

WEIGHT TRAINING PLAN

Prepared For: _____

Trainer: _____

	Week 1			Week 2			Week 3			Week 4			Week 5		
MONDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Flat Bench Press	2	67.5%	4/full	3	70%	3/full	3	72.5%	2/full	4	75%	1 1/2 full	2	67.5%	4/3 or 4/4
Overhead Seated Tricep Ext	2	80	4/full	3	85	3/full	3	8.5	2/full	4	95	1 1/2 full	2	80	4/3 or 4/4
Barbell Upright Row	3	65	4/full	3	70	3/full	4	75	2/full	5	80	1 1/2 full	2	65	4/3 or 4/4
Barbell Curl	3	65	4/full	3	70	3/full	4	75	2/full	4	80	1 1/2 full	2	65	4/3 or 4/4
TUESDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
WEDNESDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
THURSDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
FRIDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
SATURDAY	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS

Notes



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