3-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
Monday	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	6x4	5x4	10x4	8x4	6x4	4x4	3x5
DB Incline Press	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Seated Row	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Pull ups	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Curls	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
DB Shoulder Press	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Back Extensions	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
ABS	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2	20x2

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.
Shoulder Press (st.B)	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
DB Bench Press	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Dips	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
DB Bent Row	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Triceps Extension	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Upright Row	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
ABS	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2

Day/Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Friday	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.
Incline Press (st. bar)	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Close Grip Bench	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Lat Pulldown	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
DB Front Raises	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Back Extensions	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
DB Lateral Raises	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Curls	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
ABS	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2