

3 Day Split (Female) 3 DAYS PER WEEK

This program is designed for three (3) sessions per week with the ability to train two consecutive days if needed with sessions I and II. Session III should always be preceded AND followed by a day off since it is a full body workout. The workouts are divided into 3 different sections with each section targeting different muscle groups. Be sure to follow all guidelines exactly for best results. If you are just beginning a resistance training program DO NOT perform movements marked (*) until the fourth week of training.

Approximate Time Required:	50 minutes
Warm-up:	5 minutes (your choice of cardio) Additional warm-up listed below
Cool-down:	Included in program
Rest Intervals (between sets)	45 seconds – weeks 1, 2 and 3 30 seconds – week 4 and following <i>Rest during abdominal training is noted below</i>
MHR:	Maximum Heart Rate (220-your age)

Session I: Chest, shoulders, hamstrings, abs, triceps

Warm-up: one set of 15-20 reps on chest press with a light weight

<u>Chest Press (5)</u>	12-15 reps
<u>Pec Fly (5)</u>	12-15 reps

Complete this circuit two (2) times following the appropriate rest schedule

<u>Shoulder Press (7)</u>	12-15 reps
<u>Rear Deltoid (7)</u>	12-15 reps

Complete this circuit two (2) times following the appropriate rest schedule

<u>Hamstring Curl (1)</u>	12-15 reps
<u>Glute Machine (4)</u>	12-15 reps / each
<u>Outer Thigh (3)</u>	15-20 reps

Complete this circuit two (2) times following the appropriate rest schedule. If you are a beginner complete only one (1) circuit for the first three (3) weeks.

<u>Vertical Knee Raise (20)*</u>	10-15 reps
<u>Stability Ball Crunch*</u>	15-20 reps
<u>Ab Crunch Machine (9)</u>	15-20 reps

Go from one movement to the next as quickly as possible. Follow the appropriate rest schedule AFTER completing the circuit. Perform two (2) circuits

Triceps Extension (8) 12-15 reps
Triceps Pressdown (6)* 12-15 reps
Complete this circuit two (2) times following the appropriate rest schedule.

Session II: Back, biceps, quadriceps (front of thigh)

Lat Pulldown (6) 12-15 reps
Row (6) 12-15 reps
Complete this circuit two (2) times following the appropriate rest schedule.

Arm Curl (8) 12-15 reps
Hammer Curl (FW)* 12-15 reps
Complete this circuit three (3) times following the appropriate rest schedule. If you are a beginner perform only two (2) circuits for the first three (3) weeks.

Knee Extension (single) (1) 12-15 reps / each
Inner Thigh (3) 15-20 reps
Leg Press (2) 15-20 reps
Complete this circuit three (3) times following the appropriate rest schedule. If you are a beginner perform only two (2) circuits for the first three (3) weeks.

Back Extension or Hyperextension (9) 15-20 reps
Perform three (3) sets of this movement following the appropriate rest schedule. If you are a beginner perform only two (2) sets.

Cardio (your choice) 5 minutes @ 65-70% MHR
5 minutes @ 60-65% MHR

Session III: Full Body

Circuit A:

Perform one (1) set of 12-15 reps of each movement. Go from one movement to the next as quickly as possible with no rest. After completing the circuit rest one (1) minute. Go to "Circuit B".

Chest Press (5)
Hamstring Curl (1)
Row (6)
Knee Extension (1)
Pec Fly (5)
Leg Press (2)
Lat Pull (6)
Shoulder Press (7)
Arm Curl (8)
Triceps Pressdown (6)

Circuit B:

Same guidelines as "Circuit A".

Outer Thigh (3)
Chest Press (5)
Inner Thigh (3)
Row (6)
Glute Machine (4)
Rear Deltoid (7)
Hamstring Curl (1)
Triceps Extension (8)

Circuit C:

Perform one (1) set of 15-20 reps of each movement. Go from one movement to the next as quickly as possible with no rest. After completing the circuit rest one (1) minute. Go to "Circuit D".

Outer Thigh (3)
Glute machine (4)
Inner Thigh (3)
Leg Press (2)
Shoulder Press (7)
Arm Curl (8)

Circuit D:

Perform this circuit two (2) times with as little rest as possible. 15-20 reps per movement.

Back Extension (9)
Vertical Knee Raise*
Hyperextension*
Ab Crunch Machine (9) or Stability Ball Crunch

Finish with five (5) minutes of cardio @ 60-65% MHR