

## **Weeks 3 & 4 muscular strength program**

### **Day 1 Chest and shoulders**

**Flat bench barbell press 3 sets 6-10 reps**

**Incline dumbbell press 3 sets 6-10 reps**

**Incline dumbbell fly 3 sets 6-10 reps**

**Seat overhead dumbbell press 3 sets 6-10 reps**

**Seated dumbbell side raises 3 sets 6-10 reps**

**Standing dumbbell front raises 3 sets 6-10 reps**

### **Day 2 quadriceps, hamstrings, and calves**

**Barbell squats 3 sets 12-15 reps**

**Seated leg extensions 3 sets 6-10 reps**

**Alternating front lunge 3 sets 6-10 reps each leg (use body weight)**

**Lying hamstring curls 3 sets 6-10 reps**

**Seated calf raise machine 3 sets 6-10 reps**

### **Day 3 back**

**Wide grip lat pull down 3 sets 6-10 reps**

**Bent over barbell rows 3 sets 6-10 reps**

**One arm dumbbell rows 3 sets 6-10 reps**

**Dumbbell pull over 3 sets 6-10 reps**

### **Day 4 arms**

**Straight bar press downs 3 sets 6-10 reps**

**Seated dumbbell curls 3 sets 6-10 reps**

**Body weight bench dips 3 sets 6-10 reps**

**Standing barbell curls 3 sets 6-10 reps**

