

Novice Male 3x/wk Program

Monday: Back and Hams

- Leg Curl 3x15 increasing in weight by 10lbs each set
- Lat pull down 4x15
 - superset with single arm dumbbell rows 4x10
- Barbell Curl 4x10
- Band walk (sideways left leg forward 7.5 yd, right leg forward 7.5yd) approx 3x15 yards**
 - superset floor plank 3x30 sec*

*increase plank time by 15 seconds per set.

**if a circular band is not available, hold a large plate weight or dumbbell and step sideways keeping a minimum of 1-1.5ft separation between feet.

Wednesday: Chest and Quads

- Leg Extension 3x15 increase weight by 15lbs per set
- Machine or dumbbell bench press 4x10
- Bench Pushup 3x10
 - superset seated overhead single dumbbell 2 arm extension 3x15*
- Squat 3x25 (preferably weighted)
 - superset weighted crunch 3x15**

*if unavailable or unable to perform, substitute cable tricep extensions

**increase crunch repetitions by 10 per set

Friday: Legs and Core

- Band walk (sideways left leg forward 15 yd, right leg forward 15yd) approx. 2x30 yards
- Leg Press 3x15*
 - superset farmer's carry 3x30 yards**
- Leg Curl 3x10 (heavier weight than used Monday)
 - Superset straight arm torso twist with band 3x15***
- Legs up crunch 3x25
 - superset static leg raise (heels 6in off ground) 3x30sec

*If leg press unavailable, use weighted squat a substitution (increase repetitions by 5 reps per set)

**Use weight that challenges grip and elevates heart rate.

***Use medium strength band, pause at max rotation briefly each rep (increase repetitions by 5 each set)

-machines are weighted differently from gym to gym. Also, various brand bands have varying colors to indicate tensions. Trial and error will allow you the best choices of weight. Test the weigh before beginning the exercises.

-note: the exercises with sub-bullets “superset” should be done starting with the main bullet exercise first followed by the sub-bulleted exercise without rest. rest after the second exercise before repeating.

-30 seconds rest should be given between single exercise and 1min rests between supersets

-choose weights that are challenging. It is better to fall short of the prescribed repetition max, than to use a weight that is too light to increase muscle integration.