

# STRENGTH PROGRAM

## SESSION ONE

Exercise	Reps x Sets	Rest	Comments
<u>Warm Up</u>			
<u>Chest press</u>	5-6 reps x 4 sets	2-3 mins	With each exercise, aim to increase your weight every set, working towards your maximum weight for the specific rep range - the final few reps should be challenging!
<u>Overhead press</u>	5-6 reps x 4 sets	2-3 mins	
<u>Incline chest press</u>	6-8 reps x 3 sets	1-2 mins	
<u>Dumbbell pullover</u>	6-8 reps x 3 sets	1-2 mins	
<u>Tricep pushdown</u>	5-6 reps x 3 sets	1-2 mins	
<u>Cool Down</u>			

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Record your maximum weight lifted for each exercise:					