

Red Kingdom Fitness

Men's Workout I
12 Week Program

Week 1

Chest

Bench Press – barbell, smith machine	3 sets - 15 reps
Incline Chest Press – dumbbells touching	3 sets - 15 reps
Pec Flys - machine	3 sets - 15 reps
Seated Chest Press – machine	3 sets - 12 reps
Chest Flys – cables	3 sets - 15 reps

Back

Lateral Pull Downs - cables	3 sets - 15 reps
Seated Rows - cables	3 sets - 15 reps
Bent Back Flys – dumbbells	3 sets - 12 reps
Romanian Deadlifts – barbell	3 sets - 12 reps
Bent Back Rows – dumbbells	3 sets - 12 reps

Shoulders

Seated Shoulder Press – barbell, dumbbells	3 sets - 12 reps
Seated Front Raises – dumbbells	3 sets - 12 reps
Seated Lateral Raises – dumbbells	3 sets - 12 reps
Rear Delt Flys – pec fly machine	3 sets - 12 reps
One-Arm Shoulder Press – dumbbell	3 sets - 12 reps

Legs

Leg Press - machine	3 sets - 15 reps
Goblet Squats – 1 dumbbell, weight plate	3 sets - 12 reps
Leg Curls - machine	3 sets - 15 reps
Lunges – dumbbells, slight lean forward	3 sets - 20 steps
Calf Raises – machine, leg press	3 sets - 20 reps
Hip Thrusts – machine, smith machine, weight plate	3 sets - 12 reps

Biceps

Preacher Curls – easy bar	3 sets - 12 reps
Dumbbell Curls - alternating	3 sets - 12 reps
Reverse Curls – easy bar	3 sets - 12 reps
Pull Ups – close, reverse grip	3 sets - 12 reps
Cable Curls	3 sets - 15 reps

Triceps

Skull Crushers w/ Chest Press	3 sets - 12/12 reps
Tricep Kickbacks – dumbbells, one arm	3 sets - 12 reps
Tricep Extensions – cables – v bar	3 sets - 12 reps
Tricep Press - machine	3 sets - 15 reps
Tricep Extensions - machine	3 sets - 12 reps

Abs/ Core

Crunches – machine	3 sets - 25 reps
Leg Raises – dip bar, 10 side, 10 middle, 10 side	3 sets - 10 reps ea. side
Torso Rotation – machine, cables	3 sets - 15 reps per side

Cardio

Stair Stepper	20 minutes
Rows – rowing machine	15 minutes
Treadmill inclined	15 minutes – run/jog or brisk walk

Week 2

Chest

Incline Chest Press – barbell, smith machine	3 sets - 12 reps
Chest Press – bench, dumbbells	3 sets - 15 reps
Chest Flys – decline bench	3 sets - 12 reps
Chest Raises – dumbbells	3 sets - 15 reps
Push Ups – 20 regular, 20 wide, 20 diamond	3 sets - 20 reps

Back

Bent Back Rows – smith machine	3 sets - 15 reps
Pull Ups – assisted if needed	3 sets - 12 reps
Back Flys – cables	3 sets - 12 reps
Back Extensions – machine, back raises, roman chair	3 sets - 15 reps
Seated Back Rows – machine	3 sets - 12 reps

Shoulders

Arnold Press – dumbbells	3 sets - 12 reps
Side Lateral Raises – dumbbells	3 sets - 12 reps
Rear Delt Pulls – face pulls, rope, cable row	3 sets - 15 reps
Standing Shoulder Press - barbell	3 sets - 12 reps
Standing Front Raises – small barbell, weight plate	3 sets - 12 reps

Legs

Bulgarian Split Squats - smith machine - bench	3 sets - 12 reps ea. leg
Straight-Leg Deadlifts – barbell	3 sets - 12 reps
Leg Curls – machine	3 sets - 15 reps
Calf Raises – leg press, smith machine, machine	3 sets - 20 reps
Squats – smith machine, barbell	3 sets - 12 reps
Hams & Glutes – roman chair, 1 dumbbell, back raises	3 sets - 15 reps

