

UCSD - Newcomer

Questions: Rudy Thomas 319-321-5882 or email r4thomas@ucsd.edu

Monday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Medicine Ball Circuit	1x	1x	1x	1x	1x	1x
DB Push Press	3x6	3x6	3x6	4x6	4x6	4x6
DB Incline Bench	3x10	3x10	3x10	3x8	3x8	3x8
1 Arm DB Rows	3x8	3x8	3x8	3x6	3x6	3x6
Pull-Ups (over hand grip)	2x3-5	2x3-5	2x3-5	2x5-8	2x5-8	2x5-8
(3 sec negative)	1x2	1x2	1x2	1x3	1x3	1x3
DB Front Squat	3x8	3x8	3x8	4x8	4x8	4x8
Leg Curls	3x5	3x5	3x5	3x6	3x6	3x6
Slow Bicycle Abs	3x20 each	3x20 each	3x20 each	3x30 each	3x30 each	3x30 each
Wednesday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Body Weight Circuit	1x	1x	1x	1x	1x	1x
Oblique Bridges	2x5 each	2x5 each	2x6 each	2x6 each	2x8 each	2x8 each
Supermans	2x20 sec	2x20 sec	2x20 sec	2x30 sec	2x30 sec	2x30 sec
Alt.DB Military Press (hold at bottom)	3x8	3x8	3x8	3x6	3x6	3x6
Barbell Lunges	3x8 each	3x8 each	3x8 each	3x6 each	3x6 each	3x6 each
Barbell Bench Press (Heavy)	3x8	3x8	3x8	3x6	3x6	3x6
Lat Pulldown, front	3x10	3x10	3x10	3x8	3x8	3x8
DB Pullovers	3x8	3x8	3x8	3x5	3x5	3x5
Back Extensions	3x5	3x5	3x5	3x5 (3 sec) <i>Pause</i>	3x5 (3 sec) <i>Pause</i>	3x5 (3 sec) <i>Pause</i>
Friday	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Plate Circuit	1x	1x	1x	1x	1x	1x
Back Squats or Leg Press (Heavy)	3x10	4x10	5x10	3x8	4x8	5x8
Military Press (behind head, ear level)	3x5	3x5	3x5	4x5	4x5	4x5
Pull-Ups (under hand grip)	2x5-10	3x5-10	3x5-10	2x8-12	3x8-12	3x8-12
DB Bench Press	3x10	3x10	3x10	3x8	3x8	3x8
1 Arm DB Rows	3x10	3x10	3x10	3x8	3x8	3x8
Reverse Hypers	2x5	2x5	2x8	2x8	3x5	3x5
Bent Knee Bridge	2x5 (5 sec)	2x5 (5 sec)	2x8 (5 sec)	2x8 (5 sec)	3x5 (5 sec)	3x5 (5 sec)

*****NOTE: All Shaded cells are paired "superset" exercises.**

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Monday	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Medicine Ball Circuit	2x	2x	2x	2x	2x	2x
Push Press	4x4	4x4	4x4	4x3	4x3	4x3
Front Squat	4x6	4x6	4x6	4x4	4x4	4x4
Pull-Ups (over hand grip)	2x8-10	2x8-10	2x8-10	3x8-10	3x8-10	3x8-10
(5 sec negative)	1x2	1x2	1x2	1x3	1x3	1x3
DB Bench	3x6	3x6	3x6	3x5	3x5	3x5
1 Arm DB Rows	3x4	3x4	3x4	3x3	3x3	3x3
Hanging Knee-ups	3x10	3x10	3x10	3x15	3x15	3x15
Leg Curls	3x8	3x8	3x8	3x10	3x10	3x10

Wednesday	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Body Weight Circuit	2x	2x	2x	2x	2x	2x
Off Bench Obliques	2x8 each	2x8 each	2x8 each	2x10 each	2x10 each	2x10 each
Supermans	2x40 sec	2x40 sec	2x40 sec	2x50 sec	2x50 sec	2x50 sec
Barbell Bench Press (Heavy)	3x5	3x5	3x5	4x3	4x3	4x3
Lat Pulldown, front	3x6	3x6	3x6	3x5	3x5	3x5
Alt.DB Military Press (hold at top)	3x5	3x5	3x5	3x3	3x3	3x3
Barbell Lunges	3x5 each	3x5 each	3x5 each	3x3 each	3x3 each	3x3 each
DB Pullovers	4x5	4x5	4x5	4x3	4x3	4x3
Back Extensions (with 10lb weight)	3x5	3x5	3x5	3x5 (3 sec) <i>Pause</i>	3x5 (3 sec) <i>Pause</i>	3x5 (3 sec) <i>Pause</i>

Friday	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Plate Circuit	2x	2x	2x	2x	2x	2x
Back Squats or Leg Press (Heavy)	3x6	4x6	5x6	1x5, 3x3	1x5, 4x3	1x5, 5x3
DB Incline Bench (light)	3x6	3x6	3x6	3x4	3x4	3x4
1 Arm DB Rows (light)	3x6	3x6	3x6	3x4	3x4	3x4
Military Press (front)	4x4	4x4	4x4	5x4	5x4	5x4
Pull-Ups (under hand grip)	30 Total	30 Total	30 Total	35 Total	35 Total	35 Total
(5 sec negative)	1x2	1x2	1x2	1x3	1x3	1x3
Reverse Hypers	2x5 pause	2x5 pause	2x5 pause	3x5 pause	3x5 pause	3x5 pause
1 Leg Bent Knee Bridge	3x5 each	3x5 each	3x5 each	3x8 each	3x8 each	3x8 each

*****NOTE: All Shaded cells are paired "superset" exercises.**