



WEIGHT TRAINING

EXERCISE #1

LEGS

SQUATS OR DEADLIFTS

5 SETS OF 5 REPS AT A WEIGHT THAT IS CHALLENGING

ALTERNATE DAYS

OVERHEAD PRESS OR BENCH PRESS

5 SETS OF 5 REPS AT A WEIGHT THAT IS CHALLENGING

ALTERNATE DAYS

EXERCISE #2

PUSH

EXERCISE #3

PULL

**PULL UPS, DUMBBELL ROW, OR
BODYWEIGHT ROWS**

5 SETS OF AS MANY REPS AS POSSIBLE.