

Strength Training Plan



INTERMEDIATE/ ADVANCED

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Strength Training Plan



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Introduction

Welcome to Get Fit. Go Figure!'s Strength Training Plan! Thank you for purchasing this guide to sculpt your way to sexy!

This plan is for those that have been consistently lifting 4-6 days per week for 12 weeks or more with proper form. If you are a beginner with little experience, I suggest you start with my [Beginner/ Intermediate Strength Training Plan](#) to get you started.

In this document, you will find cardio suggestions and a strength training plan to do some serious sculpting. Be sure to read through all the directions carefully and really commit to your goal. Stay focused, prioritize and plan ahead.

I love to see your progress. Tag me on [Instagram](#) and [Facebook](#) when you make a post, I would love to see it!

[@GetFitGoFigure](#) #GetFitGoFigure #GF2Crew

And don't miss out on a support group. Join the [GF2 Fitness and Contest Prep Forum](#) on Facebook.

Disclaimer: This information is not intended to diagnose, treat, cure, or prevent any disease. The information provided by Get Fit. Go Figure! LLC is not a substitute for a face to face consultation with your physician, and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.

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Tracking Progress

Tracking your progress will be an important part of your program so you can see your improvements over time. Here are a few ways to do this:

Measurements

Take measurements of your chest, waist, hips, thighs and biceps every four weeks.

- Chest: at nipple line
- Waist: at belly button
- Hips: at hip bone (iliac crest)
- Thigh: about 5 inches above the top of the knee cap.
- Bicep: at the peak of your bicep without flexing

Pictures

Pictures will be a very important part of tracking your progress. It helps you see changes over time. Take pictures every four weeks along with your measurements. Take front and back pics in similar lighting around the same time. For example, take pics every 4 weeks on Friday morning, or every 4 weeks on Tuesday after your workout. The key is to be consistent for comparison.

Body Weight

Tracking your weight is another great tool but it is only a number. If you set your diet up properly and stick to it, your body will recomposition where you will lose fat and gain muscle. You will see changes in the mirror but not much on the scale. If you are in it for weight loss, aim for about 1-1.5 pounds per week. Any more puts you at greater risk for losing hard earned muscle lowering your BMR and depleting that booty or those awesome shoulders!

When you take your weight, be consistent about the time of day. Weighing in the morning before you eat or drink is best. Use the same scale each time. Understand your weight will fluctuate. For weight loss, look for the weekly low or weekly average, not a perfect decline each day.

Around your period, your weight will hold for a few days or you may gain a pound or two but don't worry, it will go back down after you start your period.

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Body composition

Body composition is a great way to track progress but the tests can be pretty inaccurate sometimes. The key is to use the same method carried out consistently to track progress. Some common methods widely available include:

- Body Fat Calipers: \$5 - \$20
 - You can buy calipers for \$5 up to \$200 as long as you are consistent. The cheaper ones will work just fine.
- Under water weighing/ hydrostatic body composition analysis: \$35-\$50
 - Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search “Under water weighing” or “ hydrostatic body composition analysis” online in your area.
- Dexa Scan \$75-\$150
 - Search “dexa scan for body composition” in your area. Most medical facilities that do bone density scans are capable of a body composition dexa scan as it is the same machine.
- Bod pod \$35-\$50
 - Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search “bod pod” online in your area.
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Track workouts

During your lifting sessions, it is beneficial to track the weight and repetitions you lifted for each set of an exercise. This helps you to see progress. Improvements come as small changes too! You are looking for more weight lifted, less rest, or even just one more rep! You can set this up on a spread sheet or in a notebook. Here are a few examples:

Legs	set 1	set 2	set 3	set 4	Notes
Squats (4 x 6-8)	115 x 8	125 x 8	125 x 8	125 x 8	Add 10#
Leg press (4 x 10-12)	300 x 10	300 x 10	300 x 12	300 x 12	Good. Add?

Or

Legs+ Abs	Rest (seconds)	Reps	Weight	reps	Notes
Squats	30 s	8-12	115	12	Tired today,
Squats	45 s	8-12	115	12	not enough sleep.
Squats	45 s	8-12	115	11	
Squats	60 s	8-12	115	10	
Squats		8-12	115	8	

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Diet

Diet is a VERY important part of a healthy lifestyle and a key aspect to meeting your muscle building or weight loss goals. If you want to keep these goals long term, you will need to continue to make healthy choices. Changing your habits for a healthier lifestyle will become second nature and just another part of your day when you are consistent with your plan and stick with it. You will learn how to prioritize your health and fitness, make healthy choices and find balance in your routine. This does not happen overnight. It takes just as long as it takes to make or break a habit. Consistency, patience and perseverance is key!

I always tell my clients that you need to be in the right state of mind. Try not to think about things you CAN'T have as opposed to making choices because you WANT TO. You will need to constantly learn how to reframe your focus on choices that will help you reach your goals. Over time you will find it will be second nature and something you enjoy because you look and feel great. See my [Diet Guide](#) for more information on diet guidelines, calorie intake, macro calculations, supplement suggestions, how to cut calories and an example meal plan.

Cardio

Cardio is a great way to create a caloric deficit along with your diet. Here are a few types of cardio you can do followed by suggestions on how to use it.

Types:

HIIT Cardio - High intensity interval training. Heart rate 150-180 beats per minute (BPM).

HIIT can be done doing sprints, biking, box jumps, sled, battle ropes etc in a 1:3 work rest ratio.

Example:

5 mins slow run to warm-up

5 intervals - 20 seconds VERY hard, 60 secs slow

5 minute cool down

This totals about 17 mins of cardio

Read more on the awesome benefits [here](#).

MISS cardio - Medium intensity steady state. Work steadily on an elliptical for example for an allotted amount of time. Heart rate 130-150 BPM.

MIIT cardio - Medium intensity interval training. Do intervals of 1 min at a somewhat challenging pace, 1 min slow keeping heart rate around 130-150 BPM.

LISS cardio - Low intensity steady state cardio. Work steadily on an elliptical for example for an allotted amount of time. Heart rate 120-130 BPM.

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Want to lose weight:

As a general rule of thumb when creating a calorie deficit, cut 50-100 calories per day each week by decreasing calories or adding cardio. Alternating cardio and decreasing calories weekly is a great place to start. Aim for an average of 1-1.5 pounds of weight loss per week.

Currently doing some to no cardio

- Start with 2-3 HIIT sessions per week at 3-4 intervals.
- Every other week add an interval to each HIIT session up to 30 minutes total OR add in 10-15 minutes of MISS cardio to other days.
- Work up to 5-6 sessions of cardio a week between MISS and HIIT sessions.
- Working your cardio up slowly allows you to fend off weight loss plateaus as your body will adapt to your program.
- Once you have reached your goal weight, reverse cardio out the way it was added in as long as weight stays the same. (See more on reverse dieting [here](#).)
- Keep 2 sessions of HIIT at 3-4 intervals in per week for maintenance.

