

UW La Crosse: Personal Workout

1												
			Sets and Reps				Rest Time	Week # 1				Trainer's Comments
Day	Order	Exercise	1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4	
1	1	Back Squats	10	8	6	4	3 min					
1	2	Leg Press	10	10	10		2 min					
1	3	Shrugs	10	10	10		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	10	10	10		2 min					
1	6	Barbell Curls	8	8	8		1 min					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	10	10	10	10	3 min					
2	2	Dumbbell Shoulder Press	10	10	10		2 min					
2	3	Up Right Rows	8	8	8		2 min					
2	4	Tricep Pushdowns	10	10	10		2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Weighted Sit Ups	10	10	10		2 min					
3	1	Lunges	10	10	10		2 min					
3	2	Leg Curls	10	10	10		2 min					
3	3a	Lat Pulldowns	15	15	15							
3	3b	Preacher Curls	10	10	10		2 min					
3	4a	Seated Rows	15	15	15							
3	4b	Dumbbell Curls	10	10	10		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Weighted Sit Ups	10	10	10		1 min					
4	1	Bench Press	10	8	6	4	3 min					
4	2	Incline Press	10	10	10		2 min					
4	3	Power Press	8	8	8		2 min					
4	4	Bent Over Rows	8	8	8		2 min					
4	5	Skull Crushers	10	10	10		2 min					
4	6	Dips	10	10	10		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.

A shoulder complex consists of Internal Rotation, External Rotation, and Lateral Raises.

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2															
Day	Order	Exercise	Sets and Reps				Rest Time	Week # 1				Trainer's Comments			
			1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4				
1	1	Back Squats	10	8	6	4	3 min								
1	2	Leg Press	10	10	10		2 min								
1	3	Shrugs	10	10	10		2 min								
1	4	Back Extensions	5	5			2 min								
1	5	Leg Curls	10	10	10		2 min								
1	6	Barbell Curls	8	8	8		1 min								
1	7	Pull Ups	10	10	10		90 sec								
2	1	Dumbbell Bench Press	10	10	10	10	3 min								
2	2	Dumbbell Shoulder Press	10	10	10		2 min								
2	3	Up Right Rows	8	8	8		2 min								
2	4	Tricep Pushdowns	10	10	10		2 min								
2	5	Shoulder Complex	10	10	10		2 min								
2	6	Weighted Sit Ups	10	10	10		2 min								
3	1	Lunges	10	10	10		2 min								
3	2	Leg Curls	10	10	10		2 min								
3	3a	Lat Pulldowns	15	15	15										
3	3b	Preacher Curls	10	10	10		2 min								
3	4a	Seated Rows	15	15	15										
3	4b	Dumbbell Curls	10	10	10		2 min								
3	5	Calf Raises	12	12	12		2 min								
3	6	Weighted Sit Ups	10	10	10		1 min								
4	1	Bench Press	10	8	6	4	3 min								
4	2	Incline Press	10	10	10		2 min								
4	3	Power Press	8	8	8		2 min								
4	4	Bent Over Rows	8	8	8		2 min								
4	5	Skull Crushers	10	10	10		2 min								
4	6	Dips	10	10	10		2 min								

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.

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3																		
Day	Order	Exercise	Sets and Reps				Rest Time	Week # 1				Trainer's Comments						
			1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4							
1	1	Back Squats	10	8	6	4	3 min											
1	2	Leg Press	10	10	10		2 min											
1	3	Shrugs	10	10	10		2 min											
1	4	Back Extensions	5	5			2 min											
1	5	Leg Curls	10	10	10		2 min											
1	6	Barbell Curls	8	8	8		1 min											
1	7	Pull Ups	10	10	10		90 sec											
2	1	Dumbbell Bench Press	10	10	10	10	3 min											
2	2	Dumbbell Shoulder Press	10	10	10		2 min											
2	3	Up Right Rows	8	8	8		2 min											
2	4	Tricep Pushdowns	10	10	10		2 min											
2	5	Shoulder Complex	10	10	10		2 min											
2	6	Weighted Sit Ups	10	10	10		2 min											
3	1	Lunges	10	10	10		2 min											
3	2	Leg Curls	10	10	10		2 min											
3	3a	Lat Pulldowns	15	15	15													
3	3b	Preacher Curls	10	10	10		2 min											
3	4a	Seated Rows	15	15	15													
3	4b	Dumbbell Curls	10	10	10		2 min											
3	5	Calf Raises	12	12	12		2 min											
3	6	Weighted Sit Ups	10	10	10		1 min											
4	1	Bench Press	10	8	6	4	3 min											
4	2	Incline Press	10	10	10		2 min											
4	3	Power Press	8	8	8		2 min											
4	4	Bent Over Rows	8	8	8		2 min											
4	5	Skull Crushers	10	10	10		2 min											
4	6	Dips	10	10	10		2 min											

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.

