

The Basic Weightlifting Program

This program is directed towards strength. The first sets shown below are warm-up sets, and then you increase the weight to a level that challenges you. As always, increase the weight when things get easy, which will be every week or even more frequently at the beginning.

Also, when you increase the weight you are lifting you may not be able to hit all the reps for a set later in you workout. That is fine, as long as you get closer to completing the set, or just complete it, during your next workout.

Just fill in the weight you are lifting for each set and you're off and running!

<i>Mon.</i>	<i>Wed.</i>	<i>Fri.</i>
Squat /12 /5 /5 /5	Squat /12 /5 /5 /5	Squat /12 /5 /5 /5
Bench Press /12 /5 /5 /5	Standing Press /12 /5 /5 /5	Bench Press /12 /5 /5 /5
Bent-Over Barbell Row /12 /5 /5 /5	Deadlift /8 /6 /4	Bent-Over Barbell Row /12 /5 /5 /5
Farmer's Walk <i>Heaviest Weight, 1 circuit around the weight room</i>	Farmer's Walk <i>Heaviest Weight, 1.5 circuit around the weight room</i>	Farmer's Walk <i>Heaviest Weight, 2 circuits around the weight room</i>
Chin ups 10 8 To Failure		Chin ups 11 9 To Failure