

"3 Day Full Body Workout"

Notes: Take 1 minute rest between sets; drink plenty of water throughout workout

Warm-up should be 10 minutes of cardio on stationary bike with moving arms or an elliptical machine

Legs	Exercises "Pick One"	Sets	Reps	Weight
	Rogue Leg Press (alternating legs)	2 or 3	12 to 15	
	Icarian Leg Press	2 or 3	12 to 15	
	Cybex Leg Press	2 or 3	12 to 15	
Monday	Smith Machine Squat	2 or 3	12 to 15	
	Barbell Squat	2 or 3	12 to 15	
	Kettlebell Squat	2 or 3	12 to 15	
Wednesday	V-Squat	2 or 3	12 to 15	
	Icarian Hack Squat	2 or 3	12 to 15	
	Rogue Hex Bar Deadlift	2 or 3	12 to 15	
Friday	Leg Extension + Leg Curl	2 or 3	12 to 15	
	Leg Extension + Glute Machine	2 or 3	12 to 15	

Back	Exercises "Pick One"	Sets	Reps	Weight
Monday	Assisted Pullup Machine	2 or 3	8 to 12	
	Pulldown Machine (Cybex or Bodymaster)	2 or 3	8 to 12	
	Rowing Machine (Cybec or Bodymaster)	2 or 3	8 to 12	
Wednesday	Hammer Strength Pulldown Machine	2 or 3	8 to 12	
	Nautilus Rowing Machine	2 or 3	8 to 12	
	T-Bar Row	2 or 3	8 to 12	
Friday	Dumbbell Rows	2 or 3	8 to 12	
	Smith Machine Rows	2 or 3	8 to 12	
	Barbell Rows	2 or 3	8 to 12	
	EZ Curl Bar Rows	2 or 3	8 to 12	
	Resistance Band Pullups	2 or 3	8 to 12	
	Pullups with Straps	2 or 3	8 to 12	
	Hyperextensions	2 or 3	8 to 12	

Shoulders	Exercises "Pick One"	Sets	Reps	Weight
Monday	Seated Dumbbell Laterals	2 or 3	8 to 12	
	Hammer Strength Lateral Machine	2 or 3	8 to 12	
	Shoulder Press Machine (Cybex or Bodymaster)	2 or 3	8 to 12	
Wednesday	Plate Load Cybex Shoulder Press	2 or 3	8 to 12	
Friday	Seated Dumbbell Press	2 or 3	8 to 12	
	Seated Smith Machine Press (front or rear of head)	2 or 3	8 to 12	
	Seated Barbell Press (front or rear of head)	2 or 3	8 to 12	
	Cable Upright Row	2 or 3	8 to 12	
	Barbell or EZ Curl Bar Upright Row	2 or 3	8 to 12	
	Barbell Clean & Press	2 or 3	8 to 12	

Chest	Exercises "Pick One"	Sets	Reps	Weight
	Chest Press (Cybex or Bodymaster)	2 or 3	8 to 12	
	Barbell Bench Press	2 or 3	8 to 12	
	Barbell Incline Bench Press	2 or 3	8 to 12	
	Dumbell Bench Press	2 or 3	8 to 12	
<i>Monday</i>	Incline Dumbell Press	2 or 3	8 to 12	
	Chest Flye Machine	2 or 3	8 to 12	
	Cable Crossover (flat bench, incline bench or standing)	2 or 3	8 to 12	
	Hammer Strength Decline	2 or 3	8 to 12	
<i>Wednesday</i>	Hammer Strength Incline	2 or 3	8 to 12	
	Smith Machine Bench Press	2 or 3	8 to 12	
<i>Friday</i>	Smith Machine Incline Press	2 or 3	8 to 12	

Triceps	Exercises "Pick One"	Sets	Reps	Weight
<i>Monday</i>	Cybex Tricep Pushdown	2 or 3	8 to 12	
	Life Fitness Tricep Pushdown	2 or 3	8 to 12	
	Bodymaster Tricep Overhead Extension	2 or 3	8 to 12	
<i>Wednesday</i>	Lying Tricep Extension Machine ("Strength" brand)	2 or 3	8 to 12	
	Close Grip Bench Press	2 or 3	8 to 12	
	Close Grip Bench with EZ curl Bar	2 or 3	8 to 12	
	Smith Machine Close Grip Bench	2 or 3	8 to 12	
	Bodyweight Dips	2 or 3	8 to 12	
<i>Friday</i>	Assisted Dips	2 or 3	8 to 12	
	V-Bar Pushdowns	2 or 3	8 to 12	
	Rope Pushdowns	2 or 3	8 to 12	
	Standing Overhead Cable Extensions (rope or bar)	2 or 3	8 to 12	
	Dumbell Kickbacks	2 or 3	8 to 12	
	Cable Kickbacks	2 or 3	8 to 12	
	Bench Dips	2 or 3	8 to 12	

Biceps	Exercises "Pick One"	Sets	Reps	Weight
	Cybex Bicep Machine	2 or 3	8 to 12	
<i>Monday</i>	Life Fitness Bicep Machine	2 or 3	8 to 12	
<i>Wednesday</i>	Bodymaster Bicep Machine	2 or 3	8 to 12	
	Standing Alternating Dumbell Curls	2 or 3	8 to 12	
	Standing Cable Curls	2 or 3	8 to 12	
	One Arm Cable Curls Standing	2 or 3	8 to 12	
	Dumbell Concentration Curls	2 or 3	8 to 12	
<i>Friday</i>	Incline Dumbell Curls	2 or 3	8 to 12	
	Straight Bar Standing Curls	2 or 3	8 to 12	
	Standing Rope Cable Curls	2 or 3	8 to 12	
	Standing EZ Curl Bar	2 or 3	8 to 12	

Abdominals	Exercises "Pick One"	Sets	Reps	Weight
	Cybex Abdominal Machine	2 or 3	15	

	Bodymaster Abdominal Machine	2 or 3	15	
	Life Fitness Crunch	2 or 3	15	
<i>Monday</i>	Abcoaster (with rails)	2 or 3	15	
	Abcoaster (free swinging)	2 or 3	15	
	Abs Bench	2 or 3	15	
	Supported Knee Ups	2 or 3	15	
	Supported Leg Raises	2 or 3	15	
<i>Wednesday</i>	Hanging Knee Ups (with use of straps)	2 or 3	15	
	Ball Crunches	2 or 3	15	
	Floor Crunches	2 or 3	15	
	Floor Leg Raises	2 or 3	15	
<i>Friday</i>	Abs on Nexersys	2 or 3	15	
	Hanging Leg Raises (with support of straps)	2 or 3	15	