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4															
Day	Order	Exercise	Sets and Reps				Rest Time	Week # 1				Trainer's Comments			
			1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4				
1	1	Back Squats	10	8	6	4	3 min								
1	2	Leg Press	10	10	10		2 min								
1	3	Shrugs	10	10	10		2 min								
1	4	Back Extensions	5	5			2 min								
1	5	Leg Curls	10	10	10		2 min								
1	6	Barbell Curls	8	8	8		1 min								
1	7	Pull Ups	10	10	10		90 sec								
2	1	Dumbbell Bench Press	10	10	10	10	3 min								
2	2	Dumbbell Shoulder Press	10	10	10		2 min								
2	3	Up Right Rows	8	8	8		2 min								
2	4	Tricep Pushdowns	10	10	10		2 min								
2	5	Shoulder Complex	10	10	10		2 min								
2	6	Weighted Sit Ups	10	10	10		2 min								
3	1	Lunges	10	10	10		2 min								
3	2	Leg Curls	10	10	10		2 min								
3	3a	Lat Pulldowns	15	15	15										
3	3b	Preacher Curls	10	10	10		2 min								
3	4a	Seated Rows	15	15	15										
3	4b	Dumbbell Curls	10	10	10		2 min								
3	5	Calf Raises	12	12	12		2 min								
3	6	Weighted Sit Ups	10	10	10		1 min								
4	1	Bench Press	10	8	6	4	3 min								
4	2	Incline Press	10	10	10		2 min								
4	3	Power Press	8	8	8		2 min								
4	4	Bent Over Rows	8	8	8		2 min								
4	5	Skull Crushers	10	10	10		2 min								
4	6	Dips	10	10	10		2 min								

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.

