

Full Name: Tony Howard Stark

Weight Training Workout A

Complete **all three weeks** of this routine and then email all three to me at cmurdock@utahonline.

This first workout focuses on exercises that can be done with your own body weight. Doing 15 to 20 reps for three sets will help you build a foundation of strength in your major muscle groups, stabilizer muscles, and your connective tissues (ligaments, tendons, etc.). You can also add weight if you are more advanced (or do your own 3-week program).

You will do this workout every other day for three weeks. (I would pick either Monday, Wednesday, Friday, or Tuesday, Thursday, Saturday). You want a rest day in between so you give your body a chance to heal and repair the damage you do. If you can do more than 20 reps with your own body weight it is time to start adding weight. Always warm up!

Week 1 (Watch approved videos online if you are not sure what an exercise is or how to do it.)

Warm-up: Get your heart rate up to 120 bpm for at least 3 minutes (but no more than 5 min.) riding a stationary bike, jogging, doing jumping jacks, mountain climbers, etc.

Workout A (Week 1)	Set 1	Set 2	Set 3
Exercise	Weight / Reps (15-20)	Weight / Reps (15-20)	Weight / Reps (15-20)
Squat	135 lbs/ 15	185 lbs/ 15	205 lbs/ 15
Step up	20 lbs/ 15	30 lbs/ 15	40 lbs/ 15
Single-leg deadlift	20 lbs/ 15	30 lbs/ 15	40 lbs/ 15
Inverted row	Bodyweight / 15	Bodyweight / 15	Bodyweight / 15
Dips	Bodyweight / 15	BW / 15	BW / 15
Pull-ups	BW / 15	BW / 15	BW / 15

Average rest time in between sets: (should only be 1-2 minutes) 1 min.

This workout should be completed in 30 to 45 minutes. Do not exceed 1 hour.

Cool down stretching: 5-10 minutes. Stretch the muscles you worked. Hold for 10-30 seconds.

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Week 2

You want to try to increase the weight you lift, the reps you do, or decrease the time you rest in between sets in order to improve your strength, mass, stamina, etc. Pick one of these to improve at a time and you will see progress.

Warm-up: Get your heart rate up to 120 BPM for at least 3 minutes (but no more than 5 min.) riding a stationary bike, jogging, doing jumping jacks, mountain climbers, etc.

Workout A (Week 2)	Set 1	Set 2	Set 3
Exercise	Weight / Reps (15-20)	Weight / Reps (15-20)	Weight / Reps (15-20)
Squat	135 lbs / 15	185 lbs / 20	205 lbs / 15
Step up	30 lbs / 15	40 lbs / 15	40 lbs / 15
Single-leg deadlift	30 lbs / 15	40 lbs / 15	50 lbs / 15
Inverted row	Bodyweight / 15	BW / 15	BW / 20
Dips	BW / 15	BW / 20	BW / 20
Pull-ups	BW / 15	BW / 16	BW / 18

Average rest time in between sets: (should only be 1-2 minutes)¹

This workout should be completed in 30 to 45 minutes. Do not exceed 1 hour.

Cool down stretching: 5-10 minutes. Stretch the muscles you worked. Hold for 10-30 seconds.

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Week 3

You might already be getting sick of this workout. Have no fear, I will change it up after this week, but by doing the same movements and keeping track of the weight you've lifted, the reps, and the rest time, you should be seeing some progress. It's very hard to track progress if you change routines too often. It can be done, but this is much easier, and it gives you a good base to work with.

Warm-up: Get your heart rate up to 120 BPM for at least 3 minutes (but no more than 5 min.) riding a stationary bike, jogging, doing jumping jacks, mountain climbers, etc.

Workout A (Week 3)	Set 1	Set 2	Set 3
Exercise	Weight / Reps (15-20)	Weight / Reps (15-20)	Weight / Reps (15-20)
Squat	135 lbs/ 15	185 lbs/ 15	225 lbs/ 10
Step up	40 lbs/ 15	50 lbs/ 15	60 lbs/ 15
Single-leg deadlift	40 lbs/ 15	50 lbs/ 15	60 lbs/ 15
Inverted row	Bodyweight / 15	BW / 15	BW / 15
Dips	BW / 15	10 lbs / 15	10 lbs / 15
Pull-ups	BW / 16	BW / 18	10 lbs / 10

Average rest time in between sets: (should only be 1-2 minutes)¹

This workout should be completed in 30 to 45 minutes. Do not exceed 1 hour.

Cool down stretching: 5-10 minutes. Stretch the muscles you worked. Hold for 10-30 seconds.

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