

CROWN

F I T N E S S S

The Crown Fitness Club

Basic

Free Weights Programme

Day 1 (Monday) Back & Biceps – 3 & 4 & 4 & 3

Back

One arm pulls / rows

Bent over rows

Lat pulley

Seated row

Upright rows

Biceps

Hammer curls

Corkscrew curls

Concentration curls

Lying Curls

Barbell curls

Day 2 (Wednesday) Chest & Triceps – 3 & 4 & 4 & 3

Chest

Bench Press

Flyes

Pullovers

Corkscrew press

Triceps

Kick backs

Overhead Extension

French press

Tricep pushdown

Day 3 (Friday) Shoulders & Legs – 3 & 4 & 4 & 3

Shoulders

Shoulder Press

Side Lateral Rise

Front delt raise

Rear delt raise

Arnold Press

Legs

Squats

Calf Raise

Cleans & or press

Dead lifts

Lunges