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Week 5							Week # 1				Trainer's Comments	
Day	Order	Exercise	Sets and Reps				Rest Time	Set 1	Set 2	Set 3		Set 4
1	1	Back Squats	8	6	5	4	3 min					
1	2	Lunges	10	10	10		2 min					
1	3	Shrugs	10	10	10		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	10	10	10		2 min					
1	6	Dumbbell Curls	10	10	10		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	8	8	8	8	3 min					w/ Swiss Ball
2	2	Dumbbell Shoulder Press	8	8	8		2 min					
2	3	Seated Rows	12	12	12		2 min					
2	4	Skull Crushers	10	10	10		2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Ball Crunches	10	10	10		2 min					
3	1	Step Ups	5	5	5		2 min					each foot, alternate
3	2	Leg Curls	10	10	10		2 min					
3	3a	Lat Pulldowns	12	12	12							
3	3b	Preacher Curls	10	10	10		2 min					
3	4a	Bent Over Rows	8	8	8							
3	4b	Barbell Curls	10	10	10		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Ball Crunches	10	10	10		1 min					w/ Swiss Ball
4	1	Bench Press	8	6	5	4	3 min					
4	2	Incline Press	10	10	10		2 min					
4	3	Power Press	8	8	8		2 min					
4	4	Dumbbell Fly's	8	8	8		2 min					
4	5	Tricep Pushdowns	12	12	12		2 min					
4	6	Dips	15	15	15		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 6							Week # 1				Trainer's Comments	
Day	Order	Exercise	Sets and Reps				Rest Time	Set 1	Set 2	Set 3		Set 4
1	1	Back Squats	8	6	5	4	3 min					
1	2	Lunges	10	10	10		2 min					
1	3	Shrugs	10	10	10		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	10	10	10		2 min					
1	6	Dumbbell Curls	10	10	10		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	8	8	8	8	3 min					w/ Swiss Ball
2	2	Dumbbell Shoulder Press	8	8	8		2 min					
2	3	Seated Rows	12	12	12		2 min					
2	4	Skull Crushers	10	10	10		2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Ball Crunches	10	10	10		2 min					
3	1	Step Ups	5	5	5		2 min					each foot, alternate
3	2	Leg Curls	10	10	10		2 min					
3	3a	Lat Pulldowns	12	12	12							
3	3b	Preacher Curls	10	10	10		2 min					
3	4a	Bent Over Rows	8	8	8							
3	4b	Barbell Curls	10	10	10		2 min					
3	5	Calf Raises	12	12	12		2 min					w/ Swiss Ball
3	6	Ball Crunches	10	10	10		1 min					
4	1	Bench Press	8	6	5	4	3 min					
4	2	Incline Press	10	10	10		2 min					
4	3	Power Press	8	8	8		2 min					
4	4	Dumbbell Fly's	8	8	8		2 min					
4	5	Tricep Pushdowns	12	12	12		2 min					
4	6	Dips	15	15	15		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 7							Week # 1				Trainer's Comments	
Day	Order	Exercise	Sets and Reps				Rest Time	Set 1	Set 2	Set 3		Set 4
1	1	Back Squats	6	5	4	3	3 min					
1	2	Lunges	8	8	8		2 min					
1	3	Shrugs	12	12	12		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	8	8	8		2 min					
1	6	Dumbbell Curls	8	8	8		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	8	8	8	8	3 min					w/ Swiss Ball
2	2	Dumbbell Shoulder Press	8	8	8		2 min					
2	3	Seated Rows	12	12	12		2 min					
2	4	Skull Crushers	5	5	5	5	2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Ball Crunches	10	10	10		2 min					
3	1	Step Ups	5	5	5		2 min					each foot, alternate
3	2	Leg Curls	8	8	8		2 min					
3	3a	Lat Pulldowns	12	12	12							
3	3b	Preacher Curls	8	8	8		2 min					
3	4a	Bent Over Rows	8	8	8							
3	4b	Barbell Curls	10	10	10		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Ball Crunches	10	10	10		1 min					w/ Swiss Ball
4	1	Bench Press	6	5	4	3	3 min					
4	2	Incline Press	8	8	8		2 min					
4	3	Power Press	5	5	3	3	2 min					
4	4	Dumbbell Fly's	8	8	8		2 min					
4	5	Tricep Pushdowns	12	12	12		2 min					
4	6	Dips	15	15	15		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 8							Week # 1				Trainer's Comments	
Day	Order	Exercise	Sets and Reps				Rest Time	Set 1	Set 2	Set 3		Set 4
1	1	Back Squats	6	5	4	3	3 min					
1	2	Lunges	8	8	8		2 min					
1	3	Shrugs	12	12	12		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	8	8	8		2 min					
1	6	Dumbbell Curls	8	8	8		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	8	8	8	8	3 min					w/ Swiss Ball
2	2	Dumbbell Shoulder Press	8	8	8		2 min					
2	3	Seated Rows	12	12	12		2 min					
2	4	Skull Crushers	5	5	5	5	2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Ball Crunches	10	10	10		2 min					
3	1	Step Ups	5	5	5		2 min					each foot, alternate
3	2	Leg Curls	8	8	8		2 min					
3	3a	Lat Pulldowns	12	12	12							
3	3b	Preacher Curls	8	8	8		2 min					
3	4a	Bent Over Rows	8	8	8							
3	4b	Barbell Curls	10	10	10		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Ball Crunches	10	10	10		1 min					w/ Swiss Ball
4	1	Bench Press	6	5	4	3	3 min					
4	2	Incline Press	8	8	8		2 min					
4	3	Power Press	5	5	3	3	2 min					
4	4	Dumbbell Fly's	8	8	8		2 min					
4	5	Tricep Pushdowns	12	12	12		2 min					
4	6	Dips	15	15	15		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 9												
Day	Order	Exercise	Sets and Reps				Rest Time	Week # 1				Trainer's Comments
			1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4	
1	1	Back Squats	6	5	4	3	3 min					
1	2	Leg Press	8	8	8		3 min					
1	3	Shrugs	12	12	12		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	8	8	8		2 min					
1	6	Barbell Curls	8	8	8		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	5	5	5	5	3 min					
2	2	Dumbbell Shoulder Press	6	6	6		2 min					
2	3	Up Right Rows	8	8	8		2 min					
2	4	Tricep Pushdowns	10	12	15		2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Weighted Sit Ups	10	10	10		2 min					
3	1	Lunges	8	8	8		2 min					
3	2	Leg Curls	8	8	8		2 min					
3	3a	Lat Pulldowns	10	10	10							
3	3b	Preacher Curls	8	8	8		2 min					
3	4a	Seated Rows	10	10	10							
3	4b	Dumbbell Curls	8	8	8		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Weighted Sit Ups	10	10	10		1 min					
4	1	Bench Press	6	5	4	3	3 min					
4	2	Incline Press	8	8	8		2 min					
4	3	Power Press	5	5	3	3	2 min					
4	4	Bent Over Rows	8	8	8		2 min					
4	5	Skull Crushers	5	5	5	5	2 min					
4	6	Dips	20	20	20		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 10												
			Sets and Reps				Rest Time	Week # 1				Trainer's Comments
Day	Order	Exercise	1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4	
1	1	Back Squats	5	4	3	2	3 min					
1	2	Leg Press	8	8	8		3 min					
1	3	Shrugs	15	15	15		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	8	8	8		2 min					
1	6	Barbell Curls	8	8	8		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	5	5	5	5	3 min					
2	2	Dumbbell Shoulder Press	6	6	6		2 min					
2	3	Up Right Rows	8	8	8		2 min					
2	4	Tricep Pushdowns	10	12	15		2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Weighted Sit Ups	10	10	10		2 min					
3	1	Lunges	8	8	8		2 min					
3	2	Leg Curls	8	8	8		2 min					
3	3a	Lat Pulldowns	10	10	10							
3	3b	Preacher Curls	8	8	8		2 min					
3	4a	Seated Rows	10	10	10							
3	4b	Dumbbell Curls	8	8	8		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Weighted Sit Ups	10	10	10		1 min					
4	1	Bench Press	5	4	3	2	3 min					
4	2	Incline Press	8	8	8		2 min					
4	3	Power Press	5	5	3	3	2 min					
4	4	Bent Over Rows	8	8	8		2 min					
4	5	Skull Crushers	5	5	5	5	2 min					
4	6	Dips	20	20	20		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 11													
			Sets and Reps				Rest Time	Week # 1				Trainer's Comments	
Day	Order	Exercise	1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4		
1	1	Back Squats	4	3	2	1	3 min						
1	2	Leg Press	8	8	8		3 min						
1	3	Shrugs	15	15	15		2 min						
1	4	Back Extensions	5	5			2 min						
1	5	Leg Curls	8	8	8		2 min						
1	6	Barbell Curls	8	8	8		90 sec						
1	7	Pull Ups	10	10	10		90 sec						
2	1	Dumbbell Bench Press	5	5	5	5	3 min						
2	2	Dumbbell Shoulder Press	6	6	6		2 min						
2	3	Up Right Rows	8	8	8		2 min						
2	4	Tricep Pushdowns	10	12	15		2 min						
2	5	Shoulder Complex	10	10	10		2 min						
2	6	Weighted Sit Ups	10	10	10		2 min						
3	1	Lunges	8	8	8		2 min						
3	2	Leg Curls	8	8	8		2 min						
3	3a	Lat Pulldowns	10	10	10								
3	3b	Preacher Curls	8	8	8		2 min						
3	4a	Seated Rows	10	10	10								
3	4b	Dumbbell Curls	8	8	8		2 min						
3	5	Calf Raises	12	12	12		2 min						
3	6	Weighted Sit Ups	10	10	10		1 min						
4	1	Bench Press	4	3	2	1	3 min						
4	2	Incline Press	5	5	5		2 min						
4	3	Power Press	5	5	3	3	2 min						
4	4	Bent Over Rows	8	8	8		2 min						
4	5	Skull Crushers	5	5	5	5	2 min						
4	6	Dips	20	20	20		2 min						

