



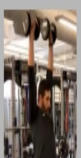


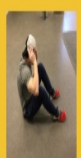
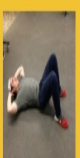



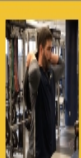
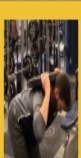




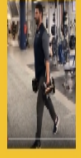

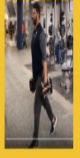



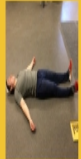

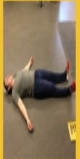






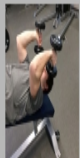
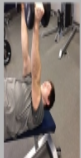
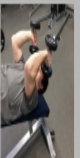


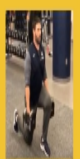



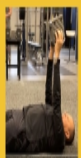

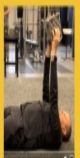
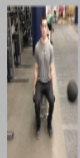
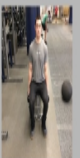

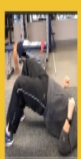



BU 4 Day Program-- PHASE 2-- Dumbbells

This program is designed to have 4 weeks per phase. The phases include body weight / band exercises, the use of dumbbells for the second phase and the third phase barbells. In this phase use an appropriate dumbbell as indicated. Perform the exercises in each block as a circuit.

MONDAY				TUESDAY			
A-BLOCK				A-BLOCK			
Goblet Squat 3 x 10-12 reps				Bench Press 3 x 10-12 reps			
Prone Hamstring Raise 3 x 10-12 reps Each leg				SA Bent Over Row 3 x 10-12 reps Each arm			
Side Glute Bridge 3 x 10-12 reps Each side				Alternating Bicep Curl 3 x 10-12 reps Each arm			
B-BLOCK				B-BLOCK			
Bulgarian Squat 3 x 10-12 reps Each leg				Seated SA Alt Shoulder Press 3 x 10-12 reps Each arm			
KB Swing 3 x 10-12 reps				Prone Row Iso 3 x 10-12 reps 3 second hold			
Supine Bent Knee Rotation 3 x 10-12 reps each way				Lying Tricep Extension 3 x 10-12 reps			
C-BLOCK				C-BLOCK			
Forward Lunge 3 x 10-12 reps Each leg				Curl to Arnold Press 3 x 10-12 reps			
Short Supine Bridge 3 x 20 secs Each leg				Renegade Row 3 x 10-12 reps Row both arms after each push-up			
RDL 3 x 10-12 reps				Alternating V-up 3 x 10-12 reps per leg			

BU 4 Day Program-- PHASE 2-- Dumbbells

THURSDAY				FRIDAY			
A-BLOCK				A-BLOCK			
Deadlift 3 x 10-12 reps				Shoulder Press 3 x 10-12 reps			
Sit-up 3 x 10-12 reps				Bent Over Row 3 x 10-12 reps			
Good Mornings 3 x 10-12 reps				Standing Zottman Curl 3 x 10-12 reps Twist wrist on way down			
B-BLOCK				B-BLOCK			
Split Squat 3 x 10-12 reps Each leg				SA Bench Press 3 x 10-12 reps Do all reps on one arm.			
Supine Leg Thrust 3 x 10-12 reps				Bent Over Reverse Fly 3 x 10-12 reps			
SL Contralateral RDL 3 x 10-12 reps Each leg				JM Press 3 x 10-12 reps			
C-BLOCK				C-BLOCK			
Walking Lunge 3 x 10-12 reps Each leg				Floor Press 3 x 10-12 reps			
Crunch Reach 3 x 10-12 reps				Seated Shrug 3 x 10-12 reps			
Supine Glute Bridge March 3 x 10-12 reps Maintain the bridge while extending your legs.				Farmers Walk 3 x 30 yards	