

POWERHOUSE GYM

2075 Broadway Street • Redwood City • CA 94063 • 650 369-6000 • www.rcpowerhousegym.com

STRENGTH PROGRAMS

Whenever you lift, don't forget the Four Laws of Lifting

- 1. LIFT SLOW.** Always lift with slow, controlled reps. You should take about 3 seconds to press the weight up, and 3 seconds to lower it each time.
- 2. KEEP CONTROL.** Weight training works because of resistance. But too much resistance doesn't get you in shape faster; it gets you *injured* faster. Start with a weight that's a little too light, then work your way up to one that's controllable but still a challenge. Always use a weight you can control.
- 3. VISUALIZE.** In "Pumping Iron," Arnold Swarzenegger said he would first picture in his mind how he wanted a certain muscle group to look; then he would train himself into that shape. Use your mind and inspiration to guide you through each repetition. Flexing throughout the exercise really does work.
- 4. MAINTAIN INTENSITY.** Whatever you're doing, intensity and energy are the best additions to your workouts. For every machine or exercise, grade yourself on your energy level, using a 1 - 10 scale where:
 - 1 = You on the couch, exhausted at the end of a long day
 - 10 = Jerry Rice celebrating a Super Bowl touchdown.

You certainly don't have to reach Jerry's energy level just to get in shape. But shoot for the intensity level of 7-8 during your workouts and watch the results you achieve.

Your workout schedule will be three days a week. Monday, Wednesday, and Friday are optimal, but any three days is fine, just do it. You will alternate between work-outs A and B on successive workout days:

	Monday	Wednesday	Friday
Week One	A	B	A
Week Two	B	A	B
Week Three	A	B	A

Etc. Remember to keep a diary of the weights and machines used and try to take note of the appropriate weight for the next workout. Always trying to improve on weights, sets, and intensity is what this is all about.

Following are two Sample Workouts:

WORKOUT A: CHEST/BACK/ABS

Frequency: Three days a week.

Duration: Total workout time 30-40 minutes.

CHEST WORKOUT

Bench Press:

- Do one set of 12 reps with a weight you can control.
- Rest no longer than one minute.
- Increase weight, do a set of 10 reps.

- Rest no longer than one minute.
- Increase weight, do a set of 8 reps.
- Rest no longer than one minute.
- Increase weight, do a set of 6 reps.
- No rest, immediately decrease weight to starting amount, do 12 reps.

Always make notes of the weights you used during each set. Try to do more weight and/or better sets on each successive workout.

Chest Fly:

Do four sets of 12 reps of flies with no more than a minute rest between each set. You can use either dumbbells or a machine for this exercise .

BACK WORKOUT**Pull Downs:**

- 4 sets of 10 reps on pull down cable machine. No more than a minute rest between sets.

Low Row:

- 4 sets of 10 reps on low row cable or comparable machine. No more than a minute rest between sets.

ABDOMINAL WORKOUT

Alternate crunches and leg raises, going from one exercise to the other without rest. Do a total of 5 sets of 15 reps for each.

WORKOUT B: LEGS/SHOULDERS/ARMS

Frequency: Three days a week.

Duration: Total workout time 30-40 minutes.

LEG WORKOUT**Squats:**

Use the Smith machine, free bar, or leg presses. (NOTE: You can hurt yourself doing squats if your technique is not correct. If you're not sure how to do them, get instruction from a trainer or do one of the other exercises listed. Do not get hurt.)

Do one set of 12 reps with a weight that you can control.

- Rest no longer than one minute.
- Increase weight, do a set of 10 reps.
- Rest no longer than one minute.
- Increase weight, do a set of 8 reps.
- Rest no longer than one minute.
- Increase weight, do a set of 6 reps.
- No rest, immediately decrease weight to starting amount, do 12 reps.

Leg Extensions:

Do 4 sets of 12 reps with no more than a minute in between sets.

SHOULDER WORKOUT**Shoulder Press:**

Use free bar, Smith machine, or other machine. Can be done standing or sitting.

As in the other exercises, do one set of 12 reps, then increase the weight for sets of 10, 8, 6, then reduce for final 12 reps. No more than one minute rest between sets.

Dumbbell Raise:

Do 4 sets of 12 reps raising the weight for each set.

ARM WORKOUT

Do 5 sets of 12 reps of bicep curls, then 5 sets of 12 reps for triceps press downs. Alternate back and forth between biceps and triceps without rest. You can do any exercise that pleases you for each: machines, cables, or dumbbells.

© 2006 Powerhouse Gym. All rights reserved.