Currently doing 5-7 days of cardio

If you are already doing a lot of cardio for weight loss and weight has plateaued, reverse cardio out slowly to allow your body to make the most of your lifting sessions while maintaining weight (unless you are in training for an endurance type event). Subtract 10 min of MISS per session or 1-2 HIIT intervals per session each week or every other week as long as your weight maintains. If you are eating lower calories along with a lot of cardio, also reverse diet while maintaining weight first before trying to diet down more. Be patient. It takes time, months! After you have reversed you can add in cardio again and manipulate your diet successfully for weight loss. Then follow the above cardio suggestions. Also see [Reverse Dieting- Who Needs it and How to](#)

Want to maintain or gain weight:

You can keep cardio out all together as you will get your heart rate up when lifting OR do 2 sessions of HIIT at 3-4 intervals per week for your cardiovascular fitness. You will have to balance your diet with your activity level to maintain or gain weight. See [Diet Guide](#) on how to set up macros.

Also see: [It's not nice to HIIT!](#) A cardio guide.

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What's Next?

If you have completed a good 2-4 years of lifting while assessing your physique often, you may find that a muscle group is lagging. If so, you will want to increase the lifting volume for that muscle group. For example, if your legs are not building like your upper body, you will want to hit legs 3x per week in various rep ranges such as for session one, do 3-6 reps of each set, session two you would do 15-20 reps per set and session three do 8-10 reps for each set leaving at least 1 day of rest between leg sessions.

...[Or Join the GF2 Crew!](#) If you want that extra edge for competitions, building that body, losing weight, reversing dieting or cutting into a show, train with me! You would get a custom workout, a macro based nutrition plan, weekly plan changes, bi-weekly check-ins and unlimited support!

For added support, tips, motivation and to make some new fit friends, join the [GF2 Fitness & Contest Prep Forum!](#)

I love to see you working hard in the gym! Tag me! @getfitgofigure #getfitgofigure #GF2Crew

Guidelines and Directions

The following are directions for intermediate and advanced lifters with a 4, 5 or 6 day split. If you were a beginner that went through my Beginner/ Intermediate Strength Training Plan consistently with good form and are ready for a new challenge, start with the “Want to build but keep a more slender figure” section. As you get stronger, move to the “serious muscle building” section.

Choose a weight that you can lift within the repetition range that is challenging. If you are supposed to do 3 sets of biceps curls for 10-15 repetitions (reps) and you choose a weight that you can only lift for 8 reps, then you need a lighter weight. If you can lift more than 15 reps, you need a heavier weight.

Proper form above all! Make sure you have proper form and posture. This is of the utmost importance. If you have never lifted before and are brand new to this gym thang, then I advise you to set up a session or three with a personal trainer to go over form with you. Especially on squats, bench press, overhead shoulder press/military press, dead lifts and barbell rows. If you neglect this piece of advice, you could risk serious injury or injuries that creep up over time that will put you out of the gym for weeks, months or for good!

Work hard! If you don't challenge yourself and push your limits (safely) in the gym, then you won't see results! This doesn't mean you have to be sore after every workout to know you worked hard. You will be at first but as time goes on, being sore may not happen every time. It is not an essential sign that you worked hard or not.

Consistency and perseverance is key to improvement and results!

Short on time: superset 2 or 3 exercises.

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Rest 30-60 seconds between sets as a rule of thumb, or when your heart rate starts to come down. When you start lifting heavier in lower reps ranges, more rest is needed.

If your gym does not have a piece of equipment specified below, there are many exercises you can substitute. Check out the [Exercise Bank](#). As a general rule of thumb, switch out a compound exercise for another compound exercise and an isolation exercise for another isolation exercise.

There are 3 weeks worth of workouts here. Start with week one, then do week two and three. Once Week three is complete, start over on week 1 trying to beat what you did the previous time around. Workout sessions that you do 2x per week you will do in the heavy rep range and then the high rep range where specified. For example, for week 1, you have heavy leg day (6-8 reps) on day 3 and high rep leg day (15-20 reps) on day 6.

Push! Lift on a scale of about an 8-9 out of 10 effort on most sets (stopping about 1-2 reps shy of failure) and going to complete failure on the final set leaving NOTHING in the tank.

Cycle an overreach period:

Your body is very efficient at adapting to your activity level. Every 10-12 weeks, it is a good idea to really push the envelope and overreach. This is then followed by a de-load week.

For an overreaching period you can do a few different things:

- Run the rack for 1-2 weeks where you start with a very heavy weight and go to failure, then immediately pick up the next lightest weight and go to failure with the same exercise and continue on down until you run out of weights or you can't possibly lift anymore.
- Do every set to failure plus a drop set to for 1-2 weeks. **A drop set** is where you do 3 or 4 sets of an exercise, then, immediately after the last set, pull off some weight and burnout. Minimal to no rest between the last set and the drop set.
- Add an extra set to every exercise and push to absolute failure on every set for 1-2 weeks.

After you are through with your overreaching cycle, de-load for a week where you lift only high reps... in the 20-30 rep range.

Superset: do the first exercise,(no rest) then the 2nd exercise and/or the 3rd, then rest and repeat.

BB: Barbell

Push- chest, shoulders, triceps

HR: high repetition day

DB: Dumbbell

Pull- back, biceps

Heavy: low repetition day

BW: bodyweight

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Splits

<u>4 day split</u>	<u>5 day split</u>	<u>6 day split</u>
Day 1: Push Heavy Day 2: Pull Heavy Day 3: Legs Heavy Day 4: Full body HR	Day 1: Push Heavy Day 2: Pull Heavy Day 3: Legs Heavy Day 4: Back/ chest/ biceps/ triceps HR Day 5: Legs/ shoulders HR	Day 1: Push Heavy Day 2: Pull HR Day 3: Legs Heavy Day 4: Push HR (do giant set for shoulders) Day 5: Pull Heavy Day 6: Legs HR

Rep ranges will vary based on your desired goal. Read the next section.

Serious muscle building

Do 3-5 sets per exercise

Heavy days: rep ranges 6-8

High rep days: rep ranges 10-15

Advanced lifter: Once you have lifted consistently 5 or 6 days per week working muscle groups 2x per week for 2-5 years or more and you need to build up a particular muscle group that may be lagging in proportion to other muscle groups, increase the volume for that particular muscle group, such as, working your shoulders 3x per week doing less sets per session and more total sets over the course of a week.

For example:

Say you are hitting shoulders 2x per week doing 15 sets of exercises per session for a total of 30 sets that week. If you start hitting shoulders 3x per week, you would do 12 sets each session for a total of 36 sets each week. Less sets per session, but more per week. Vary the rep ranges each session where you can do a 3-5 rep range one session, 15-20 the next and then 8-10 on the 3rd sesh leaving at least 1 day of non shoulder work between shoulder shredding sessions.

