APPLIED FITNESS SOLUTIONS

Resistance Training Exercise

Name:	Phase: Hypertrophy- Full Gym							Date:
Resistance Training Exercise	***Sets***	***Rep Range***	***Rest Interval***	***Wght X Reps***				**Notes**
				Set 1	**Set 2**	**Set 3**	**Set 4**	
DB Reverse Lunge	3	8-10/L	75	x	x	x	x	
BB RDL	3	6 to 8/L	90	x	x	x	x	
Cable Standing 1-arm High Row	3	6 to 8	90	x	x	x	x	
Rope Lat Sweeps	3	8 to 10	75	x	x	x	x	
BB Bench Press	3	6 to 8	90	x	x	x	x	
DB Incline Press	3	8 to10	75	x	x	x	x	
Rope Pushdown	3	8 to 10	75	x	x	x	x	
DB Alt. Curl		8-10/a		x	x	x	x	
DB/WP Decline Twist Crunch	3	8 to 10/sc	60	x	x	x	x	
DB Decline Crunch		8 to 10		x	x	x	x	

Notes:

1) Perform a warm-up BEFORE and stretching AFTER each workout

2) If resistance (other than body weight) is used for a given exercise, select a weight that allows you to move through the range of motion with good technique, while still being challenged. When this resistance is no longer a challenge, increase the weight to the next increment.

3) If you hit the top of your rep range two weeks in a row, consider increasing your weight

4) All exercises should be done with a controlled 2 second lowering phase

5) If any pain results as a result of these workouts, let an AFS Fitness Practitioner know

6) We recommend sticking to a workout for 4-6 weeks before changing it up.