

# GROUP A

<u>Monday Session</u> Week A	<u>WEEK 1</u> 3 x 8reps	<u>WEEK 3</u> 3 x 10reps	<u>WEEK 5</u> 3 x 12 reps	<u>WEEK 7</u> 3 x 10reps
1 Curl Pulldown				
2 Bench Press				
3 Lunges				
4 Swim Pulls				
5 Rev Flys				

<u>Wednesday Session</u> Week A	<u>WEEK 1</u> 3 x 8reps	<u>WEEK 3</u> 3 x 10reps	<u>WEEK 5</u> 3 x 12 reps	<u>WEEK 7</u> 3 x 10reps
1 Shoulder Press				
2 Dips / Chair Dips				
3 Hack Squat				
4 Supine Overhead Pulls				
5 Curls				

<u>Monday Session</u> Week B	<u>WEEK 2</u> 3 x 8reps	<u>WEEK 4</u> 3 x 10reps	<u>WEEK 6</u> 3 x 12 reps	<u>WEEK 8</u> 3 x 10reps
1 Chin-ups				
2 Cross-overs				
3 Lat Shoulder Raise				
4 Single Leg Press				
5 Bench Flat Pulls				

<u>Wednesday Session</u> Week B	<u>WEEK 2</u> 3 x 8reps	<u>WEEK 4</u> 3 x 10reps	<u>WEEK 6</u> 3 x 12 reps	<u>WEEK 8</u> 3 x 10reps
1 Incline				
2 Incline				
3 Bent Arm Pullovers				
4 Squats				
5 Tricep P				

\* Do full abdominal routine after each weights session including Swiss Ball work

**AMPLE**