

4-6 WEEK WORKOUT

3 DAYS A WEEK

This program is designed to help build strength and muscle over the next 4-6 weeks. This program can be used for at least three different goals:

1. Build muscle and strength without spending a tone of time at the gym.
2. Supplement a current training program.
3. General health and fitness conditioning.

This program is designed to strengthen your whole body and can be used for a long period of time. The main reason people switch workouts so often isn't because it's necessary to continue seeing progress but more often than not we tend to get bored of the same workouts so switching it up helps us stay motivated to workout. Not to say you should never switch your workouts up but know why you're doing it. Most workouts can be utilized far longer than they ever are and you would miss out on all of the great benefits of a workout by quitting them early. You can get the most out of a program if you use it for a period of time because you will get better and better at the movements and squeeze every last drop of performance out of them. Here is the following program:

The program consists of three workouts that are meant to be done once during the week and they have been split up between upper body and lower body movements. I have done this to give plenty of rest for the muscles between exercise and depending on your schedule you could potential do these workouts three days in a row. Not knowing your schedule and when you are able to get to the gym it doesn't really matter when you do these workouts so you have some flexibility with your schedule.

Here are the workouts:

Workout # 1 –

CLOSE STANCE SQUATS	GLUTE BRIDGE	SIDE LUNGE	GOBLET SQUATS
2-3 SETS 10 REPS EACH LITTLE TO NO WEIGHT	3 SETS 10-15 REPS NO WEIGHT	3 SETS 10-15 REPS NO WEIGHT	3 SETS 8-12 REPS START WITH VERY LIGHT WEIGHT – INCREASE OVER TIME

Workout # 2 –

FLAT BENCH PRESS	DB PRESS	WIDE PUSH-UPS	BICEP CURLS
3 SETS 10-15 REPS SLOW AND CONTROLLED 2 SECONDS DOWN 1 SECOND UP	3 SETS 8-12 REPS SLOW AND CONTROLLED	2 SETS 8-12 REPS	2-3 SETS 10 REPS SLOW AND CONTROLLED

Workout # 3 –

DEADLIFT	SPLIT SQUAT	SEATED ROW	SINGLE ARM LAT PULLDOWN
3 SETS 10 REPS LIGHT WEIGHT TO START – USE DB IF NECESSARY	3 SET 10 REPS EACH LEG – START WITH NO WEIGHT AND ADD SLOWLY	3 SETS 10 REPS CONTROL AND PULL FROM THE BACK	2-3 SETS 8-12 REPS – LIGHT WEIGHT ROTATING THUMB INWARD