Free Weight **2-Day Upper Body Program** **Name** _____ **Date** _____

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Tuesday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.
Bench Press	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
DB Incline Press	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
DB Bent Row	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
Seated Row	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
Pull ups	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Curls	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Shoulder Press (BB)	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
Back Extensions	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3
ABS	25x3	25x3	25x3	25x3	25x3	25x3	25x3	25x3	25x3	25x3

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Wednesday	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.	Rep/Set/Wt.
Close Grip Bench	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
DB Bench Press	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
DB Shoulder Press	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
Lat Pulldown	12x3	10x3	8x3	6x3	5x3	10x3	8x4	6x4	4x4	3x4
Triceps Extensions	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Upright Row	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Curls	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
DB Front Raises	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3
DB Lateral Raises	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3	12x3
ABS	25x3	25x3	25x3	25x3	25x3	25x3	25x3	25x3	25x3	25x3