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
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Week 12												
Day	Order	Exercise	Sets and Reps				Rest Time	Week # 1				Trainer's Comments
			1st	2nd	3rd	4th		Set 1	Set 2	Set 3	Set 4	
1	1	Back Squats	4	3	2	1	3 min					
1	2	Leg Press	8	8	8		3 min					
1	3	Shrugs	15	15	15		2 min					
1	4	Back Extensions	5	5			2 min					
1	5	Leg Curls	8	8	8		2 min					
1	6	Barbell Curls	8	8	8		90 sec					
1	7	Pull Ups	10	10	10		90 sec					
2	1	Dumbbell Bench Press	5	5	5	5	3 min					
2	2	Dumbbell Shoulder Press	6	6	6		2 min					
2	3	Up Right Rows	8	8	8		2 min					
2	4	Tricep Pushdowns	10	12	15		2 min					
2	5	Shoulder Complex	10	10	10		2 min					
2	6	Weighted Sit Ups	10	10	10		2 min					
3	1	Lunges	8	8	8		2 min					
3	2	Leg Curls	8	8	8		2 min					
3	3a	Lat Pulldowns	10	10	10							
3	3b	Preacher Curls	8	8	8		2 min					
3	4a	Seated Rows	10	10	10							
3	4b	Dumbbell Curls	8	8	8		2 min					
3	5	Calf Raises	12	12	12		2 min					
3	6	Weighted Sit Ups	10	10	10		1 min					
4	1	Bench Press	4	3	2	1	3 min					
4	2	Incline Press	5	5	5		2 min					
4	3	Power Press	5	5	3	3	2 min					
4	4	Bent Over Rows	8	8	8		2 min					
4	5	Skull Crushers	5	5	5	5	2 min					
4	6	Dips	20	20	20		2 min					

Day 3: 3a and 3b are a superset. Do 3a first, then 3b, then rest. 4a and 4b are a superset. Do 4a first, then 4b, then rest.
 A shoulder complex consists of Internal Rotation, External Rotation, and Lateral Raises.