



IT'S NOT SNACK TIME, IT'S JACK TIME_ Weight Training Program

For beginner start with 3 sets and work your way up to 5 sets per exercise as you get stronger.

Day 1: QUADS AND HAMSTRINGS

Always Warm up before your workout and cool down after

Leg extensions 5x10 (squeeze)

Squats 5x12

Leg curls 5x10

Straight leg deadlift 5x10

Lunges 5x20

Day 2: BACK AND BICEPS

Always Warm up before your workout and cool down after

Deadlifts 5x10

DB Rows 5x10

Lying overhead dumbbell pullover 5x12

BB curls 5x10

Hammer curls 5x10

Day 3: REST

DAY 4: CHEST AND CALVES

Always Warm up before your workout and cool down after

Incline Dumbbell press 7x10

Flat Dumbbell on shoulder squats 5 x20

Incline Flys 5 x 20

Dumbbell Seated calf raise 5 x 20

Dumbbell Standing calf raise 5 x 20

Day 5: Shoulder + Triceps

Always Warm up before your workout and cool down after

Seated side raises 7 x 10

Bent over side raises 5 x 10

Behind neck press 4 x10

Skull crushers 5 x 10

Tricep dips on Bench 5 x 10

Day 6: OPTIONAL

Always Warm up before your workout and cool down after

Seated incline dumbbell curls 5 x10

Lean over Dumbbell row 5 x10

Shoulder Press 5 x 10

Cardio: 20 Treadmill or Bike