Be sure to lift safely, with proper form and use a spotter when appropriate.

Want to build but keep a more slender figure

Work in higher hypertrophy and endurance rep ranges. Let me note here that woman don't build muscle like men. Don't be afraid to really work hard with the dumb bells to build some sexy curves! You can always start in the "serious muscle building" section and once you have reached your desired physique, work in higher rep ranges for muscle groups that are sculpted to your desire. See also [Lift Like a Man, Look Like a Goddess](#).

Do 3-5 sets per exercise

Heavy days: 10-15

High rep days: 15-20 or 20-30

Work in lower rep ranges such as 6-8 or 8-10 on muscle groups you really need to build.

Core

Your core is a VERY important group for strength and stability that carries over into your other workouts. Do the following core workouts 2x each week on the days of your choosing after your regular lifting sessions. If you cannot superset due to a busy gym or equipment layout, do the exercises separate.

Week 1 Core

Superset: 3x through, 12-20 reps each exercise

- Weighted swiss ball crunch
- Half kneeling stability chop
- Swiss ball pass-legs to hands

Week 2 Core

Superset: 3x through, 12-20 reps each exercise

- Floor crunch
- Plank
- Weighted reverse crunch

Week 3 Core

Superset: 3x through, 12-20 reps each exercise

- Weighted decline crunches
- Side plank
- Hanging leg raises

4 Day Split

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Week 1: Push

Chest:

- Bench press- flat BB
- Superset:
 - Incline flyes
 - Push ups

Shoulders:

- Military Press- BB
- Upright rows -narrow grip
- Lateral DB raises
- Rear delt cable extensions

Triceps:

- Skull crushers- EZ bar
- Overhead triceps rope extensions
- Dips

Week 1: Pull

Back:

- Lat pulldowns- wide grip
- Single arm DB rows
- Seated cable rows (grip-shoulder width apart or narrow)
- Back extensions

Biceps:

- EZ bar curls
- DB curls
- Rope curls

Week 1: Legs

- Squats- BB
- Leg press
- Walking Lunges with DB, EZ bar, BB
- Seated hamstring curl machine or standing cable leg curl
- Hip Thruster

Week 1: Full body high rep

- Single arm dumbbell snatch
- Superset:
 - Squat shoulder press
 - Biceps curl
- Superset:
 - Bench dips
 - Push-ups
- Superset:
 - Mountain climber
 - Reverse crunch

Week 2: Push

Chest:

- Bench press- incline DB
- Pec dec machine

Shoulders:

- DB shoulder Press
- BB upright rows -wide grip
- Rear delt machine
- Front DB raises

Triceps:

- Skull crushers- DB
- Seated overhead DB triceps extensions
- Underhand cable extensions

Week 2: Pull

Back:

- Deadlifts
- T-bar row
- Seated cable rows (wide grip)
- Inverted rows/ Horizontal pullups

Biceps:

- BB curls
- DB hammer heads
- Concentration curls

Week 2: Legs

- Hack squat
- Narrow leg press
- Smith machine lunges
- Superset:
 - Side step ups on high platform
 - Sumo squats holding a kettlebell

Week 2: Full body high rep

- Combo: modified snatch to back squat
- Superset:
 - Bench press- flat DB
 - Overhead DB triceps extension
- Superset:
 - Lat pulldown
 - Bicep concentration curl
- Kettlebell swings

Week 3: Push

Chest:

- DB bench press
- Decline DB bench
- Medicine ball throws

Shoulders:

- Arnold Press
- Alternating DB press, hold “resting arm” at 90
- Cable face pull
- Side cable lateral raises

Triceps:

- Overhead EZ curl bar extensions
- DB triceps kickbacks
- Bench dips

Week 3: Pull

Back :

- Bent over BB row
- Pull-ups (palms facing away). Can use bands or assist machine if needed or do negative pull ups.
- Incline DB rows
- Standing lat straight arm push down on cable machine

Biceps:

- Superset:
 - EZ bar preacher curls
 - DB Hammer head
 - Concentration DB curls

Week 3: Legs

- Front BB squat
- Leg extension machine- 1 legged
- Deadlifts
- kick backs - cable machine
- Straight leg dead lift

Week 3: Full body high rep

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- Superset:
 - DB lateral raises
 - Goblet squat
- Superset:
 - Inverted rows
 - DB bicep curls
- Superset:
 - Incline DB bench press
 - DB kickback
- Superset:
 - Swiss ball rollout
 - Planks

5 Day Split

Week 1: Push

Chest:

- Flat bench press
- Superset:
 - Incline flyes
 - Push-ups

Shoulders:

- BB Military Press
- Upright rows -narrow grip
- Lateral DB raises
- Rear delt cable extensions

Triceps:

- EZ bar Skull crushers
- Overhead triceps rope extensions
- Dips

Week 1: Pull

Back:

- Lat pulldowns (wide grip)
- Single arm DB rows
- Seated cable rows (grip-shoulder width apart or narrow)
- Back extensions

Biceps:

- EZ bar curls
- DB curls
- Rope curls

Week 1: Legs

- Squats- BB
- Leg press
- Walking Lunges with DB,EZ bar or BB
- Seated hamstring curl machine or standing cable leg curl
- Hip Thruster

Week 1: Back, chest, biceps, triceps- high rep

Back/ biceps:

- Superset:
 - Lat pulldowns wide grip
 - DB bicep curls
- Superset:
 - Single arm DB rows
 - Cable curls

Chest / Triceps:

- Superset:
 - Flat bench press
 - Bench dips to near failure
- Superset:
 - Incline DB flies
 - Overhead triceps extension with EZ bar

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Week 1: Legs, shoulders- high rep

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- Superset:
 - o BB back squats
 - o DB Military Press
- Superset:
 - o Leg press
 - o Upright rows (narrow grip)
- Superset:
 - o Walking Lunges with DB or Ez bar/BB
 - o Lateral DB raises
- Superset:
 - o Seated hamstring curl machine or standing cable leg curl
 - o Rear delt extensions- cable or DB

Week 2: Push

Chest:

- Incline DB bench press
- Pec dec machine

Shoulders:

- DB shoulder Press
- Upright rows (wide grip)
- Rear delt machine
- Front DB raises

Triceps:

- Skull crushers- DB
- Seated overhead DB triceps extensions
- Underhand cable extensions
-

Week 2: Pull

Back :

- Deadlifts
- T-bar row
- Seated cable rows (wide grip)
- Inverted rows/ Horizontal pullups

Biceps:

- BB curls
- DB hammer heads
- Concentration curls

Week 2: Legs

- Hack squat
- Narrow leg press
- Smith machine lunges
- Superset:
 - Side step ups on high platform
 - Sumo squats holding a kettlebell

Week 2: Back, chest, biceps, triceps- high rep

Back/ biceps:

- Superset:
 - Bent over barbell rows
 - Seated incline DB bicep curls
- Superset:
 - Seated cable rows (wide grip)
 - EZ bar biceps curl