Biceps

Barbell Curls – 45lb bar or small barbell	3 sets - 15 reps
Hammer Curls – dumbbells, both arms	3 sets - 12 reps
One Arm Preacher Curls – preacher, incline bench	3 sets - 10 reps
Bicep Curls – cables	3 sets - 15 reps
Bicep Curls – machine	3 sets - 12 reps

Triceps

Dips – assisted	3 sets - 15 reps
Overhead Tricep Extensions – cables, rope	3 sets - 12 reps
Tricep Extensions – cables, reverse grip	3 sets - 15 reps
Tricep Extensions – machine	3 sets - 12 reps
Pin Press – bench, close grip, easy bar	3 sets - 10 reps

Abs/ Core

Decline Bench Crunches – decline bench	3 sets - 20 reps
Planks	3 sets - 1 minute ea.
Crunches – roman chair	3 sets - 15 reps
Ab Coaster – side crunches	3 sets - 30 reps per side

Cardio

Stair Stepper	15 minutes x 2
Treadmill - jog	15 minutes
Stationary Bike	20 minutes
Rower	10 minutes

Week 3

Chest

Bench Chest Press – dumbbells	3 sets - 12 reps
Incline Chest Press - dumbbells	3 sets - 12 reps
Bench Chest Flys – dumbbells	3 sets - 12 reps
Chest Raises – dumbbells, both arms	3 sets - 12 reps
Chest/ Pec Flys – machine	3 sets - 12 reps

Back

Pullovers – bench, easy bar, machine	3 sets - 12 reps
Romanian Deadlifts - barbell	3 sets - 12 reps
Back Flys – cables	3 sets - 12 reps
One-Arm Lat Pulldowns - cables	3 sets - 10 reps
Bent Back Rows – barbell, small barbell	3 sets - 12 reps

Shoulders

Shoulder Press - dumbbells	3 sets - 12 reps
Side Lateral Raises – dumbbells	3 sets - 12 reps
Seated Front Raises – dumbbells	3 sets - 12 reps
Bent Rear Delt Flys - dumbbells	3 sets - 15 reps
Side Lateral Raises – cables	3 sets - 15 reps

Legs

Squats – barbell, smith machine	3 sets - 12 reps
Sled – push there/ pull back = 1 rep	3 sets - there & back
Leg Curls – machine, cables	3 sets - 15 reps
Calf Raises – smith machine/ machine	3 sets - 15 reps
Glutes – machine/ smith machine	3 sets - 10 reps

Biceps

Standing Curls - barbell	3 sets - 15 reps
Bicep Curls - cables	3 sets - 15 reps
Bicep Curls - machine	3 sets - 12 reps
Pull Ups – reverse- close grip	3 sets - 12 reps
Isolation Curls – dumbbells, cables	3 sets - 10 reps

Triceps

Skull Crushers w/ Chest Press	3 sets - 12/12 reps
Tricep Extensions – cables, rope	3 sets - 15 reps
Tricep Extensions – machine	3 sets - 15 reps
Diamond Push Ups - floor	3 sets - 25 reps
Tricep Kickbacks – cables, dumbbells	3 sets - 15 reps

Abs/ Core

Mountain Climbers	3 sets - 1-minute rounds
Crunches - machine	3 sets - 30 reps
Obliques – torso machine, landmine rotations	3 sets - 15 reps ea. side

Cardio

Elliptical	10 minutes
Stair Stepper	10-15 minutes
Stationary Bike	20 minutes
Treadmill – inclined, brisk walk or jog	15 minutes

Week 4

Chest

Incline Chest Press – barbell, smith machine	4 sets - 12 reps
Bench Chest Press – dumbbells touching	4 sets - 12 reps
Dips – dip bar, weight belt optional, or assisted	4 sets - 15 reps
Seated Chest Press – machine	4 sets - 10 reps
Chest Flys – machine	4 sets - 12 reps

