

June 2003 (^- increase weekly)

Mondays/Thursdays (Legs)

Legs (^x5lbs)

Squats (rack)

1x15x225/235

4x10x290/300

Leg Press (machine)

1x15x250/260

4x10x400/420

Calf Raises (machine)

4x12x400/420

Leg Extension (nautilus-type)

1x15x130/140

4x10x180/190

Leg Curls (nautilus-type)

1x15x120

4x10x150

Calf Raises (nautilus-type)

4x10x100/110

Thursdays-evening aerobics

Wednesdays (Abs, Back & Triceps)

Abs (^x10 reps)

Side-to-side

4x150/160

Windmills

4x150/160

Ab machines (2 nautilus-type)

4x50/55x100

4x55/60x20

Back (^x10lbs)

Behind neck pulldown (nautilus-type)

4x10x200/210

Front neck pulldown-close

4x10x160/170

Front neck pulldown-wide

4x10x200/210

Dips (^x5 reps)

6x30/35

Pull-ups

4x10

Nosebusters (^x5lbs)

4x10x120/125

Tuesdays (Chest & Biceps)

Chest (^x5lbs)- Super-set with Curls!

Flat Bench

1x1x190/195

1x2x220/225

1x3x250/255

1x4x270/275

1x5x295/300

1x5-8x260/265

1x5-8x225/230

1x5-8x190/195

Curls (straight or curl bar)

8x10x115/120

Decline Bench

4x10x225/230

Fridays (Chest and Biceps)

Chest (^x5lbs) Super-set with Curls!

Flat Bench

10x5x240/245

Curls (straight or curl bar)

10x10x115/120

Pushups (^x5 reps)

10x40/45

Saturdays

1-hour run

Sundays

Light Ab routine

Shoulder Press (^x5lbs)

5x10x140/145