
Alternate Exercises Used											

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Week 4: Accumulation Week, Add 2 reps to each set bringing 10 to 12 where indicated
Weight Selection: Keep weight the same unless too light previously
Perform A&B exercises as a Superset resting very little between exercises.

	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				
2	Deadlifts		12		12		12				
3	Lat Pulldowns		12		12		12				
4	Hyper Extensions		12		12		12				
5A	Cable Face Pulls		12		12		12				
5B	DB Shrugs		12		12		12				
Alternate Exercises Used											

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	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		12		12		12				
2A	Incline DB Press		12		12		12				
2B	Decline Push Ups		AMAP		AMAP		AMAP				
3	DB Military Press		12		12		12				
4	DB Rear Laterals		12		12		12				
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		12		12		12				
2	Stiff Legged Deadlifts		12		12		12				
3	DB Lunges		12		12		12				
4	DB Step Ups		12		12		12				
5	Seated Calf Raise		12		12		12				
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
1A	Close Grip Bench Press		12		12		12				
1B	DB Hammer Curls		12		12		12				
2A	Skull Crushers		12		12		12				
2B	Barbell Curls		12		12		12				
3A	High Pulley Cable Curls		12		12		12				
3B	Tricep Kickbacks		12		12		12				
Alternate Exercises Used											

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Week 5: Intensity Phase: Move to Upper/Lower Body Split, 2 Sets of 12 Reps
Weight Selection: Use the weight you used in Week 4
Super Set A&B Exercises, Resting very little between them.

	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		12		12						
1B)	Barbell Row		12		12						
2A)	Military Press		12		12						
2B)	Cable Face Pulls		12		12						
3A)	Skull Crushers		12		12						
3B)	Hammer Curls		12		12						
Alternate Exercises Used											

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	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		12		12						
2	Stiff Legged Deadlifts		12		12						
3	Seated Calf Raises		12		12						
4	Weighted Decline Crunches		12		12						
5	Hanging Leg Raises		12		12						
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		12		12						
1B	Lat Pulldowns		12		12						
2A	Arnold Presses		12		12						
2B	DB Shrugs		12		12						
3A	DB Tricep Extension		12		12						
3B	Incline DB Curls		12		12						
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	Deadlifts		12		12						
2	Leg Presses		12		12						
3	Standing Calf Raise		12		12						
4	Planks -30 Seconds		30s		30s						
5	Reverse 1 Leg Crunch		15		15						
Alternate Exercises Used											

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Week 6: Intensification Week: Increase weight, Reduce Reps to 8 as indicated, add 3rd set
Weight Selection: Increase weight from week 5, do fewer reps per set
Super Set A&B Exercises, Resting very little between them.

	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)	Cable Face Pulls		8		8		8				
3A)	Skull Crushers		8		8		8				
3B)	Hammer Curls		8		8		8				
Alternate Exercises Used											

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	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	Stiff Legged Deadlifts		8		8		8				
3	Seated Calf Raises		8		8		8				
4	Weighted Decline Crunches		8		8		8				
5	Hanging Leg Raises		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		12		12		12				
1B	Lat Pulldowns		12		12		12				
2A	Arnold Presses		12		12		12				
2B	DB Shrugs		12		12		12				
3A	DB Tricep Extension		12		12		12				
3B	Incline DB Curls		12		12		12				
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	Deadlifts		6		6		6				
2	Leg Presses		12		12		12				
3	Standing Calf Raise		12		12		12				
4	Planks -30 Seconds		30s		30s		30s				
5	Reverse 1 Leg Crunch		15		15		15				
Alternate Exercises Used											

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Week 7: Increase Weight, Reduce Reps to 6 per set, add 4th set where indicated
Weight Selection: Increase weight from week 6 where possible
Super Set A&B Exercises, Resting very little between them.