Chest/ triceps:

- Superset:
 - Incline DB press
 - DB skull crushers
- Superset:
 - Pec fly deck
 - Triceps DB kickbacks

Week 2: Legs, shoulders- high rep

- Combo: modified snatch to back squat
- Superset:
 - Sumo squats holding a kettlebell
 - Stationary alternating lunges with DB or short BB/EZ bar
- Superset:
 - Rear delt machine
 - Front DB raises
- Kettlebell swings

Week 3: Push

Chest:

- DB bench press
- Decline DB bench
- Medicine ball throws

Shoulders:

- Arnold Press
- Alternating DB press, hold “resting arm” at 90
- Cable face pull
- Side cable lateral raises

Triceps:

- Overhead EZ curl bar extensions
- DB triceps kickbacks
- Bench dips

Week 3: Pull

Back :

- Bent over barbell row
- Pull-ups
- Standing lat straight arm push down on cable machine

Biceps:

- Superset:
 - EZ bar preacher curls
 - DB Hammer head
 - Concentration DB curls

Week 3: Legs

- Front BB squat
- Leg extension machine- 1 legged
- Deadlifts
- Cable machine kick backs
- Straight leg dead lift

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Week 3: Back, chest, biceps, triceps- high rep

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Back/biceps:

- Superset:
 - Close grip lat pulldowns
 - Single arm DB preacher curls
- Superset:
 - Standing lat (straight arm) push down on cable machine
 - Concentration curls- DB

Chest/Triceps:

- Superset:
 - DB flat bench press
 - Underhand cable ext
- Superset:
 - Decline DB bench
 - Dips (on the bars of the dip station)

Week 3: Legs, shoulders- high rep

- Superset:
 - Front BB squat or Cable hack squat machine
 - Arnold Press
- Superset:
 - Leg extension machine
 - Alternating DB press, hold “resting arm” at 90
- Superset:
 - kick backs- cable machine
 - Lateral DB raises
- Smith machine lunges with high knee

6 Day Split

Weeks 1-3: Giant Set- shoulders

Go through each exercise without rest between. Once you have reached the last exercise, rest and repeat 2 more time. This is done for shoulders on that high rep day.

Do 3 sets 15-20 reps each exercise:

- Seated Military Press – DB or BB
 - Upright rows
 - Front plate raise
 - Double arm lateral raises with DB's
 - Standing rear delt raise
- Rest 2-5 minutes, and repeat 2 more times

Week 1: Push

Chest:

- Flat bench press
- Superset:
 - Incline flyes
 - Push-ups

Shoulders:

- Military Press- BB
- Upright rows (narrow grip)
- Lateral DB raises
- Rear delt cable extensions

Triceps:

- Skull crushers- EZ bar
- Overhead triceps rope extensions
- Dips

Week 1: Pull

Back:

- Lat pulldowns (wide grip)
- Single arm DB rows
- Seated cable rows (grip-shoulder width apart or narrow)
- Back extensions

Biceps:

- EZ bar curls
- DB curls
- Rope curls

Week 1: Legs

- Squats- BB
- Leg press
- Walking Lunges with DB,EZ bar or BB
- Seated hamstring curl machine or standing cable leg curl
- Hip Thruster

Week 2: Push

Chest:

- Bench press- Incline DB
- Pec dec machine

Shoulders:

- DB shoulder Press
- BB upright rows -wide grip
- Rear delt machine
- Front DB raises

Triceps:

- Skull crushers- BD
- Seated overhead DB triceps extensions
- Underhand cable extensions

Week 2: Pull

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Back:

- Deadlifts
- T-bar row
- Seated cable rows (wide grip)
- Inverted rows/ Horizontal pullups

Biceps:

- BB curls
- DB hammer heads
- Concentration curls

Week 2: Legs

- Hack squat
- Narrow leg press
- Smith machine lunges
- Superset:
 - Side step ups on high platform
 - Sumo squats holding a kettlebell

Week 3: Push

Chest:

- DB bench press
- Decline DB bench
- Medicine ball throws

Shoulders:

- Arnold Press
- Alternating DB press, hold “resting arm” at 90
- Cable face pull
- Side cable lateral raises

Triceps:

- Overhead EZ curl bar extensions
- DB triceps kickbacks
- Bench dips

Week 3: Pull

Back:

- Bent over barbell row
- Pull-ups
- Incline DB rows
- Standing lat straight arm push down on cable machine

Biceps:


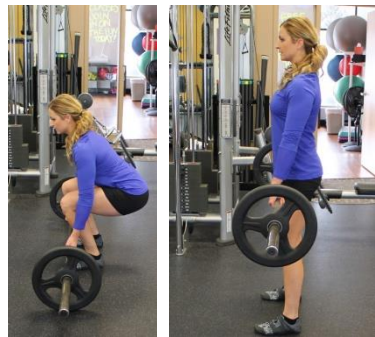


- Superset:
 - EZ bar preacher curls
 - DB Hammer head
 - Concentration DB curls

Week 3: Legs

- Front BB squat
- Leg extension machine- 1 legged
- Deadlifts
- Cable machine kick backs
- Straight leg dead lift

Exercises

Back

Exercise	Description	How to
Back extensions	Position your thighs on the large pad adjusted to the correct height just below your hips. Place your feet on the platform or ankles under the padded brace. Cross your arms across your chest, hinge at the hips and lower your upper body down toward the floor.	
Deadlifts	Stand in front of the bar so the bar is over your feet. Stand with feet hip width apart. Bend at the hip and grip the bar shoulder width apart. Lower your hips into a squat position. Keeping your chest up and back arched, drive through your heels and pull the weight up. Lower the weight to the floor by bending at the hips and finishing in the start position for 1 rep.	
Inverted rows/ Horizontal pullups	Position a bar on a rack about waist height. Sit on the floor with the bar in front of you. Grab the bar just wider than shoulder width. Position yourself hanging under the bar with your feet on the floor, body straight. Pull your chest toward the bar, pause and lower. Make this more challenging by putting your feet up on a bench.	
Lat pulldowns - close grip	Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a close grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let bar raise and fully extend arms returning to starting position.	

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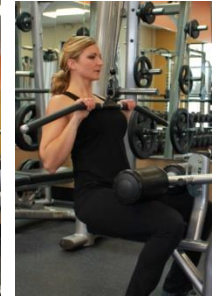
Lat pulldowns wide grip

Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a wide grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let the bar raise and fully extend arms returning to the starting position.



Lat pulldown

Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a neutral grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let the bar raise and fully extend arms returning to the starting position.



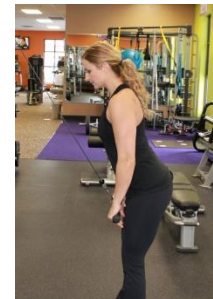
Pull-ups

Grab a pullup bar shoulder width apart, palms facing away. Start with arms fully extended. Pull yourself up until your chin is over the bar. Stay steady and in control. For a little help use bands or assist machine if needed or try negative pull ups.