Back

Bent Back Rows – barbell, reverse grip	4 sets - 12 reps
High Rows - machine	4 sets - 12 reps
Romanian Deadlifts - dumbbells	4 sets - 10 reps
Straight Arm Lateral Pulls – cables	4 sets - 15 reps
Bent Back Flys – dumbbells	4 sets - 10 reps

Shoulders

One Arm Shoulder Press – 1 dumbbell, standing	4 sets - 12 reps
Side Lateral Raises – dumbbells	4 sets - 10 reps
Rear Delt Flys – machine	4 sets - 12 reps
Shoulder Press – cables, v bar	4 sets - 12 reps
Lateral Raises – cables, dumbbells	4 sets - 12 reps

Legs

Bulgarian Split Squats – dumbbells, bench	4 sets - 10 reps
Leg Curls – machine	4 sets - 12 reps
Romanian Deadlifts – barbell, dumbbells	4 sets - 12 reps
Calf Raises – drop set, 10 heavy/ 15 lighter	4 sets - 25 reps
Glutes - machine	4 sets - 12 reps
Hip Abductor/ Adductor – machine	4 sets - 15 reps

Biceps

Curls – dumbbells – both arms	4 sets - 15 reps
Bicep Curls - machine	4 sets - 12 reps
Bicep Curls – cables	4 sets - 15 reps
Pull Ups – reverse close grip	4 sets - 12 reps
Preacher Curls – easy bar	4 sets - 10 reps

Triceps

Tricep Press – machine	4 sets - 12 reps
Tricep Extensions – cables – v bar	4 sets - 15 reps
Diamond Push Ups	4 sets - 15 reps
Tricep Extensions - machine	4 sets - 12 reps
Overhead Tricep Press – sm. barbell, dumbbells	4 sets - 10 reps

Abs/ Core

Decline Crunches – use weight	4 sets - 20 reps
Seated Crunches - machine	4 sets - 25 reps
Planks	4 sets - 1 minute

Cardio

Stair Stepper	15 minutes x 2 this week
Rowing – rowing machine	15 minutes
Treadmill – slight incline, jog or run	15 minutes

Week 5

Chest

Bench Press – barbell, Swiss bar, multi-grip bar	4 sets - 10 reps
Seated Chest Flys – pec fly machine	4 sets - 10 reps
Incline Chest Press – dumbbells, touching	4 sets - 10 reps
Chest Flys - cables	4 sets - 10 reps

Back

Pull Ups – assisted if necessary	4 sets - 10 reps
Back Rows – machine	4 sets - 10 reps
Back Flys – cables	4 sets - 12 reps
Rack Pulls – barbell	4 sets - 12 reps

Shoulders

Shoulder Press – barbell, dumbbells	4 sets - 10 reps
Side Lateral Raises – dumbbells, machine	4 sets - 10 reps
Rear Delts Flys – pec fly machine	4 sets - 10 reps
Front Raises w/ Side Lat Raises - dumbbells	4 sets - 10 & 10 reps

Legs

Bulgarian Split Squats – dumbbells, bench	4 sets - 10 reps ea. leg
Goblet Squats – 1 dumbbell, weight plate	4 sets - 10 reps
Static Lunges – dumbbells, barbell	4 sets - 10 steps ea. leg
Leg Curls – machine	4 sets - 12 reps
Calf Raises – smith machine, machine	4 sets - 15 reps
Hip Abduction/ Adduction – machine	4 sets - 15 reps

Biceps

Barbell Curls – barbell, small barbell	4 sets - 10 reps
Dumbbell Curls – dumbbell, both arms	4 sets - 12 reps
Hammer Curls - dumbbells	4 sets - 10 reps
Bicep Curls – machine	4 sets - 10 reps

Triceps

Dips – machine, ab/ dip bar	4 sets - 15 reps
Tricep Extensions – cables, rope	4 sets - 10 reps
Pin Press – bench, sm. barbell	4 sets - 10 reps
One-Arm Kickbacks – cables, dumbbell	4 sets - 12 reps

Abs/ Core

Seated Crunches – machine	4 sets - 20 reps
Leg Raises – ab/ dip bar	4 sets - 25 reps
Mountain Climbers	4 sets - 45 seconds
Flutter Kicks	4 sets - 30 seconds