	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		6		
1B)	Barbell Row		6		6		6		6		
2A)	Military Press		6		6		6		6		
2B)	Cable Face Pulls		6		6		6		6		
3A)	Skull Crushers		6		6		6		6		
3B)	Hammer Curls		6		6		6		6		
Alternate Exercises Used											

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	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		6		
2	Stiff Legged Deadlifts		6		6		6		6		
3	Seated Calf Raises		6		6		6		6		
4	Weighted Decline Crunches		6		6		6		6		
5	Hanging Leg Raises		6		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		12		12		12				
1B	Lat Pulldowns		12		12		12				
2A	Arnold Presses		12		12		12				
2B	DB Shrugs		12		12		12				
3A	DB Tricep Extension		12		12		12				
3B	Incline DB Curls		12		12		12				
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	Deadlifts		8		8		8				
2	Leg Presses		12		12		12				
3	Standing Calf Raise		12		12		12				
4	Planks -30 Seconds		30s		30s		30s				
5	Reverse 1 Leg Crunch		15		15		15				
Alternate Exercises Used											

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Week 8: Maintenance Week, Keep 4 sets of 6 Reps
Weight Selection: Use the weight you used in Week 7, Unless too light previously.
Super Set A&B Exercises, Resting very little between them.

	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		6		
1B)	Barbell Row		6		6		6		6		
2A)	Military Press		6		6		6		6		
2B)	Cable Face Pulls		6		6		6		6		
3A)	Skull Crushers		6		6		6		6		
3B)	Hammer Curls		6		6		6		6		
Alternate Exercises Used											

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	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		6		
2	Stiff Legged Deadlifts		6		6		6		6		
3	Seated Calf Raises		6		6		6		6		
4	Weighted Decline Crunches		6		6		6		6		
5	Hanging Leg Raises		6		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		12		12		12				
1B	Lat Pulldowns		12		12		12				
2A	Arnold Presses		12		12		12				
2B	DB Shrugs		12		12		12				
3A	DB Tricep Extension		12		12		12				
3B	Incline DB Curls		12		12		12				
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	Deadlifts		8		8		8				
2	Leg Presses		12		12		12				
3	Standing Calf Raise		12		12		12				
4	Planks -30 Seconds		30s		30s		30s				
5	Reverse 1 Leg Crunch		15		15		15				
Alternate Exercises Used											

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Week 9: Frequency Phase, 3 Whole Body Workouts A Week
Weight Selection: For each day will be different See notes on that day
Perform exercises 1A-1D in circuit fashion, resting 30 seconds between each exercise

	Week 9	Set 1/6		Set 2/7		Set 3/8		Set 4		Set 5	
Day 1	Whole Body - A	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Pull Ups		3		3		3		3		3
			3		3		3				
1B)	DB Bench Press		3		3		3		3		3
			3		3		3				
1C)	Barbell Squats		3		3		3		3		3
			3		3		3				
1D)	DB Shrugs		3		3		3		3		3
			3		3		3				
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 3 reps with each set.

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	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
1A)	Chin Ups		5		5		5		5		5
1B)	Barbell Bench Press		5		5		5		5		5
1C)	Deadlifts		5		5		5		5		5
1D)	EZ Bar Skullcrushers		5		5		5		5		5
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 5 reps with each set.

	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
1A)	Lat Pulldowns		AMAP		AMAP		AMAP		AMAP		AMAP
1B)	Incline DB Press		AMAP		AMAP		AMAP		AMAP		AMAP
1C)	Goblet Squat		AMAP		AMAP		AMAP		AMAP		AMAP
1D)	Hammer Curls		AMAP		AMAP		AMAP		AMAP		AMAP
Exercises Used											

Weight Selection Notes: start with a weight that allows no more than 6 reps for the first set and continue using that same starting weight until you complete 25 reps per exercise.

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Week 10: Frequency Phase, 3 Whole Body Workouts A Week
Weight Selection: For each day will be different See notes on that day
Perform exercises 1A-1D in circuit fashion, resting 30 seconds between each exercise

	Week 10	Set 1/6		Set 2/7		Set 3/8		Set 4		Set 5	
Day 1	Whole Body - A	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Pull Ups		3		3		3		3		3
			3		3		3				
1B)	DB Bench Press		3		3		3		3		3
			3		3		3				
1C)	Barbell Squats		3		3		3		3		3
			3		3		3				
1D)	DB Shrugs		3		3		3		3		3
			3		3		3				
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 3 reps with each set.