Standing lat straight arm push down

Attach a bar or rope to a high pulley. Grasp the bar with palms down (rope: palms inward). Bend your knees slightly. Keeping your back straight, bend forward slightly with your arms straight, just above your head. Keeping your arms straight, push the bar down to your upper thighs, pause, squeeze your lats and slowly raise the bar.



Rows - Single arm DB rows

Bending over on a bench so that your back is parallel with the ground (left knee and hand on bench) or, stagger feet and lean against an incline bench. Keeping your back straight, hold the DB with your palm facing the bench. Pull the DB straight up to the side of your chest/upper torso. Squeeze your lats then lower.



Strength Training Plan



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Rows- Bent over barbell row

Grasp a barbell just wider than shoulder width apart, palms down. Keeping your back straight and chest up, hinge at the hips and bend over until your back is near parallel to the floor. Bend your knees slightly. Pull the barbell into your torso keeping your elbows in. Pause and lower.



Rows - Incline DB rows

Hold a DB in each hand and lie face down on an incline bench. Start with arms extended toward the floor. Pull DB's up toward your chest, pause and squeeze your back then lower DB's.



Seated cable rows (grip-shoulder width apart or narrow)

Attach a bar or a double D bar to a pulley. Put feet up on the platform or crossbar. Grab the attachment and pull back into the starting position where your arms are straight and you are leaning back a bit keeping your back slightly arched. Keeping your body stable, pull the bar straight into your torso keeping your arms close to your sides.



Seated cable rows (wide grip)

Attach a lat bar to a seated cable row pulley. Put feet up on the platform or crossbar. Grab the attachment and pull back into the starting position where your arms are straight and you are leaning back a bit keeping your back slightly arched. Keeping your body stable, pull the bar straight into your torso keeping.



T-bar row

Position a barbell into a landmine or securely anchor it into a corner. Load the bar with weights, straddle the bar and hold a v-grip handle under the bar. Keeping your back in a natural arch, pull the bar until the plate touches your chest.








Strength Training Plan



Biceps

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Exercise	Description	How to
Bicep curls- DB	Stand with feet shoulder width apart. Hold a DB in each hand, palms facing your body. Starting with your arms straight, curl the DB up to your shoulder level moving only your forearms keeping your upper arm stabile against your body.	
Bicep curls- BB	Stand with feet shoulder width apart. Hold a barbell, palms upward and shoulder width apart. Starting with your arms straight, curl the bar up to your chest moving only your forearms keeping your elbows close to your sides.	
Bicep curls- cable rope curl	Attach a rope to a low pulley. Hold the rope, palms inward. Moving only your forearm, keeping your upper arm stabile and at your side, pull the rope up squeezing at the top then lower.	
Bicep curls- Seated incline DB	Grab a pair of DB's and sit on an incline bench. Keeping your elbows close to your sides rotate your hands so your palms are facing forward. Keeping your upper arm stabile, curl the weights forward up toward your shoulder moving only your forearm. Alternate your arms.	
Biceps curl- EZ bar	Stand with feet shoulder width apart. Grasp easy bar in the narrow grip or wide grip handles. Starting with your arms straight, curl the bar up to your chest moving only your forearms keeping your elbows close to your sides.	

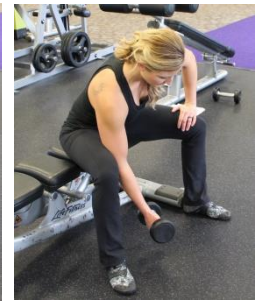
Strength Training Plan



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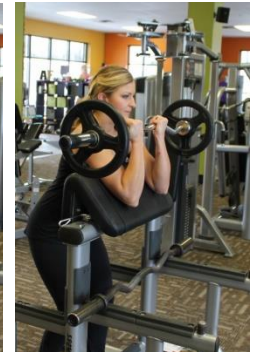
Concentration curls- DB

Sitting on a bench, holding a DB in one hand, place the back of your elbow against your inner thigh. Lower the weight so that your arm is fully extended. Curl the DB up toward your chest/shoulder moving only your forearm. Your upper arm stays stable against your leg. Do all reps with one arm before switching sides.



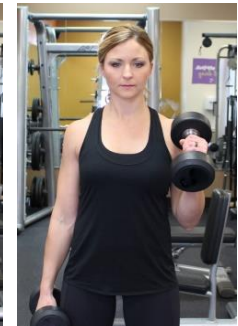
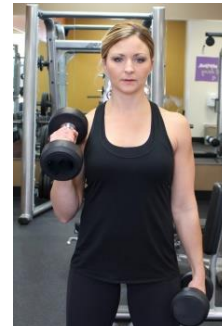
EZ bar preacher curls

Adjust the pad so that you can comfortably sit or stand at the pad. Grab the EZ bar and place the back of your upper arm onto the preacher pad. Lower the weight until your arms are fully extended. Then curl the bar up to your shoulder height moving only your forearms.



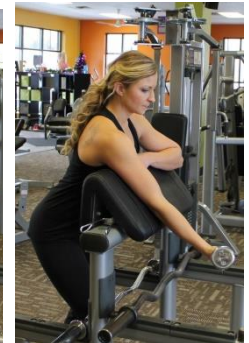
Hammer heads - DB

Holding a DB in each hand at your sides, palms facing inward. Raise the DB up toward your shoulder bending at the elbow moving only your forearm. Upper arm stays stable at your side. Palms remain facing inward. Lower the DB. Alternate arms.



Preacher curls- Single arm DB

Adjust the pad so that you can comfortably sit or stand at the pad. Grab a DB in one hand and place the back of your upper arm onto the preacher pad. Lower the weight until your arm is fully extended. Then curl the DB up to your shoulder height moving only your forearms.













Strength Training Plan



Chest

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Exercise	Description	How to
Bench press- Flat DB	Lie on a bench. Tuck shoulder blades under, arching back slightly. Hold DB's straight up above your chest palms facing away, shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	 
Bench press- Flat BB	Lie on a bench, tuck shoulder blades under, arching back slightly. Grasp BB just wider than shoulders width apart. Lift bar off the rack with arms extended holding the bar above your chest. Lower the bar down to your chest at the nipple line. Push the bar back up for 1 rep.	 
Bench press- Incline DB	Lie on a bench adjusted to an incline position. Tuck shoulder blades under, arching back slightly. Grasp BB just wider than shoulders width apart. Lift bar off the rack with arms extended holding the bar above your chest. Lower the bar down to your chest. Push the bar back up for 1 rep.	 
Bench press- Decline DB	Lie on a decline bench. Tuck shoulder blades under, arching back slightly. Hold DB's straight up above your chest palms facing away, shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	 
Incline flyes- DB	Adjust a bench so that it is at an incline. Holding a DB in each hand, extend arms straight up. Bend elbows slightly. Lower DB's outward to the sides keeping elbows fixed in the same slightly bent position.	 