Cardio

Rower	10 minutes
Stair Stepper	15 minutes
Stationary Bike	20 minutes

Week 6

Chest

Bench Press - dumbbells	4 sets - 10 reps
Incline Press – smith machine, barbell	4 sets - 10 reps
Pec Flys - machine	4 sets - 12 reps
Dips – dip bar, slight lean forward	4 sets - 15 reps
Chest Flys - cables	4 sets - 12 reps

Back

Back Raises – roman chair, weight plate, dumbbell	4 sets - 12 reps
Seated Cable Rows - cables	4 sets - 10 reps
One Arm Lat Pull Downs - cables	4 sets - 8 reps
Back Flys - cables	4 sets - 12 reps
Pull Ups – assisted if necessary	4 sets - 10 reps

Shoulders

Seated Lateral Raises – dumbbells, machine	4 sets - 8 reps
Arnold Press – dumbbells	4 sets - 8 reps
Bent Rear Delt Flys – dumbbells	4 sets - 8 reps
Shoulder Press Extensions – cables, v bar	4 sets - 12 reps
One- Arm Shoulder Press – dumbbell, seated	4 sets - 12 reps

Legs

Bulgarian Split Squats – smith machine, bench	4 sets - 10 reps ea. leg
Romanian Deadlifts – barbell, dumbbells	4 sets - 10 reps
Goblet Squats – 1 dumbbell	4 sets - 12 reps
Calf Raises – machine, leg press	4 sets - 15 reps
Leg Curls – machine	4 sets - 10 reps
Glutes – Hip Thrusts, smith machine	4 sets - 10 reps

Biceps

Seated Hammer Curls – dumbbells - alternating	4 sets - 10 reps
Standing Curls – barbell, easy bar	4 sets - 12 reps
Reverse Bicep Curls – easy bar	4 sets - 12 reps
One-Arm Preacher Curls – dumbbell	4 sets - 10 reps
Cable Curls – cables	4 sets - 15 reps

Triceps

Overhead Tricep Press – 1 dumbbell	4 sets - 12 reps
Kickbacks – dumbbells	4 sets - 12 reps
Diamond Push Ups	4 sets - 12 reps
Tricep Extensions – cables, rope	4 sets - 12 reps
Dips – dip bar, assisted if necessary	4 sets - 15 reps

Abs/ Core

Crunches – roman chair/ floor	4 sets - 20 reps
Knee/ Leg Raises – dip bar	4 sets - 25 reps
Core Rotation - machine	4 sets - 15 reps each side
Planks	4 sets - 1 minute ea.

Cardio

Stair Stepper	15 minutes
Treadmill – at an incline, brisk walk	15 minutes
Stationary Bike	20 minutes
Elliptical	10 minutes

Week 7

Chest

Incline Press – smith machine, machine	5 sets - 12 reps
Decline Chest Press – dumbbells	5 sets - 12 reps
Chest Raises – dumbbells	5 sets - 12 reps
Pec Flys – machine	5 sets - 10 reps
Push Ups – floor	5 sets - 20 reps

Back

Pull Ups – assisted if needed	5 sets - 10 reps
T- Bar Rows	5 sets - 10 reps
Lateral Pulldowns – machine, cables	5 sets - 10 reps
Back Extensions – machine, roman chair, weight	5 sets - 12 reps
Bent Back Flys - dumbbells	5 sets - 12 reps

Shoulders

Upright Rows – smith machine, easy bar	5 sets - 10 reps
Shoulder Press – cables, v bar	5 sets - 15 reps
Standing Shoulder Press - dumbbells	5 sets - 10 reps
Bent Shoulder Flys - dumbbells	5 sets - 10 reps
Lateral Raises – cables, machine	5 sets - 10 reps

Legs

Squats – smith machine, barbell	5 sets - 12 reps
Leg Extensions - machine, barbell	5 sets - 12 reps
Leg Curls - machine	5 sets - 12 reps
Glutes – machine, kickbacks	5 sets - 12 reps
Calf Raises – smith machine/ machine	5 sets - 15 reps
Hip Abduction/ Adduction – machine	5 sets - 12 reps

