



NUTRITION AND EXERCISE CONSULTING

Step one RM program:

WEEKLY RESISTANCE TRAINING PROGRAM

---

Tuesday: Push groups: **Shoulder press** 12-10-(8-10) RM, **Laterals** 15-12-(8-10) RM, **Push Ups** 15-12-10, **Flies** 15-12-(8-10) RM, **Triceps kickback** 12-10-(8-10) RM.

Pull groups: **D.B. row** 12-10-(8-10) RM, , **Rear laterals** 12-10-8, **D.B. curl** 12-10-(8-10) RM, **Abs** 3 x 15/10

Friday:	CHEST	<b>Push Up / Incline fly</b>	2 x 8-12
	BACK	<b>Pullover / D.B. row</b>	2 x 8-12
	SHOULDERS	<b>Partial clean / Front raise</b>	2 x 8-10
	ARMS	<b>D.B. curl / Kickback</b>	2 x 8-10
	ABDOMINALS	<b>Crunch / Pelvic thrust</b>	3 x 10/10

---

Exercises can be substituted at any time, however the total sets and repetitions should remain the same. The amount of weight lifted on Thursday for the supersets should be ~80% of your max weight for the given number of reps.