## General Weight Training Strength Program- Workout #2 – Personal Fitness

 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| EXERCISE | Dates |  |  |  |  | EXERCISE |  | Dates |  |  |  |  |
| Bosu Push Up | S |  |  |  |  |  | Incline Press | S |  |  |  |  |  |
|  1  | R |  |  |  |  |  | Dumbbells 1 1 | R |  |  |  |  |  |
| Chest(Push) | W |  |  |  |  |  | Chest (Push) | W |  |  |  |  |  |
| Back Barbell  | S |  |  |  |  |  | Split Squat | S |  |  |  |  |  |
| Squat 1 1 | R |  |  |  |  |  | Back Ft. 1 | R |  |  |  |  |  |
| Legs | W |  |  |  |  |  | Elevated | W |  |  |  |  |  |
| Squat and Pull  | S |  |  |  |  |  | Bench  | S |  |  |  |  |  |
| One Arm 2 | R |  |  |  |  |  | Straddle 2 | R |  |  |  |  |  |
| Back (Pull)  | W |  |  |  |  |  | Row | W |  |  |  |  |  |
| Dumbell  | S |  |  |  |  |  | Barbell  | S |  |  |  |  |  |
| Chest Fly 2 2 | R |  |  |  |  |  | Bench Press | R |  |  |  |  |  |
| Bench | W |  |  |  |  |  | Chest 2 | W |  |  |  |  |  |
| Lat Pulldown | S |  |  |  |  |  | Chin ups 2Pulldown | S |  |  |  |  |  |
| Underhand 3 | R |  |  |  |  |  | Assisted 3 | R |  |  |  |  |  |
| Back | W |  |  |  |  |  | Back | C |  |  |  |  |  |
| Lateral Squats | S |  |  |  |  |  | Side Step Ups  | S |  |  |  |  |  |
| 3 | R |  |  |  |  |  |  3 | R |  |  |  |  |  |
|  | W |  |  |  |  |  |   | W |  |  |  |  |  |
| Half Kneeling | S |  |  |  |  |  | Half Kneel | S |  |  |  |  |  |
| Alternating 4 3 | R |  |  |  |  |  | Alt. Dumb. 3 3R | R |  |  |  |  |  |
| Dumbell Press 4 | W |  |  |  |  |  | Press 4 | W |  |  |  |  |  |
| Hex Bar | S |  |  |  |  |  | Single LegSingle SS | S |  |  |  |  |  |
| Deadlifts  | R |  |  |  |  |  | Deadlift 4 | R |  |  |  |  |  |
| Hamstrings 4 | W |  |  |  |  |  | Hamstring | W |  |  |  |  |  |
| Easy Curl | S |  |  |  |  |  | Concentration | S |  |  |  |  |  |
| Bar (on Bosu?) 5 | R |  |  |  |  |  | Curls | R |  |  |  |  |  |
| Biceps 5 | W |  |  |  |  |  | 5 | W |  |  |  |  |  |
| Tricep  | S |  |  |  |  |  | Dumbell  | S |  |  |  |  |  |
| Pressdown 5 | R |  |  |  |  |  | Kickback 4 4 | R |  |  |  |  |  |
| Rope | W |  |  |  |  |  | Triceps 5 | W |  |  |  |  |  |
| Stab Ball 6 Front | S |  |  |  |  |  | Stab Ball 6  | S |  |  |  |  |  |
| Rollout 5 5OneLeg | R |  |  |  |  |  |  Rollout  | R |  |  |  |  |  |
| Front Plank  | S |  |  |  |  |  | Front Plank | S |  |  |  |  |  |
| Reach 6  | R |  |  |  |  |  | Reach 6 | R |  |  |  |  |  |
| Farmer’s Walk | S |  |  |  |  |  | Suitcase  | S |  |  |  |  |  |
|  6  | D |  |  |  |  |  | Carry 6 | D |  |  |  |  |  |
|  | W |  |  |  |  |  |  | W |  |  |  |  |  |
| Cook Hip Lift | S |  |  |  |  |  | Cook Hip  | S |  |  |  |  |  |
| 6 | R |  |  |  |  |  | Lift 6 | RR |  |  |  |  |  |
| Feeling |  |  |  |  |  |  | Feeling |  |  |  |  |  |  |
| Sleep  |  |  |  |  |  |  | Sleep |  |  |  |  |  |  |
| Appetite |  |  |  |  |  |  | Appetite |  |  |  |  |  |  |