

Section 12

Upper Body Strength Training Program

Tuesday (Lift)	Wks 1-4	Wks 5-8	Wks 9-12	Wks 13-16	Wks 17-22	
Barbell Bench Press	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Military Press	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Dumb Bell Arm Curl	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Front Pull Down	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Dum Bell Pull-over	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Incline Bench	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Tricep Pushdown	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Rear Pulldown	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Barbell High Pull	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Dumb Bell Flys	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Friday (Lift)	Wks 1-4	Wks 5-8	Wks 9-12	Wks 13-16	Wks 17-22	
DB Bench Press	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Military Press	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
Dumb Bell Arm Curl	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Front Raises	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Lateral Raises	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Front Raises	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Lateral Raises	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Bench Row	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Tricep Ext.	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
DB Incline Flys	3 x 10	3 x 8	4 x 5	2 x 12	3 x 8 - 1 x 6	
The formula used for the upper body is based on what you can lift to complete the number of repetitions.						
The load should progressively increase each week in order for the body to adapt to the fitness level and a greater level of improvement.						