Biceps

Bicep Curls – easy bar, barbell	5 sets - 12 reps
Incline Bicep Curls – dumbbells, alternating	5 sets - 10 reps
Cable Curls - cables	5 sets - 15 reps
Bicep Curls – machine	5 sets - 10 reps

Triceps

Tricep Extensions – cables, v bar	5 sets - 12 reps
Skull Crushers w/ Chest Press - easy bar	5 sets - 10/10 reps
Tricep Press – machine	5 sets - 10 reps
Tricep Extensions – machine	5 sets - 12 reps

Abs/ Core

Burpees	5 sets - 1 minute ea.
Leg Raises – Floor, ab/ dip bar	5 sets - 20 reps
Russian Twists – use weight	5 sets - 1 minute ea.
Crunches – Roman chair	5 sets - 15 reps

Cardio

Treadmill	20 minutes
Rowing	15 minutes x 2 this week
Stair Stepper	20 minutes

Week 8

Chest

Bench Press – smith machine, Swiss bar, barbell	5 sets - 12 reps
Incline Chest Press– dumbbells	5 sets - 12 reps
Chest Press – machine	5 sets - 15 reps
Chest Flys – cables	5 sets - 20 reps

Back

High Rows - machine	5 sets - 15 reps
Romanian Deadlifts	5 sets - 12 reps
Barbell Rows – barbell, smith machine	5 sets - 10 reps
Back Raises – roman chair, use weight	5 sets - 12 reps

Shoulders

Shoulder Press – barbell, seated	5 sets - 12 reps
Front Raises – dumbbells, seated	5 sets - 15 reps
Lateral Raises – dumbbells, seated	5 sets - 15 reps
Bent Rear Delt Raises – dumbbells	5 sets - 20 reps

Legs

Hack Squats – smith machine	5 sets - 10 reps
Leg Curls – machine or cables	5 sets - 12 reps
Leg Press – leg press	5 sets - 10 reps
Standing Calf Raises	5 sets - 15 reps
Lunges – dumbbells/ barbell	5 sets - 20 steps

Biceps

Alternating Bicep Curls – seated, dumbbells	5 sets - 12 reps
Bicep Curls – 45lb barbell, sm. barbell	5 sets - 15 reps
Bicep Curls - machine	5 sets - 15 reps
Pull Ups – reverse grip	5 sets - 10 reps

Triceps

Dips – bench or machine	5 sets - 15 reps
Skull Crushers w/ Chest Press	5 sets - 10 & 10 reps
Overhead Tricep Extensions – cables, rope	5 sets - 12 reps
Diamond Push Ups	5 sets - 20 reps

Abs/ Core

Ab Coaster	5 sets - 20 reps
Crunches – decline bench	5 sets - 20 reps
Russian Twists – use weight	5 sets - 20 reps
Planks	5 sets - 30 seconds

Cardio

Stair stepper	15 minutes
Stationary bike	20 minutes
Elliptical	20 minutes

Week 9

Chest

Pin Press – barbell, smith machine	5 sets - 10 reps
Incline Press - dumbbells	5 sets - 10 reps
Pec Flys – machine	5 sets - 10 reps
Chest Raises – barbell/ dumbbells	5 sets - 10 reps

Back

Bent Back Rows – reverse grip/ barbell	5 sets - 10 reps
Pull Ups	5 sets - 10 reps
Seated Rows - machine	5 sets - 10 reps
Back Flys - cables	5 sets - 12 reps

Shoulders

Front Raises – weight plate	5 sets - 10 reps
Side Lat Raises - dumbbells	5 sets - 10 reps
Arnold Press - dumbbells	5 sets - 10 reps
Rear Delt Flys – dumbbells or machine	5 sets - 12 reps

Legs

Bulgarian Split Squats – smith machine, bench	5 sets - 10 reps
Goblet Squats – dumbbell - weight plate	5 sets - 10 reps
Calf Raises – seated or standing	5 sets - 15 reps
Leg Curls – machine	5 sets - 12 reps
Hip Abduction/ Adduction - machine	5 sets - 12 reps

