

Weight Training Program

Stu Schaefer

Individualized For _____

Home Weight-Loss
System

Start Date _____

End Date _____

Session 1

Chest

Exercise #1 : Dumbbell Bench Press				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Flyes				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Shoulders

Exercise #1 : Dumbbell Side Raises				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Overhead Press				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

T riceps

Exercise #1 : Dumbbell Lying Extensions				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Kick-Backs				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

A bs

Exercise #1 : Crunches				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Session 2

Quads

Exercise #1 : Dumbbell Lunges				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Dumbbell Squats				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #3 : Wall Sits				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Hamstrings

Exercise #1 : Lying One-Legged Glute Bridge				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Straight Leg Deadlifts				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Calves +
Abs

Exercise #1 : Calf-Raises				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Ab Plank				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Session 3

Back

Exercise #1 : Dumbbell One-Arm Rows				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Dumbbell Pull-Overs				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #3 : Supermans (On Floor)				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Traps

Exercise #1 : Dumbbell Shrugs				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Biceps

Exercise #1 : Dumbbell Curls				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Hammer Curls				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Abs

Exercise #1 : Ab Bicycles				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Weight Training Program

Stu Schaefer
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System

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Session 1

Chest

Exercise #1 : Push-Ups				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Dumbbell Flyes				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #3 : Dumbbell Bench Press				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Shoulders

Exercise #1 : Dumbbell Overhead Press				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Upright Rows				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Biceps

Exercise #1 : Dumbbell Curls				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell 21's				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Session 2

Quads

Exercise #1 : Dumbbell Split Squat (1-leg lunges)				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Dumbbell Stationary Lunges				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #3 : wall Sits				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Hamstrings

<u>Exercise #1 : Dumbbell Glute Bridge</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

<u>Exercise #2 : One-Leg Toe Touches</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Calves +
Abs

<u>Exercise #1 : Calf Raises</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

<u>Exercise #2 : Ab Lying Leg Raises</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Session 3

Back

Exercise #1 : Dumbbell Pull-Overs				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Dumbbell One-Arm Rows				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #3 : Bird-Dogs				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Triceps

Exercise #1 : Dumbbell Overhead Extensions				
	Date	Set 1	Set 2	Set 3
		Reps / Weight	Reps / Weight	Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Exercise #2 : Dumbbell Narrow Bench Press				
	Date	Set 1	Set 2	Set 3
		Reps / Weight	Reps / Weight	Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Traps

Exercise #1 : Dumbbell Shrugs				
	Date	Set 1	Set 2	Set 3
		Reps / Weight	Reps / Weight	Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Abs

Exercise #1 : Plank				
	Date	Set 1	Set 2	Set 3
		Reps / Weight	Reps / Weight	Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Advanced Weight Training Program

Stu Schaefer

Individualized For _____

Home Weight-Loss
System

Start Date _____

End Date _____

Session 1

Chest

Exercise #1 : Dumbbell Flyes				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Bench Press				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #3 : Push-ups				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Back

<u>Exercise #1 : Dumbbell 2-Arm Rows</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

<u>Exercise #2 : Dumbbell Pull-Overs</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

<u>Exercise #3 : Bird-Dogs</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Abs

<u>Exercise #1 : Side-Crunches</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Session 2

Quads

Exercise #1 : Dumbbell Walking Lunges				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Squats				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #3 : Wall Sit				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Hamstrings

Exercise #1 : One-Legged Dumbbell Glute Thrusts				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : One-Legged Toe Touches				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Calves

Exercise #1 : Lying Glute Bridge				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Abs

Exercise #1 : Crunches				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Session 3

S houlders

<u>Exercise #1 : Dumbbell Side Raises</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

<u>Exercise #2 : Dumbbell Front Raises</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

<u>Exercise #3 : Dumbbell Overhead Press</u>				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1				
Week 2				
Week 3				
Week 4				

Biceps

Exercise #1 : Dumbbell Hammer Curls				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Dumbbell Concentration Curls				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Triceps

Exercise #1 : Lying Dumbbell Extensions				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #2 : Lying Narrow Dumbbell Bench Press				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----

Exercise #3 : Bench Dips				
	Date	Set 1 Reps / Weight	Set 2 Reps / Weight	Set 3 Reps / Weight
Week 1	-----	-----	-----	-----
Week 2	-----	-----	-----	-----
Week 3	-----	-----	-----	-----
Week 4	-----	-----	-----	-----