

## Bodybuilding Programs - Beginner

### Mondays - Chest & Shoulders

C h e s t	Sets	Reps
flat bench press	2	8 to 10
incline bench press	2	8 to 10
S h o u l d e r s	Sets	Reps
military shoulder press	2	8 to 10
dumbbell (alternating) side raises	3 each side	8 to 10
A b s	Sets	Reps
ab crunches	3	until failure

### Wednesdays - Back & Arms

B a c k	Sets	Reps
front pulldown	3	8 to 10
barbell row	3	8 to 10
A r m s - Biceps	Sets	Reps
scott bench curls	3	8 to 10
A r m s - Triceps	Sets	Reps
lying (EZ bar) curls	3	8 to 10
A b s	Sets	Reps
alternating leg raises	3	until failure

### Fridays - Legs

L e g s - C a l v e s	Sets	Reps
standing calf raises	3	10 to 12
L e g s - Q u a d s	Sets	Reps
45 degree incline leg press	3	10 to 12
seated (machine) leg curl	3	10 to 12

### Notes

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