Biceps

Bicep Curls - easy bar	5 sets - 10 reps
Bicep Curls - dumbbells	5 sets - 10 reps
Preacher Curls – machine	5 sets - 12 reps
Cable Curls – cables	5 sets - 15 reps

Triceps

Overhead Tricep Press – 1 dumbbell	5 sets - 10 reps
Tricep Extensions – rope	5 sets - 20 reps
Tricep Press – machine	5 sets - 10 reps
Tricep Kickbacks – cables, dumbbell	5 sets - 12 reps

Abs/ Core

Leg Raises – ab/ dip bar	5 sets - 20 reps
Torso Rotation – obliques - machine	5 sets - 15 reps per side
Sit Ups – roman chair	5 sets - 15 reps

Cardio

Treadmill – inclined, brisk walk or run	15 minutes
Stair stepper	15 minutes
Rower	15 minutes

Week 10

Chest

Bench Press – wide grip, barbell, Swiss bar	4 sets - 12 reps
Incline Press - dumbbells	4 sets - 12 reps
One-Arm Chest Flys – cables, one arm	4 sets - 12 reps
Chest Raises – dumbbells, cables	4 sets - 10 reps
Pec Flys - machine	4 sets - 10 reps

Back

Bent Back Rows – barbell, dumbbells,	4 sets - 12 reps
Romanian Deadlifts – barbell, dumbbells	4 sets - 10 reps
Back Rows – machine	4 sets - 15 reps
Back Flys – cables	4 sets - 15 reps
Back Extensions – lean back machine	4 sets - 12 reps

Shoulders

Shoulder Press – machine, dumbbells	4 sets - 12 reps
Side Lateral Raises - cables	4 sets - 12 reps
Rear Delts – machine, dumbbells	4 sets - 12 reps
Seated Front Raises – dumbbells	4 sets - 12 reps
Upright Rows – smith machine	4 sets - 10 reps

Legs

Leg Press	4 sets - 10 reps
Leg Curls – machine	4 sets - 12 reps
Leg Extensions – machine	4 sets - 10 reps
Calf Raises	4 sets - 15 reps
Hip Thrusts - machine	4 sets - 12 reps
Static Lunges – dumbbells, sm. barbell	4 sets - 10 reps ea. leg

Biceps

Standing Curls – 45lb bar, sm. barbell	4 sets - 15 reps
Seated Bicep Curls – alternating, dumbbells	4 sets - 12 reps
Bicep Curls – reverse grip, easy bar	4 sets - 10 reps
Bicep Curls – cables	4 sets - 15 reps
Hammer Curls – dumbbells, both arms	4 sets - 10 reps

Triceps

Tricep Press – machine	4 sets - 8 reps
Overhead Press – 1 dumbbell	4 sets - 10 reps
Dips – dip bar, assisted if necessary	4 sets - 12 reps
Tricep Extensions – cables, rope	4 sets - 15 reps
Tricep Extensions – machine	4 sets - 10 reps

Abs

Crunches – machine	4 sets - 20 reps
Obliques – machine	4 sets - 10 reps ea. side
Leg Raises – ab/ dip bar	4 sets - 20 reps

Cardio

Run, Jog or Walk	20 minutes
Burpees	4 sets -1-minute ea.
Stair Stepper	15 minutes

Week 11

Chest

Incline Bench Press – Swiss bar, barbell, smith machine	4 sets - 12 reps
Chest Press – dumbbells	4 sets - 12 reps
Chest Raises – dumbbells, cables	4 sets - 12 reps
Chest Flys – machine	4 sets - 12 reps
Push Ups	4 sets - 25 reps

Back

Bent Back Rows – barbell	4 sets - 10 reps
Bent Back Flys - dumbbells	4 sets - 10 reps
Lateral Pull Downs – cables	4 sets - 12 reps
Seated Rows – cables, machine	4 sets - 10 reps
Good Mornings - barbell	4 sets - 12 reps

