

Recess

Weight Training Schedule

The following Weight Training Program is intended to be used in conjunction with the Nutrition and Dietary Program. Each exercise should be performed with the specified number of sets and repetitions. You should always complete a full range of motion and squeeze with each repetition.

Weight should be adjusted for each exercise that specifies the number of sets and a range of reps, so you can complete the number of reps listed. If you can complete more than the number of reps listed, the weight is too light. If you cannot complete the number of reps listed, the weight is too heavy. For exercises that specify the number reps and weight for each set, complete the number of reps listed using the weight given.

IF YOU FEEL THE WEIGHT IS TOO HEAVY, STOP IMMEDIATELY and consult your Wellness practitioner.

Proper warm-up and stretching (at least 20 minutes) will improve muscle development and help reduce injuries.

Monday

| <u>Body Area</u> | <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> |
|------------------|-------------------|-------------|-------------|
| Warm Up | Working Muscles | 0 | 0-0 |
| Stretch | Working Muscles | 0 | 0-0 |
| Low Back | Low Back Machine | 1 | 8-12 |
| Leg | Leg Extensions | 1 | 8-12 |
| Leg | Leg Curls | 1 | 8-12 |
| Back | Rear Pull Down | 1 | 8-12 |
| Chest | Pec Deck Flys | 1 | 8-12 |
| Shoulder | Overhead Press | 1 | 8-12 |
| Arm | Barbell Curl | 1 | 8-12 |
| Arm | Seated Push Downs | 1 | 8-12 |
| Hip | Hip Abductor | 1 | 8-12 |
| Hip | Hip Adductors | 1 | 8-12 |
| Abdominals | Crunches | 1 | 12-15 |
| Cool Down | Working Muscles | 0 | 0-0 |

Wednesday

| <u>Body Area</u> | <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> |
|------------------|-------------------|-------------|-------------|
| Warm Up | Working Muscles | 0 | 0-0 |
| Stretch | Working Muscles | 0 | 0-0 |
| Low Back | Low Back Machine | 1 | 8-12 |
| Leg | Leg Extensions | 1 | 8-12 |
| Leg | Leg Curls | 1 | 8-12 |
| Back | Rear Pull Down | 1 | 8-12 |
| Chest | Pec Deck Flys | 1 | 8-12 |
| Shoulder | Overhead Press | 1 | 8-12 |
| Arm | Barbell Curl | 1 | 8-12 |
| Arm | Seated Push Downs | 1 | 8-12 |

Recess Weight Training Schedule

Wednesday *(Continued)*

| <u>Body Area</u> | <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> |
|------------------|-----------------|-------------|-------------|
| Hip | Hip Abductor | 1 | 8-12 |
| Hip | Hip Adductors | 1 | 8-12 |
| Abdominals | Crunches | 1 | 12-15 |
| Cool Down | Working Muscles | 0 | 0-0 |

Friday

| <u>Body Area</u> | <u>Exercise</u> | <u>Sets</u> | <u>Reps</u> |
|------------------|-------------------|-------------|-------------|
| Warm Up | Working Muscles | 0 | 0-0 |
| Stretch | Working Muscles | 0 | 0-0 |
| Low Back | Low Back Machine | 1 | 8-12 |
| Leg | Leg Extensions | 1 | 8-12 |
| Leg | Leg Curls | 1 | 8-12 |
| Back | Rear Pull Down | 1 | 8-12 |
| Chest | Pec Deck Flys | 1 | 8-12 |
| Shoulder | Overhead Press | 1 | 8-12 |
| Arm | Barbell Curl | 1 | 8-12 |
| Arm | Seated Push Downs | 1 | 8-12 |
| Hip | Hip Abductor | 1 | 8-12 |
| Hip | Hip Adductors | 1 | 8-12 |
| Abdominals | Crunches | 1 | 12-15 |
| Cool Down | Working Muscles | 0 | 0-0 |