

CROWN



FITNESSES

SAMPLE Free Weights Programme

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

Back	Biceps
One arm pulls / rows	Hammer curls
Bent over rows	Corkscrew curls
Lat pulley	Concentration curls
Seated row	Lying Curls
Upright rows	Barbell curls

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

Chest	Triceps
Bench Press	Kick backs
Flyes	Overhead Extension
Pullovers	French press
Corkscrew press	Tricep pushdown

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

Shoulders	Legs
Shoulder Press	Squats
Side Lateral Rise	Calf Raise
Front delt raise	Cleans & or press
Rear delt raise	Dead lifts
Arnold Press	Lunges

Complete three exercises of one and four exercises of other, following week do four of first exercises and three of other.

Consult your GP before undertaking any exercise. Do not attempt any of the exercises unless under the instruction of a qualified fitness instructor.