

Sample Beginner Program

Workout A				
Order	Exercise	Sets	Reps	Rest
A1	Peterson Stepup	2 - 3	15-20	60-75
A2	Seated Row to Waist	2 - 3	15-20	60-75
B1	Lying Leg Curl	2 - 3	8-10	60-75
B2	Lying Db Chest Press	2 - 3	10-12	60-75
C1	Back Extension	2 - 3	12-15	60-75
C2	Calf Raises	2 - 3	12-15	60-75
D1	Bicep Curls	2 - 3	12-15	60-75
D2	Lying Tricep Extensions	2 - 3	12-15	60-75

Workout B				
Order	Exercise	Sets	Reps	Rest
A1	Pulldown	2 - 3	15-20	60-75
A2	Duck Stance Leg Press	2 - 3	15-20	60-75
B1	Seated Leg Curl	2 - 3	8-10	60-75
B2	Db Lateral Raise	2 - 3	10-12	60-75
C1	Db Hammer Curl	2 - 3	12-15	60-75
C2	Pulley Overhead Tricep Extension	2 - 3	12-15	60-75
D1	Reverse Crunch	2 - 3	12-15	60-75
D2	Db Shoulder Press	2 - 3	12-15	60-75

Sample Intermediate Program

Workout A				
Order	Exercise	Sets	Reps	Rest
A1	Back Squat	2 - 4	15-20	75 - 45
A2	Row to Neck	2 - 4	15-20	75 - 45
B1	Db Fly	2 - 4	8-10	60 - 30
B2	Decline Reverse Crunch	2 - 4	10-12	60 - 30
C1	Side Crunch	2 - 4	12-15	75 - 45
C2	Db Squat	2 - 4	12-15	75 - 45
D1	Back Extension	2 - 4	12-15	60 - 30
D2	Lateral Raise	2 - 4	12-15	60 - 30

Workout B				
Order	Exercise	Sets	Reps	Rest
A1	Db Stepup	2 - 3	15-20	75 - 45
A2	Pullover	2 - 3	12-15	75 - 45
B1	Pullup Supinated Grip	2 - 3	6-8	60 - 30
B2	Calf Raises	2 - 3	12-15	60 - 30
C1	Stiff Leg Deadlift	2 - 3	10-12	75 - 45
C2	High Pulley Crunch	2 - 3	12-15	75 - 45
D1	Reverse Grip Ez Bar Curl	2 - 3	10-12	60 - 30
D2	Decline Db Tricep Extension	2 - 3	10-12	60 - 30