

PEB 106 Weightlifting

Semester Project

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December 1st, 2011

Day	Exercise	Complex/Assistive	Group	Sets and Reps
Monday	Walking lunges	Complex	Hamstrings	4 sets; 20 reps (2 strides) ea.
	Weighted lunges	Complex	Quadriceps	4 sets; 8 reps ea.
	Pullups	Complex	Chest, shoulders	4 sets; 8 reps ea.
	Squats	Complex	Hamstrings, Quadriceps	4 sets; 8 reps ea.
	Tricep Dips	Complex	Shoulders	4 sets; 8 reps ea.
Tuesday	Incline Bench Presses	Complex	Chest, Shoulders	4 sets; 8 reps ea.
	Arnold Presses	Assistive	Chest, Shoulders	4 sets; 8 reps ea.
	Skull Crushers	Complex	Triceps	4 sets; 8 reps ea.
	One Arm Cable Curls	Assistive	Biceps	4 sets; 8 reps ea.
	Standing Cable Extensions	Assistive	Biceps	4 sets; 8 reps ea.
	Running	Complex	Quadriceps, Hamstrings	3 miles
Wednesday	Incline Pushups	Complex	Chest, Shoulders	4 sets; 8 reps ea.
	Sitting Weighted Torso Turns	Complex	Abdominal Obliques	4 sets; 8 reps ea.
	Ab Wheel	Complex	Abdominals (internal/external)	4 sets; 8 reps ea.
	Weighted Torso Extensions	Complex	Abdominal Obliques	4 sets; 8 reps ea.
	Weighted Knee Raise	Complex	Abdominals, Quadriceps	4 sets; 8 reps ea.
Thursday	Squats	Complex	Quadriceps, Hamstrings	4 sets; 8 reps ea.
	Good Mornings	Complex	Hamstrings	4 sets; 8 reps ea.

	Straight Legged Dead Lifts	Complex	Hamstrings	4 sets; 8 reps ea.
	Walking lunges	Complex	Hamstrings	4 sets; 20 reps (2 strides) ea.
	Weighted lunges	Complex	Quadriiceps	4 sets; 8 reps ea.
	Running	Complex	Quadriiceps, Hamstrings	4 sets; 8 reps ea.
Friday	Tricep Dips	Complex	Shoulders	4 sets; 8 reps ea.
	Incline Bench Presses	Complex	Chest, Shoulders	4 sets; 8 reps ea.
	Lateral Raises	Assistive	Shoulder	4 sets; 8 reps ea.
	Arnold Presses	Complex	Chest, Shoulders	4 sets; 8 reps ea.
	Shoulder Presses	Complex	Shoulders	4 sets; 8 reps ea.

My goals for weightlifting is moderate muscle gain, with a equal balance of tone. I intend to get cardio partially from weightlifting, but also with my running. I intend to develop a lot of complex muscle more, but spend some time developing assistive muscles. This will help me recover when I do more weekend outdoor sports, and help me look fit without looking like I only concentrate on upper body muscle building. I want a strong core and legs as well as upper body, for practical purposes. This sets me apart from a lot of males in the gym who spend a lot of time developing upper body. I use a similar workout to my significant other, with a little more emphasis on upper body.