

LFF 20/20 Weight Training: Program Two (intermediate)

Exercise	Set 1		Set 2		Set 3		Date
Chest/Shoulder/Tricep	Reps	Weight	Reps	Weight	Reps	Weight	
Bench Chest Press (barbell or dumbbell)	10		10		10		
	10		10		10		
	10		10		10		
Incline Chest Press (machine, barbell, or dumbbell)	10		10		8		
	10		10		8		
	10		10		8		
Chest Flys (machine or dumbbell)	10		10		10		
	10		10		10		
	10		10		10		
Shoulder Press (machine, barbell, or dumbbell)	10		10		8		
	10		10		8		
	10		10		8		
Lateral Side Raise (machine or dumbbell)	10		10		8		
	10		10		8		
	10		10		8		
Seated Tricep Pressdown (machine)	10		10		8		
	10		10		8		
	10		10		8		
Rope Tricep Pressdown (machine)	10		10		10		
	10		10		10		
	10		10		10		
Back/Bicep/Abs	Reps	Weight	Reps	Weight	Reps	Weight	Date
Lat Pulldown (machine)	10		10		8		
	10		10		8		
	10		10		8		
Seated Rows (machine)	10		10		8		
	10		10		8		
	10		10		8		
Leg Curl (machine)	10		10		8		
	10		10		8		
	10		10		8		
Hyperextensions (45° machine)	10		10		8		
	10		10		8		
	10		10		8		
Barbell Bicep Curls	10		10		8		
	10		10		8		
	10		10		8		
Incline Bicep Curls (machine, barbell, or dumbbell)	10		10		8		
	10		10		8		
	10		10		8		
Crunches	15		15		15		
	15		15		15		
	15		15		15		
Leg Raise (flat/decline bench, or floor)	10		10		10		
	10		10		10		
	10		10		10		
Legs and Calves	Reps	Weight	Reps	Weight	Reps	Weight	Date
Leg Press (machine)	12		10		10		
	12		10		10		
	12		10		10		
Squat (machine, barbell, or dumbbell)	10		10		10		
	10		10		10		
	10		10		10		
Leg Extension (machine)	10		10		10		
	10		10		10		
	10		10		10		
Leg Curl (machine)	10		10		10		
	10		10		10		
	10		10		10		
Calf Raise (machine, dumbbell, or free standing)	10		10		10		
	10		10		10		
	10		10		10		
Supplemental Cardio Routine	Exercise		Incline		Intensity		Time
	Treadmill		2%		2.6-2.8 mph		20 min.