

BODY FORTRESS NO-NONSENSE STRENGTH TRAINING PROGRAM FOR MEN

3 DAY SPLIT

	Monday	Wednesday	Friday
WEEK 1	Chest-Shoulders-Triceps 1. Barbell Bench Press 2. Incline Bench Press 3. Shoulder Presses 4. Dumbbell Raises to the Front 5. Triceps Pushdowns 6. Lying Triceps Extensions 7. Chest Flies	Legs 1. Leg Presses 2. Dumbbell or Barbell Squats 3. Hamstring Curls 4. Leg Extensions 5. Seated Bent-Knee Calf Raises 6. Straight Leg Calf Raises (On Leg Press Machine)	Back-Biceps 1. Seated Rows 2. Lat Pulldowns (Wide Grip - Overhand) 3. Bent Over Rows (Underhand Grip) 4. Lat Pulldowns (Shoulder Width Grip-Underhand) 5. Barbell Shrugs 6. Barbell Biceps Curls 7. Dumbbell Hammer Curls
	Monday Chest-Shoulders-Triceps 1. Dumbbell Bench Press 2. Incline Dumbbell Bench Press 3. Dumbbell Lateral Raises for Shoulders 4. Bent Over Shoulder Raises (For Posterior Delts) 5. Triceps Pushdowns with Ropes 6. Overhead Triceps Presses 7. Chest Flies	Wednesday Legs 1. Leg Presses 2. Lunges 3. Hamstring Curls 4. Leg Extensions 5. Seated Bent-Knee Calf Raises 6. One Legged Standing Calf Raises	Friday Back-Biceps 1. Seated Rows* 2. Pullups** (Wide Grip) 3. Bent Over Rows (Underhand Grip) 4. Pullups (Shoulder Width Grip-Underhand) 5. Dumbbell Shrugs 6. Dumbbell Biceps Curls 7. Reverse Biceps Curls

4 DAY SPLIT

	Monday	Tuesday	Thursday	Friday
WEEK 1	Chest-Shoulders-Triceps 1. Barbell Bench Press 2. Incline Bench Press 3. Shoulder Presses 4. Dumbbell Raises to the Front 5. Triceps Pushdowns 6. Lying Triceps Extensions 7. Chest Flies	Back-Biceps 1. Seated Rows 2. Lat Pulldowns (Wide Grip - Overhand) 3. Bent Over Rows (Underhand Grip) 4. Lat Pulldowns (Shoulder Width Grip-Underhand) 5. Barbell Shrugs 6. Barbell Biceps Curls 7. Dumbbell Hammer Curls	Legs 1. Leg Presses 2. Dumbbell or Barbell Squats 3. Hamstring Curls 4. Leg Extensions 5. Seated Bent-Knee Calf Raises 6. Straight Leg Calf Raises (On Leg Press Machine)	Chest-Shoulders-Triceps 1. Dumbbell Bench Press 2. Incline Dumbbell Bench Press 3. Dumbbell Lateral Raises for Shoulders 4. Bent Over Shoulder Raises (For Posterior Delts) 5. Triceps Pushdowns with Ropes 6. Overhead Triceps Presses 7. Chest Flies
	Monday Back-Biceps 1. Seated Rows* 2. Pullups** (Wide Grip) 3. Bent Over Rows (Underhand Grip) 4. Pullups (Shoulder Width Grip-Underhand) 5. Dumbbell Shrugs 6. Dumbbell Biceps Curls 7. Reverse Biceps Curls	Tuesday Chest-Shoulders-Triceps 1. Barbell Bench Press 2. Incline Bench Press 3. Shoulder Presses 4. Dumbbell Raises to the Front 5. Triceps Pushdowns 6. Lying Triceps Extensions 7. Chest Flies	Thursday Legs 1. Leg Presses 2. Lunges 3. Hamstring Curls 4. Leg Extensions 5. Seated Bent-Knee Calf Raises 6. One Legged Standing Calf Raises	Friday Back-Biceps 1. Seated Rows 2. Lat Pulldowns (Wide Grip-Overhand) 3. Bent Over Rows (Underhand Grip) 4. Lat Pulldowns (Shoulder Width Grip-Underhand) 5. Barbell Shrugs 6. Barbell Biceps Curls 7. Dumbbell Hammer Curls

ABDOMINAL AND LOWER BACK EXERCISES (3 DAY & 4 DAY SPLIT) 1-2x per week

Begin with one set and progress to 3 sets of each exercise as your fitness level improves (10-20 reps):

1. Abdominal Crunches
2. Reverse Crunches - Knees to Chest
3. Oblique Crunches - Opposite Arm to Opposite Knee
4. Low Back Extensions • **Beginner** – while lying on stomach with head down and arms extended above head, raise opposite arm and leg, lower and then switch sides • **Advanced** – while lying on stomach with head down and hands behind head, raise head and chest off of ground slowly and then slowly lower back towards ground)

* (Note: many machines have varying grips in which your palms face the ground or face towards each other, alternate grips from week to week if this option is available)

** (Note: if you are unable to pullup your body weight, use a weight-assisted machine if available. you can also try using partial reps until you are able to perform full repetitions.)

• Always consult your doctor before beginning this or any training or diet/supplement program.

• For long-term progress, we recommend to alternate the intensity of your workouts every two weeks from high intensity to moderate intensity. After two weeks of high intensity training, decrease the amount of weight you are using to 75-85% of your high intensity workload for one week. For example, if you train with 200 pounds on the bench press during your high-intensity weeks, drop the weight to 150 – 170 pounds on your moderate intensity week. This will help prevent overtraining and injury, and help your body recover from training so you can come back stronger. You can shorten the rest periods in between sets during your moderate intensity training because you will be able to recover quicker.

• All exercises should be performed with 3 sets of 8-10 repetitions. Once you can handle 10 reps comfortably, slightly increase the weight.

• Please consult with a staff member of your gym if you are unfamiliar with any of the exercises.