



## FIRE YOUR TRAINER: BEGINNER RESISTANCE TRAINING PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>WEEK 1</b>	UPPER BODY	LOWER BODY	REST	UPPER BODY	LOWER BODY	REST	ACTIVE REST
<b>WEEK 2</b>	CHEST AND TRICEPS	LEGS	REST	BACK AND BICEPS	LEGS	REST	SHOULDERS, ABS, AND CALVES
<b>WEEK 3</b>	UPPER BODY	LOWER BODY	REST	UPPER BODY	LOWER BODY	REST	ACTIVE REST
<b>WEEK 4</b>	CHEST AND TRICEPS	LEGS	REST	BACK AND BICEPS	LEGS	REST	SHOULDERS, ABS, AND CALVES

Set recommendations are in [ ], and equipment recommendations are in ( ).

WU - Warm Up / W - Working / H - Heavy / B - Burnout

EXERCISES ARE PERFORMED LEFT TO RIGHT; THEN TOP TO BOTTOM

### WEEKS 1 AND 3

UPPER BODY		
CHEST	BENCH PRESS (DBs) [WU, W, H]	FLYS (PEC DECK MACHINE) [W]
BACK	LAT PULLDOWN [WU, W]	SEATED CABLE ROW (DOUBLE D) [WU, W]
SHOULDERS	UPRIGHT ROW (EZ CURL) [W] S	SHOULDER PRESS (DBs) [WU, W] S
BICEPS	PREACHER CURL (EZ CURL) [W, H] S	HAMMER CURL (DBs) [W, H] S
TRICEPS	CABLE EXTENSION (STRAIGHT BAR) [W] S	OVERHEAD EXTENSION (DB) [W, B]

LOWER BODY		
GLUTES	LEG PRESS (FEET HIGH/CLOSE) [WU, W] S	STIFF-LEGGED DEAD. (BB) [WU, W] S
QUADRICEPS	LEG EXTENSIONS (MACHINE) [W, B] S	SUMO SQUATS (DB) [W, B] S
HAMSTRINGS	LEG CURLS (MACHINE) [WU, W] S	ROMANIAN DEADLIFTS (BB) [W] S
CALVES	STANDING CALF RAISES (MACHINE) [B] S	SEATED CALF RAISES (MACHINE) [W] S
ADDUCT./ABDUCT.	HIP ABDUCTION (MACHINE) [WU, W] S	HIP ADDUCTION (MACHINE) [WU, W] S

EXERCISE GROUPS THAT CAN/SHOULD BE SUPERSETTED, OR TRI-SETTED, ARE DENOTED BY A RED "S" OR "T".

### WEEKS 2 AND 4

CHEST AND TRICEPS			
Chest	BENCH PRESS (BB) [WU, W, H]	INCLINE BENCH PRESS (DBs) [W, H]	FLYS (PEC DECK MACHINE) [WU, W]
Triceps	CLOSE-GRIP BENCH (EZ CURL) [W, H] S	SKULLCRUSHERS (EZ CURL) [W, H] S	

BACK AND BICEPS			
Back	ASSISTED PULL UPS [W, B]	LAT PULLDOWN (LAT BAR) [W, B]	CLOSE-GRIP LAT PULL. (V GRIP) [W, B]
Biceps	PREACHER CURLS (EZ CURL) [WU, H] S	HAMMER CURLS (DBs) [W, H] S	CABLE CURLS (ROPE) [W, B]

LEGS			
Glutes/Quads	LEG PRESS (HIGH/CLOSE) [WU, W, H] T	LEG PRES (HIGH/WIDE) [WU, W, H] T	STIFF-LEGGED DEAD. (BB) [W, B] T
Glutes/Quads	LEG PRESS (LOW/CLOSE) [W, B] T	SUMO SQUATS (DB) [W] T	SQUATS (BODYWEIGHT) [B] T
Hamstrings	LEG CURLS (MACHINE) (TOES OUT) [W] T	LEG CURLS (MACHINE) (TOES IN) [W] T	ROMANIAN DEADLIFTS (BB) [W] T

SHOULDERS, ABS, AND CALVES			
Shoulders	SHOULDER PRESSES (DBs) [WU, W] S	FRONT RAISES (DBs) [W] S	UPRIGHT ROWS (BB) [W]
Abs	PLANK [B]	ROTATIONAL V-SITS (DB) [B]	V-CRUNCHES [B]
Calves	STANDING CALF RAISES (MACHINE) [B] S	SEATED CALF RAISES (MACHINE) [W] S	

Upper Body:				
Set Value:	Rep. Range	Sensation	Set Quantity	Rest Period
Warm Up	15 – 20	Burn/Warmth	1 – 2	30-45 Seconds
Working	8 – 12	Muscle Fatigue	3 – 4	30-60 Seconds
Heavy	6 – 10	Muscle Failure	3 – 5	60-180 Seconds
Burnout/Failure	Fail	Muscle "Pump", or Fullness, and subsequent Failure	2 – 3	30-45 Seconds

  

Lower Body:				
Set Value:	Rep. Range	Sensation	Set Quantity	Rest Period
Warm Up	15 – 25	Burn/Warmth/Some Difficulty	1 – 2	30-45 Seconds
Working	10 – 15	Muscle Fatigue	3 – 5	30-60 Seconds
Heavy	6 – 10	Muscle Failure	3 – 6	60-180 Seconds
Burnout/Failure	Fail	Muscle "Pump", or Fullness, and subsequent Failure	2 – 3	30-45 Seconds

\*\*\*This may seem a little overwhelming at first. Just take a deep breath and go day by day. You'll get the hang of it as you progress.