

TRAINING PROGRAMMES

weight training - intermediate programme [duration: 2 - 3 months]

[use this training log to keep a record of the amount of weight lifted for each exercise for the duration of the programme]

Exercise	Sets	Reps	MONTH 1				MONTH 2				MONTH 3				
			KG	KG	KG	KG	KG	KG	KG	KG	KG	KG	KG		
Day 1:															
Chest	Flat Bench Press	3	10-12												
	Pectoral Flyers	2	10-12												
	Incline Bench Press	3	10-12												
Back	Lat Pulldowns	2	10-12												
	Vertical Seated Rows	2	10-12												
Triceps	Pushdowns	2	10-12												
	Dips [Chin Dip Assist Machine]	2	10-12												
	Total Tricep Machine	3	10-12												
Calves	Standing / Donkey Calf Raises	3	Max												
	Seated Calf Raises	3	10-12												
				Number of Crunches				Number of Crunches				Number of Crunches			
Abdominals	Crunches	3	Max												
Day 2:															
Shoulders	Shoulder / Military Press	3	10-12												
	Deltoid Raise	2	10-12												
	Upright Row	2	10-12												
Legs	Leg Press	3	10-12												
	Squats	3	10-12												
	Leg Extensions	3	10-12												
	Lying Leg Curls	3	10-12												
Biceps	Standing Dumbbell Curls	2	10-12												
	Seated Dumbbell Curls	2	10-12												
	Preacher DB/BB Curls	3	10-12												
				Number of Crunches				Number of Crunches				Number of Crunches			
Abdominals	Crunches	3	Max												