

WEIGHT TRAINING

LEVEL UP YOUR ROUTINE



YOUR NAME		Goblet Squats			Bicep Curls			Squats			Pull-Ups			Bench Press			
EXERCISE NAME:		Swings			Lat Pulldowns			Deadlifts			Push-Ups			Rows			
MON	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 04	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	07:30-09:00	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		160 lbs.			Biceps: 13.5 in			Chest: 40.0 in			Thighs: 22.0 in			6075 lbs. lifted			
TUE	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 05	Weight	25	25	25	30	30	30	120	120	120	20	20	20	35	35	35
	07:30-09:00	Reps	15	15	15	12	10	10	8	8	8	15	15	15	12	10	10
My Weight:		161 lbs.			Biceps: 13.5 in			Chest: 40.5 in			Thighs: 22.5 in			8265 lbs. lifted			
WED	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 06	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	07:30-09:00	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		161 lbs.			Biceps: 14.0 in			Chest: 40.5 in			Thighs: 22.5 in			6075 lbs. lifted			
THU	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 07	Weight	100	100	100	100	100	100	100	100	100	100	100	100	100	100	100
	07:30-09:00	Reps	15	15	15	12	10	10	8	8	8	15	15	15	12	10	10
My Weight:		162 lbs.			Biceps: 14.0 in			Chest: 41.0 in			Thighs: 22.5 in			17800 lbs. lifted			
FRI	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 08	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	07:30-09:00	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		162 lbs.			Biceps: 14.0 in			Chest: 41.0 in			Thighs: 23.0 in			6075 lbs. lifted			
SAT	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 09	Weight	25	25	25	30	30	30	120	120	120	20	20	20	35	35	35
	07:30-09:00	Reps	15	15	15	12	10	10	8	8	8	15	15	15	12	10	10
My Weight:		162 lbs.			Biceps: 14.0 in			Chest: 41.0 in			Thighs: 23.0 in			8265 lbs. lifted			
SUN	SETS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	
	Now 10	Weight	35	35	35	40	40	40	100	100	100	20	20	20	30	30	30
	07:30-09:00	Reps	5	5	5	15	10	8	10	8	8	10	10	10	15	10	10
My Weight:		163 lbs.			Biceps: 14.5 in			Chest: 41.5 in			Thighs: 23.0 in			6075 lbs. lifted			

The Manual Of Weight Training

Greg Sushinsky

The Manual Of Weight Training:

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The Manual of Weight-training; Edited by George Kirkley and John Goodbody George William KIRKLEY (and GOODBODY (John)), John Goodbody, 1967

High-Intensity Training John Philbin, 2004 With the complete training system profiled in this book readers can hit a new level of intensity and get maximum results in the weight room. With High Intensity Training they can push their bodies to the limit and produce fast safe results.

Strength Training Bible for Men William Smith, David Kirschen, 2015-09-29 The coaching you need to build strength maximum muscle growth and power. Experts agree the fastest and most effective way to build strength and increase muscle mass is to lift weights. Written by top strength training professionals Strength Training Bible is the comprehensive easy to understand guide to mastering the basics of weight lifting and barbell training. Divided by fitness levels Strength Training Bible shows you how to craft powerful workouts that are tailored to your unique goals. Designed to minimize risk and maximize results the Strength Training Bible program combines the best elements of strength training and weight lifting in a program you can do at home or in the gym. With the Strength Training Bible program you will Build muscle and definition Increase endurance and energy Achieve perfect form with detailed step by step exercise instructions Turn your home work space or garage into a fully functional weight room. Reach