Shoulders

Arnold Press – dumbbells	4 sets - 10 reps
Side Lateral Raises - dumbbells	4 sets - 15 reps
Bent Shoulder Flys - dumbbells	4 sets - 15 reps
Front Raises – dumbbells	4 sets - 12 reps
One-Arm Shoulder Press – dumbbells	4 sets - 10 reps

Legs

Hack Squats – machine, barbell	4 sets - 15 reps
Straight Leg Dead Lifts - barbell	4 sets - 12 reps
Lunges – dumbbells/ barbell- there & back	4 sets - 24 steps
Hip Thrusts – barbell, smith machine, kickbacks	4 sets - 12 reps
Calf Raises	4 sets - 20 reps
Hip Abduction/ Adduction – machines	4 sets - 15 reps
Sumo Squats – 1 dumbbell	4 sets - 12 reps

Biceps

One Arm Preacher Curls - dumbbells	4 sets - 12 reps
Hammer Curls – dumbbells, both arms	4 sets - 12 reps
Bicep Curls – alternating, dumbbells	4 sets - 10 reps
Cable Curls	4 sets - 15 reps
Pull Ups – reverse grip	4 sets - 10 reps

Triceps

Skull Crushers w/ Chest Press – easy bar	4 sets - 12/12 reps
Pin Press – bench press, close grip	4 sets - 10 reps
Diamond Push Ups	4 sets - 15 reps
Overhead Tricep Press – 1 dumbbell	4 sets - 10 reps
Tricep Extensions – machine	4 sets - 12 reps

Abs

Crunches – roman chair	4 sets - 25 reps
Ab/ Torso Rotation - machine	4 sets - 20 reps ea. side
Sit Ups – decline bench	4 sets - 20 reps
Russian Twists	4 sets - 20 reps

Cardio

Elliptical	15 minutes
Treadmill	20 minutes
Rowing	15 minutes

Week 12

Chest

Chest Press - dumbbells	4 sets - 10 reps
Incline Press – dumbbells touching	4 sets - 12 reps
Pec Flys – machine	4 sets - 12 reps
Seated Chest Raises - dumbbells	4 sets - 12 reps
Chest Flys – cables	4 sets - 12 reps

Back

Pull Ups – assisted if needed	4 sets - 12 reps
Two Arm Rows - dumbbells	4 sets - 12 reps
Back Flys – cables	4 sets - 15 reps
Romanian Dead Lifts - dumbbells	4 sets - 12 reps
Back Extensions – machine	4 sets - 15 sets

Shoulders

Standing Shoulder Press - dumbbells	4 sets - 10 reps
Lateral Raises – cables, machine, dumbbells	4 sets - 10 reps
Front Raises –dumbbells, both arms	4 sets - 10 reps
Rear Delt Flys – pec machine	4 sets - 10 reps

Legs

Hack Squats	4 sets - 12 reps
Static Lunges – dumbbells, sm. barbell	4 sets - 10 reps ea. leg
Leg Curls	4 sets - 12 reps
Calf Raises	4 sets - 20 reps
Glutes – kickbacks, hip thrusts - machine	4 sets - 15 reps
Split Squats – dumbbells	4 sets - 10 reps ea. leg

Biceps

Standing Dumbbell Curls	4 sets - 12 reps
One-Arm Curls - dumbbells, machine	4 sets - 10 reps
Bicep Curls – easy bar	4 sets - 12 reps
Cable Curl – cables	4 sets - 15 reps

Triceps

Skull Crushers w/ Chest Press - 12reps	4 sets - 12 & 12 reps
Tricep Extensions – V bar	4 sets - 10 reps
Tricep Press - machine	4 sets - 10 reps
Tricep Kickbacks – dumbbell, cables	4 sets - 12 reps

Abs

Decline Sit Ups – weight plate	4 sets - 20 reps
Crunches – roman chair	4 sets - 15 reps
Obliques – torso machine	4 sets - 12 reps ea. side

Cardio

Elliptical	15 minutes
Rowing	10 minutes
Treadmill	15 minutes