KEY:
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SB = **S**tability **B**all
AMAP = **A**s **M**any **A**s **P**ossible

	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
1A)	Chin Ups		5		5		5		5		5
1B)	Barbell Bench Press		5		5		5		5		5
1C)	Deadlifts		5		5		5		5		5
1D)	EZ Bar Skullcrushers		5		5		5		5		5
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 5 reps with each set.

	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
1A)	Lat Pulldowns		AMAP		AMAP		AMAP		AMAP		AMAP
1B)	Incline DB Press		AMAP		AMAP		AMAP		AMAP		AMAP
1C)	Goblet Squat		AMAP		AMAP		AMAP		AMAP		AMAP
1D)	Hammer Curls		AMAP		AMAP		AMAP		AMAP		AMAP
Exercises Used											

Weight Selection Notes: start with a weight that allows no more than 6 reps for the first set and continue using that same starting weight until you complete 25 reps per exercise.

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Week 11: Frequency Phase, 3 Whole Body Workouts A Week
Weight Selection: For each day will be different See notes on that day
Perform exercises 1A-1D in circuit fashion, resting 30 seconds between each exercise

	Week 11	Set 1/6		Set 2/7		Set 3/8		Set 4		Set 5	
Day 1	Whole Body - A	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Pull Ups		3		3		3		3		3
			3		3		3				
1B)	DB Bench Press		3		3		3		3		3
			3		3		3				
1C)	Barbell Squats		3		3		3		3		3
			3		3		3				
1D)	DB Shrugs		3		3		3		3		3
			3		3		3				
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 3 reps with each set.

KEY:
DB = **D**umb**B**ells
BB = **B**ar**B**ell
SB = **S**tability **B**all
AMAP = **A**s **M**any **A**s **P**ossible

	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
1A)	Chin Ups		5		5		5		5		5
1B)	Barbell Bench Press		5		5		5		5		5
1C)	Deadlifts		5		5		5		5		5
1D)	EZ Bar Skullcrushers		5		5		5		5		5
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 5 reps with each set.

	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
1A)	Lat Pulldowns		AMAP		AMAP		AMAP		AMAP		AMAP
1B)	Incline DB Press		AMAP		AMAP		AMAP		AMAP		AMAP
1C)	Goblet Squat		AMAP		AMAP		AMAP		AMAP		AMAP
1D)	Hammer Curls		AMAP		AMAP		AMAP		AMAP		AMAP
Exercises Used											

Weight Selection Notes: start with a weight that allows no more than 6 reps for the first set and continue using that same starting weight until you complete 25 reps per exercise.

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

Week 12: Frequency Phase, 3 Whole Body Workouts A Week
Weight Selection: For each day will be different See notes on that day
Perform exercises 1A-1D in circuit fashion, resting 30 seconds between each exercise

	Week 12	Set 1/6		Set 2/7		Set 3/8		Set 4		Set 5	
Day 1	Whole Body - A	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
1A)	Pull Ups		3		3		3		3		3
			3		3		3				
1B)	DB Bench Press		3		3		3		3		3
			3		3		3				
1C)	Barbell Squats		3		3		3		3		3
			3		3		3				
1D)	DB Shrugs		3		3		3		3		3
			3		3		3				
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 3 reps with each set.

KEY:
DB = **D**umb**B**ells
BB = **B**ar**B**ell
SB = **S**tability **B**all
AMAP = **A**s **M**any **A**s **P**ossible

	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
1A)	Chin Ups		5		5		5		5		5
1B)	Barbell Bench Press		5		5		5		5		5
1C)	Deadlifts		5		5		5		5		5
1D)	EZ Bar Skullcrushers		5		5		5		5		5
Alternate Exercises Used											

Weight Selection Notes: the heaviest weight you can handle for 5 reps with each set.

	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
1A)	Lat Pulldowns		AMAP		AMAP		AMAP		AMAP		AMAP
1B)	Incline DB Press		AMAP		AMAP		AMAP		AMAP		AMAP
1C)	Goblet Squat		AMAP		AMAP		AMAP		AMAP		AMAP
1D)	Hammer Curls		AMAP		AMAP		AMAP		AMAP		AMAP
Exercises Used											

Weight Selection Notes: start with a weight that allows no more than 6 reps for the first set and continue using that same starting weight until you complete 25 reps per exercise.