

Weekly Weights Programme

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
Chest	Bench Press Weight: Sets: Reps:	Pect Fly Weight: Sets: Reps:	Incline Press Weight: Sets: Reps:	Dumbbell Fly Weight: Sets: Reps:
Triceps		Tricep Extension (cable) Weight: Sets: Reps:	Cable Overhead Extension Weight: Sets: Reps:	Dips Sets: Reps:
Biceps	Concentration Curl (do last) Weight: Sets: Reps:	Barbell Curl Weight: Sets: Reps:	Hammer Curl Weight: Sets: Reps:	Drag Curl Weight: Sets: Rep:
Back	Cable Row (do first) Weight: Sets: Reps:	One Arm Dumbbell Row Weight: Sets: Reps:	Cable Pull Down Weight: Sets: Reps:	T Bar Row Weight: Sets: Reps:
Shoulders	See Bench Press	Shoulder Press Weight: Sets: Reps:	Barbell Rear Delt Row Weight: Sets: Reps:	Dumbbell Raises Weight: Sets: Reps:
Legs	Leg Extension Weight: Sets: Reps:	Calve Raises Weight: Sets: Reps:	Leg Press Weight: Sets: Reps:	Calve Raises Weight: Sets: Reps:
Abs	Crunch Machine Weight: Sets: Reps:		Cable Crunch Weight: Sets: Reps:	