Strength Training Plan



Push-ups

Starting in a plank position, arms straight and slightly wider than shoulder width. Lower yourself to the floor and repeat. Don't let your elbows flare out. You can do these on your knees, off a bench or standing against a wall.



Pec dec machine/ Pec fly deck

Sit on the machine with your back flat to the pad. Grab the handles. Arms should be parallel to the floor and out to the side. Push the handles out in front of you.






Medicine ball throws

Lie flat on a mat. Hold a weight ball at your chest and explosively throw the ball straight up. Catch the ball and repeat. This can be done standing with a partner back and forth or alone with an angled trampoline.



Core

Exercise	Description	How to
Floor Crunch	Lie on the floor with knees bent, feet flat on the floor. Place your hands behind your head. Crunch until your shoulder blades are off the floor. Make sure not to pull on our head or neck with your hands.	
Half kneeling stability chop	Attach a rope to a high pulley. Kneel on the floor with your right side to the pulley machine, the left leg is kneeling, right leg is bent with foot flat on the floor. Extend your arms and grasp the rope, palms facing each other. Pull the rope in toward your chest, then push the rope down past your left hip rotating your torso engaging your oblique's.	
Hanging leg raises	Hang from a pull up bar with both arms extended. Protect your shoulders by lifting at the joint pulling your chest up instead of dead hanging at the joint. Raise your straight legs until they are parallel with the floor. Also try a knee raise: Raise your bent legs up, knees toward your chest.	

Strength Training Plan



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Mountain Climber

Start in a plank position, arms fully extended. Pull one knee into your chest slowly and pause. Return to plank position and repeat with other leg for 1 rep.



Plank

Keep the body in line from head to toe, tuck your tail bone to make your back somewhat flat and brace your core.



Side planks

Lie on your side with your legs straight. Prop yourself up on your forearm and raise your hips so that your body forms a straight diagonal line. Hold.



Swiss ball rollout

Kneel on the floor and place your fists on the ball. Lean forward and roll ridged arms out over the ball.



Swiss ball pass- legs to hands

Lie on your back holding a swiss ball with your arms extended above your head. As you bring the ball up toward the ceiling, also raise your legs toward the ceiling. Make sure to press your lower back into the mat. Pass the ball from your hands to your legs. Then lower the ball with your legs to the floor while you also lower your extended arms to the floor above your head.



Weighted decline crunches

Lie on a decline bench so your head is lower than your hips. Adjust the bench height accordingly. Position legs securely under the pad. Hold a plate on your chest or hold the plate straight above your head, arms extended. Crunch so your shoulder blades are off the bench, pause and lower. For added difficulty, do a sit up curling all the way up bringing your torso completely off the bench.



Weighted reverse crunch

Lie on a flat bench with your butt near the end. Pick up a DB between your feet. Hold onto the bench above your head for stability and keep your lower back pressed into the bench. With bent legs, crunch your knees up so your upper legs are perpendicular to the floor and lower legs are parallel to the floor. Lower the weight just below the level of the bench.



Strength Training Plan



Reverse Crunch

This can be done on the floor or on a bench. Can also hold a DB between your feet. Legs are bent. Crunch your knees inward toward your chest.









Weighted Swiss ball crunch

Sit on a swiss ball and hold a weight at your chest or straight up, arms extended. Lean all the way back so that your back is arched over the ball. Crunch your shoulder blades off the ball.



Legs

Exercise	Description	How to
Deadlifts	Stand in front of the bar so the bar is over your feet. Stand with feet hip width apart. Bend at the hip and grip the bar shoulder width apart. Lower your hips into a squat position. Keeping your chest up and back arched, drive through your heels and pull the weight up. Lower the weight to the floor by bending at the hips and finishing in the start position for 1 rep.	 
Dead lift- Straight leg	Standing with feet shoulder width apart, lower weight (BB, DB or KB) to mid shin keeping legs straight but joints not locked. Keeping back straight and engaging your glutes, lift weight back up.	 
Deadlift- Single leg kettlebell	Holding a kettle bell in both hands, keeping your back straight, lower the kettle bell to the ground while the right leg goes back and up finishing parallel to the floor. Both legs stay straight but joints are not locked. Raise the kettlebell while bringing the right leg down and engaging the glutes and hams in the left leg. Repeat for rep range then switch legs.	 

Strength Training Plan



Glute bridge

Begin by laying on a mat with knees bent. Drive through your heels, extending your hips vertically toward the ceiling. Extend as far as possible, then reverse the motion to return to the starting position. This can be done with a BB held across your hips like a hip thruster.



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Hip thruster

Begin seated on the ground with a loaded barbell over your legs (put a pad on the bar for comfort) and a your shoulder blades against a bench. Roll the bar so that it is directly above your hips. Begin the movement by driving through with your heels, shoulder blades stay on the bench. Extend your hips vertically through the bar, then reverse the motion and repeat.



Goblet squat

Holding a DB with both hands at chest height squat by lowering yourself leading with the hips as if you were to sit in a chair. Lower down until quads are parallel or below parallel with the floor. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart.



Hack squat

Lay on the pad of the machine and put your shoulders up against the shoulder pads. Place your feet on the platform. Extend your legs and use the safety bars to disengage the sled. Slowly lower the unit by bending your knees. Make sure your feet are positioned so that your knees do not go past the line of your toes.



Hack squat cable machine

Place feet shoulder width apart or high and wide, lower down into a squat and then push back up.



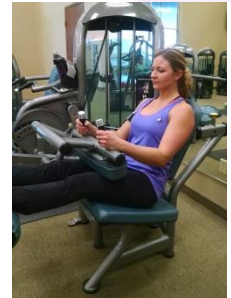
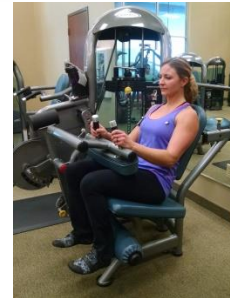
Strength Training Plan



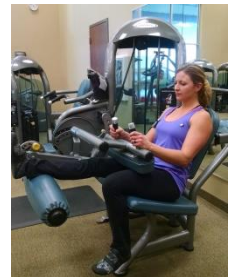
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Hamstring curl machine- Seated

Adjust lower pad on lower calves above the ankles, lower the upper pad so that it is snug just above your knees. Bend at the knees and push the bar down.



Hamstring curl machine- Seated, Single leg



Kettlebell swings

Standing just wider than shoulder width apart, hold a kettlebell with both hands. Keep chest up, shoulders back and back straight. Squat down and spring up driving through your heels and thrusting through your hips keeping your arms straight. You will be swinging the kettlebell to chest height. Repeat reps continuously without a pause.