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The Natural Bodybuilding Training Manual Greg Sushinsky, 2011-03-06 Natural Bodybuilders Your Training is Different This practical concentrated manual written by a natural bodybuilder for natural bodybuilders shows you why natural bodybuilders need to even must train with methods and techniques specifically tailored to drug free trainers in order to reach their bodybuilding goals The manual features both an introduction for beginners as well as information and an overview for intermediate and advanced trainers The manual contains condensed information on reps sets energy and recovery a key concept for natural bodybuilders to master guidelines on workout lengths and volume as well as a brief section on genetics It explains why it is crucial for drug free trainers to train differently very differently than those using steroids and other drugs The manual also contains information on what to avoid in your training and nutrition so you can benefit from and make the most progress possible in your training Included in the heart of the text are several workouts for each level of ability of natural bodybuilders including a small section for the hard gainer Overall there are more than a dozen workouts included for you to choose from and there is information on how to construct your own workouts from what you learn There are explanations as to how and why to do things a certain way to improve your results This compact manual contains an enormous amount of potent bodybuilding information It's a small primer on natural bodybuilding training and nutrition and even though you may think there are plenty of things in it you already know or are doing you will likely learn something from it you'll be able to apply immediately and productively to your workouts for better results The manual not only provides information but shows you how to apply this information right away Results are what this manual is about

Weight Training Manual Ramon W. Kireilis, 1960 **Manual of Weight Training** Ramboro Books, 1999-11

Strength Training Bible for Women David Kirschen, William Smith, 2016-10-18 A comprehensive easy to understand guide to mastering the basics of weight lifting and barbell training at home or at the gym created specifically for women Stop looking for the perfect program and start working towards your goals with an exercise regimen designed to help you reach the next level in physical fitness Top strength training professionals will show you how to craft powerful workouts that are tailored to your unique goals Experts agree the fastest and most effective way to build strength and enhance muscle tone is to lift weights This all in one woman's guide to building strength and toning up will show you how to Build muscle and definition while increasing endurance and energy Achieve perfect form with detailed step by step exercise instructions Turn your home work space or garage into a fully functional weight room Reach long time fitness goals and maintain definition year round Stay motivated with helpful tips from professional powerlifter and physique competitor Julia Ladewski You can

find additional resources for this book at GetFitNow.com and on Facebook at GetFitNowdotcom

Farmer Gym's Strength and Conditioning Manual Jason Harle, 2016-10-13 The Strength and Conditioning Manual is a 10 week strength and conditioning program designed to improve one's strength and overall fitness level. With heavy weight lifting and high intensity interval training, the program challenges the whole body both anaerobically and aerobically. The Manual anticipates that you will work out four days a week with two days of built in rest and one run day each week. You will proceed through the Manual day by day just as you would a daily calendar. This book is not for beginners; we recommend you have at least a year's worth of experience in the weight room before using the Manual. Most of the exercises found here should be familiar to you. This book is not for advanced weightlifters. We don't wish to discourage elite lifters from using the Manual; we simply want to emphasize that this group of individuals utilizes a very regimented programming scheme one specifically designed to strictly increase strength. The Manual is for those with weightlifting experience those who wish to increase strength and overall fitness by challenging their personal bests and testing their physical limits. If you are searching for the bulky look or a skinny frame this book is also not for you. Designed to grow strong, healthy, long lasting muscle the Manual is geared toward an athletic look.

Science, 1889 Instructor's Manual for Your Guide to Getting Fit Ivan Kusinitz, 1987 Mind and Body, 1897

The Complete Idiot's Guide to Weight Training, Illustrated, 4th Edition Deidre Cane, Jonathan Cane, 2012-12-04 The Complete Idiot's Guide to Weight Training Illustrated Fourth Edition is for both novice and intermediate gym workouts. Multiple exercises are explained with step by step instructions using well over 300 illustrations in this large trim, easy to read training guide. Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated.

The Complete Manual of Fitness and Well-being Reader's Digest Association, 1984 Each chapter of this all purpose health book deals with a different topic ranging from nutrition to exercise and also covering beauty care, sexuality and alternative medicine. Charts, diagrams, drawings and 450 full color photos.

The School Journal, 1898 **Subject Catalog** Library of Congress, 1978

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