Free Weight 4-Day Total 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.
Back Squat	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Bench Press	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Seated Row	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Leg Curl	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3	10x3
Curls	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
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.
Leg Press/Hip Sled	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
DB Bench Press	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Calf Raise	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
Thursday	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	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Close Grip Bench	12x3	10x3	8x3	6x4	5x4	10x4	8x4	6x4	4x4	3x5
Leg Curl	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
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.
Front Squat	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
ABS	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2	25x2