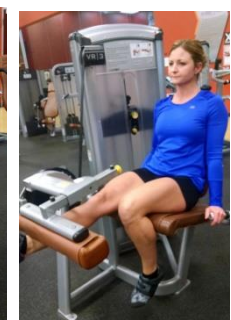
kickbacks - Cable machine

Attach an ankle strap to a low pulley. Face the pulley machine and hold handles or the bar. Stand on a platform with the non working leg. Pull your extended working leg straight back then lower.



Leg extension machine- 1 legged

Seat yourself on the machine and adjust the pad so it is against the lower part of the shin but not in contact with the ankle. Fully extend one leg, pausing at the top of the motion.



Strength Training Plan



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Leg extension machine

Seat yourself on the machine and adjust the pad so it is against the lower part of the shin but not in contact with the ankle. Fully extend legs, pausing at the top of the motion.



Leg press

Place feet in a neutral position on the press platform. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. Do not allow your knees to cave in through the movement.



Leg press- Narrow

Place feet just within shoulder width apart. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. Do not allow your knees to cave in through the movement.



Leg Press- Wide

Place feet in the upper corners of the press platform. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. Do not allow your knees to cave in through the movement.



Squats – BB, neutral

Start with feet shoulder width apart. Barbell across the back of your shoulders on the muscle. Start by leading with your hips as if you were going to sit in a chair. Lower down until quads are parallel with the floor. Knees should not go forward beyond your toe line. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart.



Strength Training Plan



**Squats – BB,
narrow**



Squats – BB, wide



Squat- Front BB

Place the bar on the front of your shoulders with upper arm parallel to the ground. Keeping elbows up, squat by lowering yourself leading with the hips as if you were to sit in a chair. Lower down until quads are parallel or below parallel with the floor. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart. Do this without weight if you are new to the squat.



**Side step ups on
high platform**

Stand with a high platform appropriate to your fitness level at your right side. Place your right leg up on the platform and step up still facing the same way. Lower and repeat for rep then switch sides.

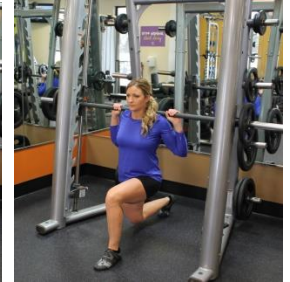


Strength Training Plan



Smith machine lunges

Stand in a staggered stance with one leg forward, one leg back and the bar across your shoulders/upper back. Lower the weight until your front leg is at a 90 degree angle. Make sure the knee is behind your toe line. Push up through your heel on the front leg and your toe on your back leg.



Smith machine lunges with high knee

Stand in a staggered stance with one leg forward, one leg back and the bar across your shoulders/upper back. Lower the weight until your front leg is at a 90 degree angle. Make sure the knee is behind your toe line. Push up through your heel on the front leg and your toe on your back leg. As you come up, lift your back leg up in front of you into a high knee. On your way back down, that leg goes back behind you to the floor.



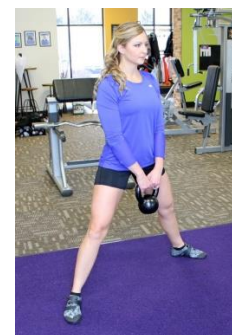
Standing cable leg curl

Attach an ankle strap to a low pulley. Face the pulley machine and hold handles or the bar. Stand on a platform with the non working leg. Bending at the knee keeping your upper leg stable, curl your lower leg pulling the weight. Pause and lower.



Sumo squats holding a kettlebell

Place feet in a wide stance. Hold a kettle bell or DB in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Pushing down through your heels to return to the starting position.



Strength Training Plan



Stationary alternating lunges

Start in a neutral standing position. Hold DB's at your side or a BB across your shoulders/upper back. Step forward into a lunge then step back into a neutral position. Repeat with the other leg for 1 rep.



Walking lunges

Hold DB's at your side. You can use an EZ bar, BB or DB's. Start in a standing position. Step one leg in front of you into a lunge. Then step your back leg forward into neutral and then in front of you into a lunge for 1 rep.



Squat shoulder press

Hold DB's in each hand in the beginning shoulder press position. Leading with your hips, sit back into a squat. As you come up, push the DB's up over your head and repeat.



Single arm DB snatch

Standing with feet slightly shoulder width apart. Squat back and pull the DB off the floor from between your feet with an overhand grip up toward the ceiling while pushing through your heels out of the squat. Keep your elbow high while pulling the DB up, close to your body to chest level. Then rotate your elbow below the weight and push the DB up above your head, palm facing forward now. Reverse and repeat.



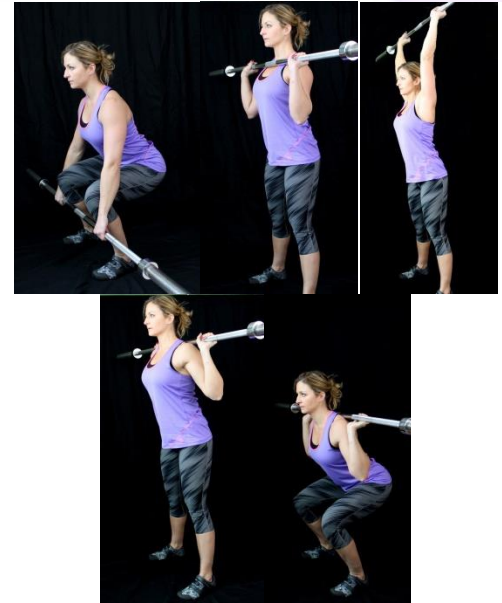
Strength Training Plan






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Combo: deadlift, military press, squat and behind the neck press

Stand with feet slightly shoulder width apart holding a BB. Squat down into a deadlift. As you push through your heels and stand up, pull the BB up close to your body, elbows high like an upright row. Rotate elbows under the weight at chest height then press the BB up over your head. Lower the BB behind your head onto your shoulders and then squat for 1 rep. Reverse all steps and repeat for rep range.



Shoulders

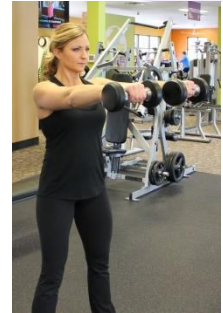
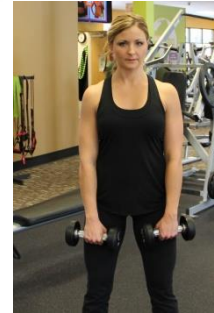
Exercise	Description	How to
Arnold Press	Sit on a bench with back support. Hold two DB's in front of you at upper chest level, palms facing you. Raise the DB's as you rotate the palms of your hands to face forward, fully extending arms straight above your head. Lower to starting position for 1 rep.	
Alternating DB press	Sit on a bench with back support or stand with feet shoulder width apart. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push one arm straight up, while the other stays at the 90 degree angle. Lower DB and raise the other arm for 1 rep.	
Cable face pull	Attach a rope to a high pulley. Grasp the rope with a neutral grip, palms facing each other. Pull the rope directly toward your face separating the rope so your hands finish beside your ears.	

