

Greg's Fitness program Strength Training Portion

If you choose to exercise more than 3x a week these days should be cycled and repeated with 1 rest day after Day 3

[Progress Spreadsheet](#)

Day 1: Focus on Chest and Triceps

Begin with bands to warm up muscles

3 sets of 12-10-8 reps of each exercise

[Band triceps](#)

[Band chest fly](#)

[Band chest press](#)

[Pushups with band over upper back](#)

[Lying triceps extensions](#)

[Skullcrusher](#)

Shift to weighted resistance with dumbbells

3 sets of 12-10-8 reps of each exercise

[Sitting incline dumbbell chest press](#)

[Flat bench dumbbell chest press](#)

[Flat bench dumbbell flys](#)

[Overhead triceps extension](#)

[Bent over row triceps extension](#)

Core

[Russian twists with dumbbell 3 sets to failure](#)

[Leg raises 3 sets to failure](#)

[Side crunch 3 sets to failure](#)

Day 2: Back and Biceps

Begin with bands to warm up muscles

3 sets of 12-10-8 reps of each exercise

[Squatted back row](#)

[One arm bent row](#)

[Kneeling back row](#)

[Standing biceps curls](#)

[Seated preacher curls](#) (you can stand)

Shift to weighted resistance with dumbbells

3 sets of 12-10-8 reps of each exercise

[Standing wide row](#) (or [this](#))

[Shoulder press](#)

[Hammer curls](#) (you can rotate around to normal curl position on lift)

[Kneeling one arm row](#)

[Seated one arm curls](#)

[Incline one arm curls](#)

Core

[Russian twists with dumbbell](#) 3 sets to failure

[Leg raises](#) 3 sets to failure

[Side crunch](#) 3 sets to failure

Day 3: Legs

Dumbbell portion: Do this cycle 5 times

[Dumbbell squats](#): 14-16 reps

[Lunges](#): 20 each leg

[Standing toe raises](#): 15-20 reps

Jump rope for 1 minute