



SHOULDERS

Shoulder Flyes



SHOULDERS

Shoulder Presses



CHEST

Pushup Handles



CHEST

Incline Flyes



SHOULDERS

Upright Rows



SHOULDERS

Shoulder Shrugs



CHEST

Incline Presses



CHEST

Decline Presses



SHOULDERS

Rear Shoulder Flyes

## TRAINING PROGRAM #1

### TOTAL BODY ROUTINE

*Courtesy, Hugo A. Rivera*

**Triset A (Chest/Back/Abs):**

- Push Ups or Bench Presses  
3 sets x10-12 reps (no rest)
- One Arm Dumbbell Rows  
3 sets x10-12 reps (no rest)
- Crunches  
3 sets x25-40 reps (1 minute rest)

**Triset B (Delts/Biceps/Triceps):**

- Dumbbell Upright Rows  
3 sets x10-12 reps(no rest)
- Dumbbell Curls  
3 sets x10-12 reps (no rest)
- Overhead Triceps Extensions  
3 sets x10-12 reps (1 min rest)

**Triset C (Thighs/Hamstrings/Calves):**

- Squats  
3 sets x10-12 reps (no rest)
- Stiff Legged Deadlifts  
3 sets x10-12 reps (no rest)
- One Leg Calf Raises  
3 sets x10-12 reps (1 min rest)

*Notes: Move to Triset B after you have completed 3 sets of Triset A. Move to Triset C after you have completed 3 sets of Triset B. Precede each set with at least one set of light weight, high rep warm-ups. Rest 1-2 days between workouts. Add cardio on days off.*



CHEST

Bench Presses



ARMS

Tri Kick Backs



BACK

Isolation Rows



ARMS

Preacher Curls

## TRAINING PROGRAM #2

### SPLIT ROUTINE

**Part A**

- Crunch Situps
- Leg Raises
- Squats
- Lunges
- Calf Raises
- Arm Curls

**Part B**

- Bench Presses
- Incline Bench Presses
- Decline Bench Presses
- Shoulder Presses
- Stiff Legged Dead Lift
- One Arm Rows
- Shoulder Flyes
- Front /Rear Shoulder Flyes (Front & Rear Delts)
- Shoulder Shrugs

*Notes: This is a 4-day per week routine. Part A is for days 1 & 4. Part B is for Days 2 & 6. Do 4-5 sets of each exercise including your warm-ups. Use heavier weights and lower reps (6-10) with longer rest (2 min.) for greater muscle size and strength. Do higher reps (12-18) and less rest (30 sec. - 1 min.) for more muscle endurance and cardio conditioning. It is a good idea to alternate back and forth to constantly challenge the muscles.*



BACK

One Arm Rows



ARMS

Tricep Extensions



BACK

Stiff Legged Dead Lifts



ARMS

Curls



ABS

Ab Laterals



LEGS

Calf Raises



LEGS

Lunges



ARMS

Bar Dips



ABS

Leg Raises



ABS

Crunch Situps



LEGS

Squats