## Body-for-LIFE Competitor's Corner



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## Men's Weight Training

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- Weight train intensely, three times per week on alternating days with aerobic exercise three times per week. Make sure to hit your "high points" during your workout.
- Alternate training the major muscles of the upper and lower body.
- Perform two exercises for each major muscle group of the upper body.
- Select one exercise for each muscle group and conduct five sets, starting with a set of 12 reps, then increasing the weight and doing 10 reps, adding more weight and doing 8 reps, adding more weight for 6 reps. Then reduce the weight, do 12 reps, and immediately go to another set of 12 reps for that muscle group.
- For each muscle group, rest for one minute between the first four sets. Then complete the final two sets with no rest in between, Wait two minutes before moving on to your next muscle group, Complete this pattern five times for the upper body training experience and four times for the lower body training experience.
- Always plan your training before hand.
- Record all your weightlifting exercised in a journal indicating the exercise selected and weight lifted.

## Daily Training Guide

Download the Exercise Guide

Day 1	Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 2	Cardiovascular Workout	
Day 3	Lower Body and Abs Training	Quads/Hamstrings/Calves/Abdominals
Day 4	Cardiovascular Workout	
Day 5	Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 6	Cardiovascular Workout	
Day 7	Rest	

Upper Body	Lower Body
Chest	Quadriceps
Choose Exercise from List	Choose Exercise from List
Barbell Bench Press	Barbell Squats
Barbell Incline Press	Leg Presses
Dumbbell Bench Press	Leg Extensions
Dumbbell Incline Press	<b>Repetitions:</b> x12, 10, x8, x6, x12, x12
Dumbbell Flyes	Hamstrings
Cable Crossovers	Choose Exercise from List
<b>Repetitions:</b> x12, 10, x8, x6, x12, x12	Dumbbell Lunges
Back	Straight-Leg Deadlifts
Choose Exercise from List	Lying Leg Curls
Pull-Ups	Repetitions: x12, 10, x8, x6, x12, x12
Wide-Grip Lat Pulldowns	Calves

Seated Cable Rows **Back Extensions** Straight Arm Pulldowns Repetitions: x12, 10, x8, x6, x12, x12 Shoulders

Choose Exercise from List Seated Dumbbell Press Front Raises Lateral Raises **Reverse Flyes** Upright Cable Rows Upright Barbell Rows **Repetitions:** x12, 10, x8, x6, x12, x12 Biceps

Choose Exercise from List

Repetitions: x12, 10, x8, x6, x12, x12 Triceps **Choose Exercise from List** 

Repetitions: x12, 10, x8, x6, x12, x12

Alternate Dumbbell Curls

Seated Triceps Presses Lying Triceps Presses **Triceps Kickbacks Triceps Pushdowns** Cable Extensions Bench Dips

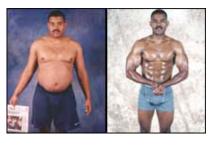
Barbell Curls Preacher Curls **Concentration Curls** 

Cable Curls Hammer Curls

**Choose Exercise from List** Seated Calf Raises Standing Heel Raises **Repetitions:** x12, 10, x8, x6, x12, x12

## Abs **Choose Exercise from List**

Floor Crunches **Oblique Floor Crunches Decline Crunches Decline Oblique** Hanging Knee Raises **Reverse Crunches** Cable Crunches Cable Oblique Crunches Repetitions: x12, 10, x8, x6, x12, x12







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