

DB STRENGTH SYSTEM

WEEK

1 - 2 - 3 - 4

DAY 1: PUSH

EXERCISE:	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Chest Press	4	15				
Incline Chest Press	4	15				
Chest Fly	4	15				
Shoulder Press	4	15				
Side Raises	4	15				
DB Skull Crushers	4	15				
Kick Backs	4	15				

DAY 2: PULL

EXERCISE:	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Single Arm Bench Rows	4	15				
Seated Back Flys	4	15				
Straight Arm Back Raises	4	15				
Incline Bicep curls	4	15				
Cross Body Bicep Curls *	3	20				
Alternating Bicep Curls **	3	20				

DAY 3: LEGS

EXERCISE:	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Goblet Squats	4	15				
Split Squats	4	15				
RDL	4	15				
Single Side Lateral Lunge	4	15				
Weighted Lay Down Sit Ups **	3	10				
Weighted Toe In Air Crunch		15				
Weighted Russian Twist		20				

*Each side counts as one rep
** Each side counts as one rep
***Yellow boxes indicate exercises grouped together in a circuit and performed back-to-back.

DAY 5: FULL BODY

EXERCISE:	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Sumo Goblet Squats	4	15				
Sumo RDL	4	15				
Single Arm Rows	4	15				
Chest Press	4	15				
Shoulder Press	4	15				
Overhead DB Tricep Extension	4	15				
Bicep Curls	4	15				

DAY 6: CONDITIONING

EXERCISE:	SETS	REPS	SET 1	SET 2	SET 3	SET 4
Jumping Jacks *	4	30				
Side to Side Floor Taps		20				
Thrusters		10				
Mountain Climbers **	4	20				
Squat Jacks		15				
Dumbbell Deadlifts		10				
3 Step Lateral High Knees		20				
Skiers		20				
Dumbbell Hang Squat Clean		10				

*Yellow boxes indicate exercises grouped together in a circuit and performed back-to-back.
**Gray boxes indicate exercises grouped together in a circuit and performed back-to-back.
*** Blue boxes indicate exercises grouped together in a circuit and performed back-to-back.