

Field House

Program B: Building Strength

Day 1: Chest

1. DB Chest Flys (2x10-12)
2. Incline Smith Machine Bench Press (4x10-12)
3. Decline Bench Press (3x10-12)
4. Weighted Dips (2x6-8)
5. Incline Bench Cable Flys/Cable Press (4x15/10 **SS**)

Day 2: Legs

1. Back Squats (7x10-12)
2. Single Leg Extensions (4x10-12)
3. Leg Curls (3x10-12)
4. Stiff-legged Deadlifts (4x15)
5. Seated Calf Raises (5x10)

Day 3: Shoulders

1. Seated DB Shoulder Press (6x10)
2. DB Lateral Raises (4x15)
3. Reverse Pec Deck (3x10)
4. Cable Face Pulls (4x10)
5. Smith Machine Shrugs (5x10)

Day 4: Back

1. Barbell Deadlifts (6x6)
2. Lat Pulldowns (4x8)
3. Bent-over Barbell Rows (3x10)
4. Straight Bar Lat Pulldowns (3x10)
5. Cable Row Machine (4x10)

Day 5: Arms

1. UL Cable Triceps Kickbacks (5x10 each arm)
2. DB Skull-crushers (4x10)
3. Straight-arm Lat Pulldowns w/Rope Attachment (3x10)
4. Alternating DB Hammer Curls (4x10 each arm)
5. EZ-bar Preacher Curls (3x10)
6. Straight Bar Cable Curls (4x10)

Key:

#x# = # sets of # reps

DB = Dumbbell

UL = Uni-Lateral (single-arm)

SS = Super Set