

Free Exercise

Free Exercise Course <i>Workout every day.</i>	Reps	Increase Reps	After 4 wks ADD	Weight GAIN	Weight REDUCTION
1 Breathing Exercise	10	1 every 2 days	-	-	10 reps
2 Chair Dips	10	1 every 2 days	-	10 (3 sets)	25 reps
3 Side Bend	15	1 every 2 days	book in hand	-	50 reps
4 Trunk Twisting	15	1 every 2 days	books in hand	-	50 reps
5 Deep Knee Bend	20	1 every day	heavy object on shoulders	20 (3 sets)	-
6 Chest Stretch	10	1 every 2 days	-	20 (3 sets)	-
7 Chinning The Bar	6	1 every 4 days	chair between legs	10 (3 sets)	15 reps
8 Overhead Roll	15	1 every 2 days	books tied to feet	-	50 reps
9 Sit-Up	15	1 every 2 days	books in hand	-	50 reps
10 Rise On Toes -toes parallel	25	1 every day	partner on back	-	25 reps
Rise On Toes -toes inward	25	1 every day	partner on back	-	25 reps
Rise On Toes -toes outward	25	1 every day	partner on back	-	25 reps
11 Wrestler's Bridge	6	1 every 4 days	heavy object on chest	-	20 reps
12 Russian Knee Bend	10	1 every 2 days	heavy object in free hand	10 (3 sets)	-

Barbell Course

Barbell Course <i>Workout every other day.</i>	Start with	Reps	Increase Reps	After 4 wks ADD	Weight GAIN	Weight REDUCTION
1 Repetition Snatch	35 Lb.	10	-	5 Lb.	-	10 reps
2 Two-Hand Curl	35 Lb.	6	1 every 2 workouts	5 Lb.	8 (3 sets)	25 reps
3 Two-Hand Press	45 Lb.	6	1 every 2 workouts	10 Lb.	-	20 reps
4 Deep Knee Bends	45 Lb.	10	1 every workout	10 Lb.	-	25 reps
5 Straight Arm Pullover	15 Lb.	10	1 every workout	2.5 Lb.	8 (3 sets)	25 reps
6 Good Mornings	35 Lb.	10	1 every workout	5 Lb.	-	25 reps
7 Press Behind Neck	35 Lb.	6	1 every 2 workouts	5 Lb.	8 (3 sets)	20 reps
8 Side Bend	25 Lb.	10	1 every workout	5 Lb.	-	50 reps
9 Trunk Turning	25 Lb.	10	1 every workout	5 Lb.	-	50 reps
10 Squat	50 Lb.	10	1 every workout	10 Lb.	8 (3 sets)	25 reps
11 Rise On Toes -toes parallel	60 Lb.	10	1 every 2 workouts	10 Lb.	-	25 reps
Rise On Toes -toes inward	60 Lb.	10	1 every 2 workouts	10 Lb.	-	25 reps
Rise On Toes -toes outward	60 Lb.	10	1 every 2 workouts	10 Lb.	-	25 reps
12 Russian Knee Bend	50 Lb.	6	1 every 2 workouts	10 Lb.	8 (3 sets)	20 reps
13 Leg Raise	-	10	1 every workout	5 Lb.	-	50 reps
14 Abdominal Raise	15 Lb.	10	1 every workout	5 Lb.	-	50 reps
15 Shrug	45 Lb.	10	1 every workout	10 Lb.	-	20 reps

Dumb Bell Course

Dumb-Bell Course <i>Workout every other day.</i>	Start with	Reps	Increase Reps	After 4 wks ADD	Weight GAIN	Weight REDUCTION
1 Dumb-Bell Swing	5 Lb. each hand	10	1 every workout	5 Lb.	each DB -	10 reps
2 Swingbell Curl	30 Lb. one DB	6	1 every 2 workouts	5 Lb.	- 8 (3 sets)	25 reps
3 Dumb-Bell Press	20 Lb. each hand	6	1 every 2 workouts	5 Lb.	each DB 10 (3 sets)	20 reps
4 Forward & Lateral Raise	5 Lb. each hand	10	1 every 2 workouts	2.5 Lb	each DB -	20 reps
5 Deep Knee Bends	15 Lb. each hand	10	1 every workout	5 Lb	each DB -	25 reps
6 Rise On Toes	20 Lb. each hand	10	1 every workout	5 Lb.	each DB -	25 reps
7 Supine Dumb-Bell Press	20 Lb. each hand	6	1 every 2 workouts	5 Lb.	each DB 10 (3 sets)	20 reps
8 Side Bend	30 Lb. one DB	10	1 every workout	5 Lb.	- -	25 reps
9 Trunk Twisting	5 Lb. each hand	10	1 every workout	2.5 Lb	each DB -	50 reps
10 One-Arm Press	25 Lb. one DB	10	1 every 2 workouts	5 Lb.	- -	20 reps
11 Leg Raise	- none	10	1 every workout	5 Lb.	- -	50 reps
12 Abdominal Raise	7.5 Lb each hand	10	1 every workout	2.5 Lb	each DB -	50 reps
13 Stiff-Legged Dead Lift	25 Lb. each hand	10	1 every workout	5 Lb.	each DB 10 (3 sets)	25 reps
14 Lateral Raise Lying	5 Lb. each hand	6	1 every workout	2.5 Lb	each DB -	25 reps
15 Squat	15 Lb. each hand	10	1 every workout	5 Lb.	each DB 8 (3 sets)	25 reps