Strength Training Plan



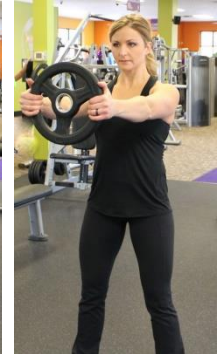
Front DB raises

Standing with your feet shoulder width apart, grasp a DB in each hand. With your arms extended raise the DB to shoulder height. Pause and lower. Alternate your arms or raise them together.



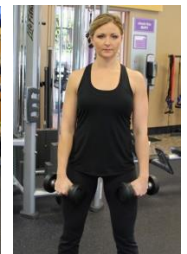
Front plate raise

Standing with your feet shoulder width apart, grasp a plate with both hands and raise it straight up in front of you, arms extended to shoulder height. Pause and lower.



Lateral DB raises

Seated or standing, hold DB's at your side, keeping arms straight, raise the DB's straight up out to the sides not going above shoulder level. Pause, lower and repeat. You can alternate arms or raise them at the same time.



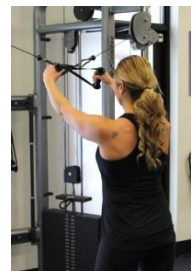
Military Press- BB

Sit on a bench with back support. Grasp the BB just outside of shoulder width apart. Un-rack the weight, you may need assistance to do this. Lower the weight to your collar bone, push up and repeat.



Rear delt cable extensions

Adjust pulley's so that they are above your head. Grab left pulley with your right hand, and right pulley with your left hand crossing the cables. Move your arms out and backward keeping your arms in a slightly bent position. Pause. Return to starting position and repeat.



Rear delt raise- DB

Holding a DB in both hands, knees slight bent. Keeping your back slightly arched, hinge at the hips and bend over so your upper body is nearly parallel with the floor. With extended arms, raise the DB's out to the side engaging the rear deltoids.



Strength Training Plan



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Rear delt machine

Sit on the machine facing the pad. Adjust seat if needed. Handles should be directly in front of you. Grasp the handles and push them straight out to the side and back.



Shoulder Press-DB

Sit on a bench with back support or stand with feet shoulder width apart. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push DB's straight up, slowly lower.



Side cable lateral raises

Attach a handle onto a low pulley. Stand with your left side to the pulley and the right hand holding the handle at your side. Raise your straight arm up out to your side and lower for 1 rep.



Upright rows-narrow grip

Standing, hold a barbell with a close grip, palms facing you. Pull the bar straight up to your chin keeping elbows high.



Upright rows-wide grip

Standing, hold a barbell shoulder width apart or in a wide grip wider than shoulder width. Pull the bar straight up to your chin keeping elbows high.











Strength Training Plan



Triceps

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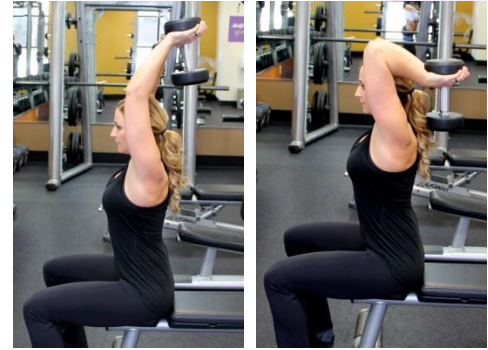
Exercise	Description	How to
Bench dips	Place your hands on the edge of a bench with your thumbs facing each other, shoulder width apart. Feet can be on floor, legs bent, legs straight or feet on a bench. Bend your elbows and lower your butt keeping your back close to the bench.	 
DB triceps kickbacks	Bend over placing your left knee and left hand on a bench. Holding a DB with your right hand, place your upper arm in line with your body parallel to the floor. Your arm should be bent. Straighten your arm by moving only your forearm straight back. Lower DB for 1 rep. Your upper arm does not move.	 
Dips	On dip bars, place hands on each bar. Take a small jump up to get your arms in an extended locked position. Bend at the elbows and lower your body until your arms go past a 90 degree angle. Stay in control. Push yourself back up to the starting position and repeat.	 
Overhead triceps rope extensions	Attach a rope to a high pulley. Grab the rope with a neutral grip, palms facing inward. Turn so your back is to the pulley. Your arms are above your head. Standing with a staggered stance and straight back, hinge at the hips and bend over until your torso is at about a 45 degree angle to the floor. Keep your head in a neutral position. Your upper arms are in line with your body close to your head. Extend your arms pulling the rope over your head keeping your upper arm fixed in position. Squeeze, return to start and repeat.	 

Strength Training Plan



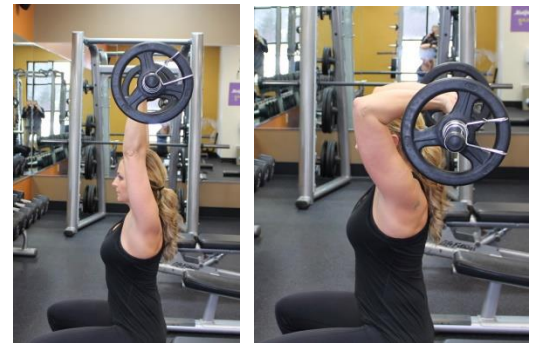
Overhead DB triceps extensions

Holding a DB with both hands directly behind your head, elbows bent and kept in toward your head. Lift the DB straight up. Upper arms should remain stationary.



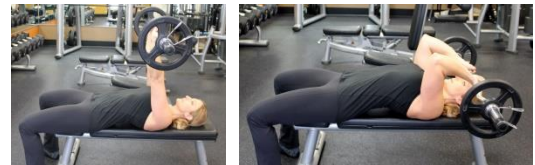
Overhead triceps extensions with EZ bar

Seated on a bench holding an EZ bar with both hands directly behind your head, elbows bent and kept in toward your head. Lift the EZ bar straight up. Upper arms should remain stationary.



Skull crushers- EZ bar

Lie down on a bench. Hold an EZ bar with a close grip straight above your chest. Bending at the elbows, lower the bar toward your forehead keeping upper arms steady.



Skull crushers- DB

Lie down on a bench. Hold one DB or two DB's together straight above your chest. Bending at the elbows, lower the weight toward your forehead keeping upper arms steady.



Underhand cable extensions

Attach a v-bar or straight short bar to a high pulley. Grasp the bar with an underhand grip, palms upward. Keeping upper arm stationary at your side, pull the bar down until your arms are fully extended.



Strength Training Plan



Credits

Created by Heather Owen, Owner of Get Fit. Go Figure! LLC

Header graphic designed by Freepik

Photo's taken at Anytime Fitness Woodbury Dr. MN



Get Fit. Go Figure!

Strength Training Plan

Intermediate/ Advanced