



Coach Theo's Simple Resistance Training Program [visit my [youtube channel](#) for videos of exercises]

Chest Back & Legs		Shoulders Bi's & Legs		Total Body Athlete	
Straight set: Hammer grip pull-ups or assisted hammer grip pull-ups or strap hammer grip pull-ups	3 Sets of max reps. *See rest prescription in notes.	Tri-set: A: Arnold Presses B: Front raises C: Lateral raises	3 sets each. 10-12 reps.	Superset Core: A: Supermans B: Alligators or Mountain Climbers	3 sets. 20 reps. 50 reps.
Straight set: Dumbbell bench press	3 sets of max reps.	Superset: A: Barbell bicep curls B: Band hip walks	3 sets back and forth. 16 reps.	Straight set: Dumbbell Overhead Pullover Straight set: Dumbbell deadlift curl press	3 sets. 16 reps. 16 reps.
Superset: A: Any variation Pushups B: Dumbbell Lawnmowers	3 sets back and forth 12-16 reps.	Superset: A: Goblet squats B: Band slow curls	3 sets back and forth. 16 reps.	Superset: A: Close grip bench press B: Chin-ups or assisted chin ups or strap chin ups	3 sets. Max reps.
Superset: A: Band chest fly's B: Light dumbbell back fly's	3 sets back and forth 20 reps.	Superset: A: Split squats B: Dumbbell curls	3 sets back and forth. 12 reps each side.	Tri-set: A: Farmer's walk B: Sled push or bear crawl C: Box step ups with curls	3 sets. :50 seconds each.
Straight Set: Lunge hops or strap assisted lunge hops or reverse lunges	:20/:10 x 10 sets				

NOTES:

- 1: FOR ALL REST PRESCRIPTIONS IN BETWEEN SETS: Take a break for 60 second. For some exercises you might need less, like :30 seconds. For some you might want more, like :90 seconds. Listen to your body.
2. Always do a dynamic warm-up for 7-10 minutes before working out.
3. Always cool-down for at least 3 minutes. Practice slow breathing techniques of :5 seconds in, :5 seconds out.
4. Take a day off in between workouts. You could run or do another form of cardio instead.
5. Challenge yourself to increase weights each week.
6. Do this routine for 4 weeks then change the order and/or days of each workout to add minor variation.
7. For video demonstrations go to my [youtube channel](#) ← [click here](#).

